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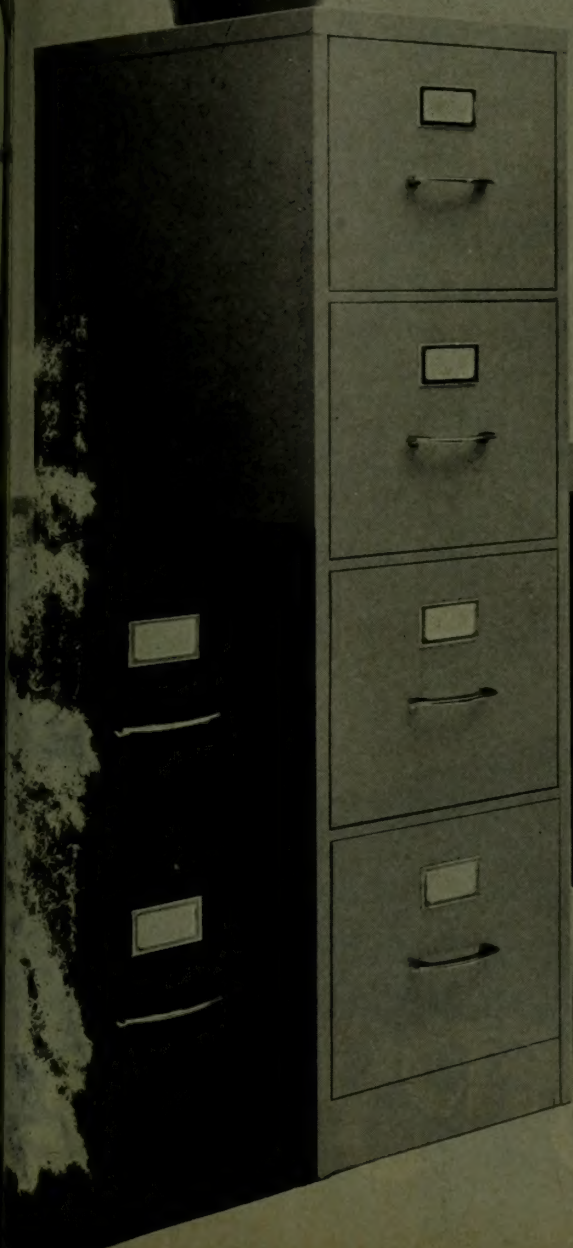
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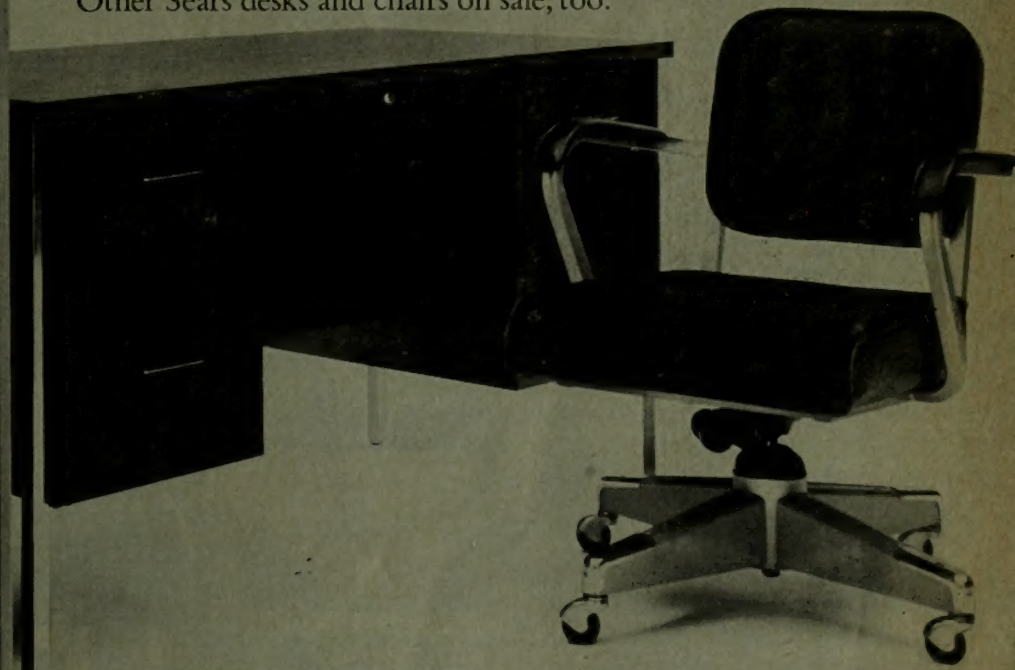


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Sears

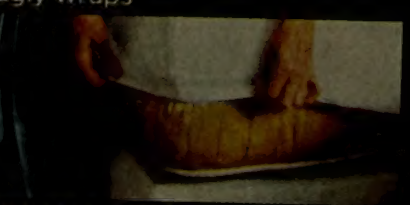
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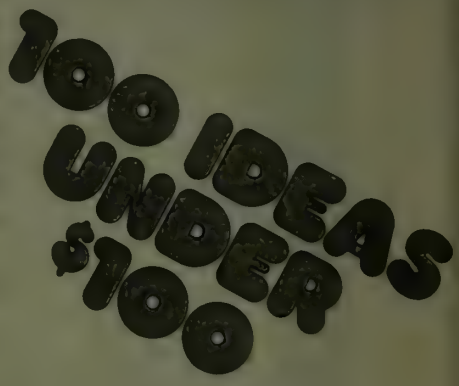
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Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

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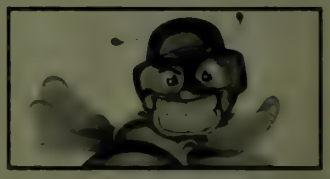


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  - *A sunny country dining room*
  - *A fantastical child's room*
  - *A whimsical bathroom redo*
  - *A smartly tailored adult bedroom*

HEALTH

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- *For millions of Americans, summertime means keeping a wary eye peeled for stinging insects that can cause serious allergic reactions. Here's how to cope.*



FOOD

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- *Now you can pull out all the stops and have that big backyard party—without demolishing your budget! We've dreamed up a feast of snacks and beverages that look posh but cost only a pittance. It's a triumph of imagination over money—and both you and your guests come out winners.*

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- Fresh berry desserts
- Summer soups

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Saving energy at home while you're away

How to safeguard your home this summer

- *You should, of course, do everything possible to keep prowlers from entering. But have you ever thought of bugging your home so your neighbor can monitor it while you're gone?*

Tips, tools, and techniques

DECORATING

Make room for relaxing

Family photo montage

Caring for outdoor furniture

- *Is your casual furniture beginning to look under the weather? Here's how you can spruce it up so it can finish the summer in style.*

GARDENING

Gardening in July

MONEY

Choosing and using credit cards

- *Here's how to make the most of your credit cards—and avoid the financial pitfalls of acquiring more cards than you really need.*

CARS

How to wash and wax your car

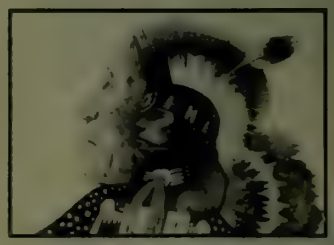
- *A commercial car wash often misses dirt in hard-to-reach areas of your car's exterior. Here is how to get that dirt with hand washing, then give the finish lasting protection and shine with waxing.*



TRAVEL

INDIAN COUNTRY VACATIONS 1

- *All across the country, unique adventures await on Indian lands. Come along and enjoy this new vacation frontier of magnificent scenery, rich cultural traditions, and outdoor fun. You'll agree, there's something special about vacationing with the original Americans.*



SHOPPING

Good news

How to order material from the magazine

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Shopping editor's choice 1

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Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES
JULY, 1978; VOL. 56, NO. 7

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GOOD NEWS

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Dual Flush System (requires only a screwdriver for installation), about $5. Savway Dual Flush Co., 930 Clarkson Ave., Brooklyn, N.Y. 11203.

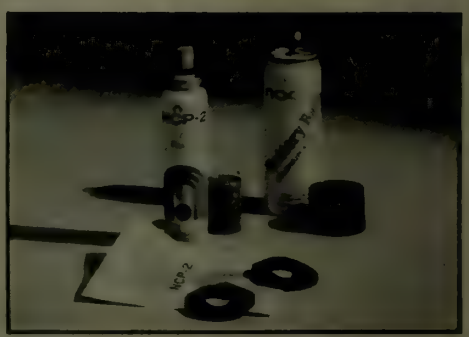
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Your children can proudly take note of their growth with this colorful wall fixture. The child pulls the base of the plastic fixture and a six-foot-long steel tape down to the top of the head, steps out to read the measurement, and then pushes the tape and base back up.

Top Boy, about $12. Terraillon Corporation, 950 S. Hoffman Lane, Central Islip, N.Y. 11722.

Car battery helpers



Photographs: William Hopkins

Is acid corrosion draining power from your car's battery? Chase corrosion away and keep it away with a spray-on battery cleaner and a kit that contains ring protectors for the battery terminals and a spray-on corrosion preventive.

Battery Bath, about $2.09. Battery Kit (rings and preventive), about $2.55. The Noco Co., 23300 Mercantile Road, Cleveland, Ohio 44122.

Versatile saw set



With a twist of the wrist, you can lock the proper saw blade into the handle, even at odd angles to the handle so you can cut in different directions. Blades offered include: woodcutting, pruning, keyhole, scroll, wallboard, and all-purpose.

Twist-n-Lock: handle, about $3; sawing blades, from $1.79 to $2; pruning blades, from $4 to $6. Disston, Inc., 601 Grant St., Pittsburgh, Pa. 15219.

See-at-a-glance kettle



This kettle has a sight glass on the side to help you fill the kettle and accurately dispense boiling liquids from it. The glass has graduations for eight cups of liquid. You can remove the top to clean the kettle and heating element.

Electric Kettle, about $30. Proctor Silex, Executive Offices, 1016 W. Ninth, King of Prussia, Pa. 19406.

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101 Silent Alarm, $189. Page Alert Systems, Inc., 23840 Madison St., Torrance, Calif. 90505.

continued



Duncan Hines new Pudding Recipe cakes! They're so moist, they almost belong in pudding dishes!

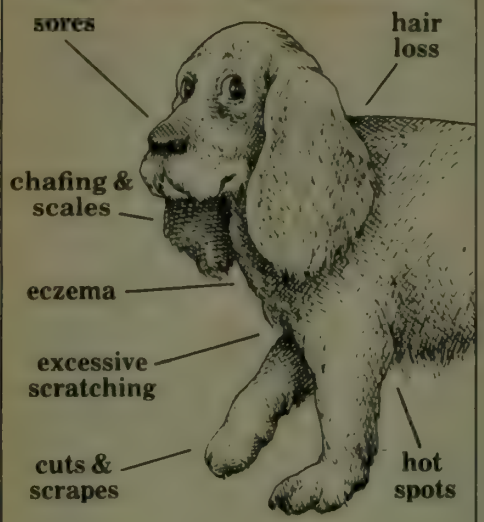


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GOOD NEWS

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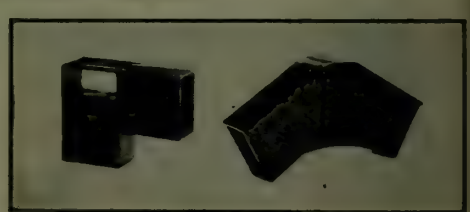


Now you can custom-design a gym that will fit your budget and the ages and interests of your children. You start with the system's basic A-frame, and then add up to five of the eight rides offered. Each ride is individually packaged for easy transporting and includes assembly instructions.

Gym Factory. Approximate retail prices: A-frame, $20; slide, $19; glide ride, $12.50; trapeze bar, $3; baby swing, $9.50; climbing rope, $4.25; gym rings, $4.25; lawn swing, $18; swing and chain, $4; set of four ground anchors, $4.25. Hedstrom Co., Bedford, Pa. 15522.

Quick corner aids





The heavy-duty plastic brackets (*above right*) make quick work of construction projects like the potting shed frame pictured here. You can form square corners or A-frame shapes in minutes without a miter box or square. Both brackets accept 1x2-inch lumber or aluminum box extrusion and are secured to the wood or metal with nails or screws through pre-punched holes.

Big-A Corner Brackets: package of four right-angle brackets, about $2.60; package of three A-frame brackets, about $2. Big-A, Suite 308, 1299 Fourth Street, San Rafael, Calif. 94901.

Products shown in Good News are available nationally. For more information or the name of the nearest retail outlet, contact the manufacturer at the address listed; please do not send money to the company. All prices are subject to change.

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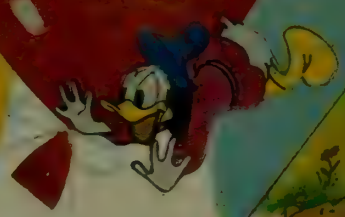
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Good Housekeeping PROMISES







Give a child books that are colorful, easy-to-read and filled with the fun of his favorite Disney pals, and he's likely to take to reading like a duck takes to water. With that in mind Walt Disney Productions together with Random House, leading publisher of fine books for children, created the all-new program: DISNEY'S WONDERFUL WORLD OF READING. It quickly became America's favorite book club for children 4 to 8, and every month provides delightful reading experiences for hundreds of thousands of youngsters.

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So use the attached card to get your FREE copy of "Winnie the Pooh and Tigger too" plus the 3 introductory books shown for only $1.95 plus delivery. If you decide to keep the 3 introductory books after a 14 day no-risk trial, each month thereafter your child will receive 2 new easy-to-read Disney books for only $2.45 each (instead of the retail price of $3.50 each) plus delivery. You may cancel at any time. The FREE books are your child's to keep. If reply card is missing use coupon to order.

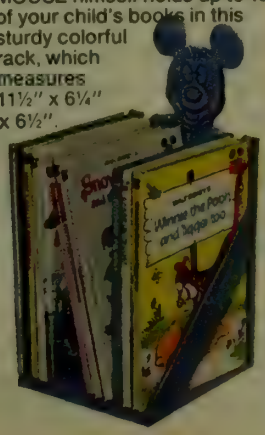
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Child's name (please print) Age

Address Apt. #

City State Zip code

Parent's Signature

Also available in Canada at a slightly higher price. Shipment and service from Canada.



HOW TO COPE WITH INSECT STINGS

Nobody likes to meet up with the wrong end of a yellow jacket, wasp, hornet, bee, or any other stinging or biting insect. But insect stings are more than just a temporary annoyance. One out of every 250 persons—nearly one million Americans—are highly allergic to insect stings. Their reactions include swelling, unconsciousness—sometimes death.

Even if you've been stung before without serious effects, you can suffer an allergic reaction. That's why it's important to know emergency aid for insect stings.

What kinds of reactions are there?

- **Normal reactions** involve pain, redness, swelling, itching, and warmth at the site of the sting. All evidence of the sting usually disappears in a few hours.
- **Allergic reactions** vary in intensity and are more extensive; they can involve an entire limb or the whole body. A *slight* allergic reaction produces hives, itching, fatigue, and feelings of anxiety. *Moderate* reactions may also include swelling, tightness in the chest, dizziness, stomach cramps, nausea, and/or vomiting. *Severe* reactions also produce difficulty in swallowing or breathing, weakness, and confusion. The most serious reaction is *shock*—impaired breathing and heart action—which can cause death in five minutes.

Most persons who suffer an allergic reaction develop symptoms at the time of the sting, but it's possible for some reactions to occur several hours, even as long as two weeks, afterward.

- **Toxic reactions** occur when a person receives a large volume of venom in a short period of time, typically from multiple stings, as might happen when a colony or swarm of bees or wasps is disturbed. A toxic reaction may produce cramps, headache, fever, drowsiness, and, in extreme cases, death.

How can stings be avoided?

In most parts of the country, you're most likely to get stung in August and September, simply because there are more insects then.

Honeybees generally won't sting unless they're provoked or unless their colony is short of food or water. They may be more excitable after rain has washed the pollen from flowers.

The diet of yellow jackets and hornets includes protein, as well as nectar from flowers. The protein is obtainable from other insects, but yellow jackets and hornets also are attracted by picnickers' sandwiches or a fresh catch of fish.

Some people are more attractive to insects than others—body moisture, smell, and temperature all seem to be factors. While there are no effective repellents to prevent insect stings, you can minimize the likelihood of being stung by:

- Covering exposed areas of the body with a long-sleeved shirt and pants of subdued colors (white or gray) rather than bright colors or vivid prints. Don't forget to cover your head.
- Not using scented soaps, perfumes, cosmetics, or after-shave lotions. Don't wear shiny buckles or jewelry.
- Wearing closed shoes, not sandals. Some stinging insects, including ants, certain wasps, and yellow jackets, nest in the ground or feed on low-growing plants.
- Checking around the house for signs of nesting. Look under eaves, behind shutters, under open steps, in trellises, shrubs, woodpiles, garages, attics. Dress protectively before knocking down a nest. Carefully check any suspicious holes in the ground for signs of insect activity. Call a local beekeeper who may view the removal of honey bees as a favor to him as well as to you. You can destroy stinging insect nests by applying insecticides at dusk, after insects have returned for the night. Repeat the application the next evening. Never use a flood of water; you'll only make the insects furious.
- Spraying the picnic areas with insecticide when you plan to eat outdoors. Keep food covered until you're ready to eat. Clean up immediately after eating. If a stinging insect lands on the table, kill the intruder instead of chasing it away. Don't touch a freshly killed wasp or hornet; it may still sting you by reflex action.
- Protecting your face with your arms when an insect hovers around you. Stand still or slowly move away; rapid movement may provoke attack. If you accidentally disturb a nest, don't run. If the swarm is in midair, drop to the ground.

What extra precautions should allergic persons take?

- Don't eat or drink outdoors.
- Stay indoors immediately after a rain when insects are more likely to be frustrated in their search for food.
- Let someone else handle gardening and other outdoor jobs.
- Wear emergency medical identification (EMI) such as a necklace or bracelet that will enable bystanders to help you if you can't take care of yourself. You can obtain EMI tags by writing the Medic Alert Foundation, Box 1009, Turlock, California 95380, or EMI, c/o the American Medical Association, 535 North Dearborn Street, Chicago, Illinois 60610.
- Carry (at all times) an emergency insect-sting treatment kit that con-

continued

Drawing: Hellman Design Associates

New! Cycle® DOG FOOD in bags of crunchy nuggets!



Introducing the first line of dry dog foods designed to meet the changing nutritional needs of a dog as he goes through life. Four distinctly different foods. Each made with the special nutrition just right for each important stage in a dog's life. All in a tasty, crunchy form. Read about the Cycle® foods and feed the one that's right for your dog.



Cycle® 1-for puppies up to 18 months

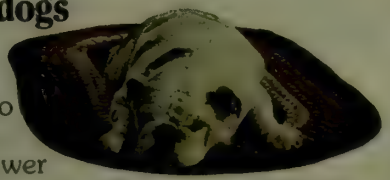
Pound for pound, a growing puppy burns up 100% more calories than he will as an adult. He needs extra protein and about twice the vitamins and minerals to build muscle and bone. Cycle 1 is specially formulated so all this extra nutrition is concentrated for puppy-sized stomachs.



Cycle® 2-for adult dogs (ages 1-7)

Cycle 2 is formulated for your dog's *active* years (1-7). For the way his body burns up energy. With a special balance of protein, vitamins, and minerals to help keep him lively and alert. (And the tasty, crunchy texture that keeps him happy.)

Cycle® 3-for overweight dogs



Just 4 extra pounds on a dog are like 20 extra pounds on a human. Unhealthy pounds. So now there's Cycle 3. Specially made with less fat and 20% fewer calories than the leading dry dog food. And the crunchy, satisfying taste any dog would love. Cycle 3 helps an overweight dog slim down to a healthy weight.

Cycle® 4-for older dogs



Cycle 4 helps you give your older dog the special care he deserves. It's specially balanced for the older dog's delicate digestion. With high-quality protein for his kidneys and extra calcium for his bones. All in a crunchy, delicious taste. You can't do better for your older dog than Cycle 4.

To take the best care of your dog, visit your veterinarian regularly. And feed nutritious Cycle.

Gaines®

Cycle®. Nutrition...for the life of your dog.

DOG FOOD

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continued

Insect stings

tains drugs to abort an allergic reaction. The kit contains epinephrine (adrenalin) that can be injected; antihistamine tablets; a tourniquet; and alcohol swabs. Such kits are now available only with a doctor's prescription.

What's the best treatment for stings?

Anytime you're stung, immediately remove the stinger and venom sac (if left behind) by gently scraping or flicking the stinger with a fingernail or knife. Do not use tweezers or try to squeeze the stinger out because that may push more venom through the stinger. Wash the area with soap and water. Apply ice to minimize pain and swelling.

For normal stings, one-quarter teaspoon of meat tenderizer dissolved in a teaspoon of water and rubbed on the skin may help reduce discomfort. Calamine lotion applied to the skin and antihistamines taken by mouth may help reduce itching.

If you experience anything more than a local reaction, see your doctor.

And if a person who has never previously had a severe reaction shows signs of sting allergy, get him or her to medical care immediately. What looks like hysteria—gasping for breath, for example—may be the first symptom of a serious reaction. Be prepared to begin basic lifesaving procedures such as mouth-to-mouth breathing.

Persons allergic to insect stings usually react within ten or 15 minutes. If the sting is on an arm or leg, quickly apply a constricting band above the sting site to slow the spread of venom throughout the body. Do not apply the band so tightly that it stops circulation. Offer help to persons with known allergies. (If the allergic person has a treatment kit, he may want you to provide some assistance.)

Until recently, many allergists treated insect sting allergies with a series of desensitization injections made of extracts from the entire insect body. (Injections of small amounts of allergens are commonly used to alleviate allergic reactions to house dust, pollen, mold, and many other allergens.)

Today allergists know that the specific allergens that cause reactions to insect stings are present *only* in the insect's venom. But collecting pure venom is such a tedious process that very little is available—and then only in a few research centers.

Scientists are working on more efficient ways to gather insect venom. In one experiment, minute amounts of electricity were used to shock honeybees. This caused them to release their venom without losing their stingers. But, the same technique is not so easily applied to other insects.

It may be two years before enough pure insect venom is available for general use. Meanwhile, the question of providing desensitization treatments with whole body extracts is controversial. Ask your allergist for his views.

For more information, request a new booklet, *Insect Allergy*, from: Department BH, Room 7A-32, Bldg. 31, National Institute of Health, Bethesda, Maryland 20014. ■

(Produced in cooperation with Lynne Lamberg.)



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Medi-Quik.
Aaah!



The only first-aid spray your family needs.

MICROWAVE COOKING

Beat-the-clock barbecue

To short-cut the cooking time of barbecued meats, partially cook them first in your microwave oven, then add the finishing flavor over the coals.

NOTE: Timings given are only for high settings and are approximate because counter-top microwave ovens vary by manufacturer.



Photographed in color

SPICY BARBECUED RIBS

¼ cup finely chopped onion
2 tablespoons butter or margarine
½ cup chili sauce
¼ cup lemon juice
¼ cup packed brown sugar
1 teaspoon salt
Dash bottled hot pepper sauce
3 pounds pork spareribs

In glass bowl, micro-cook onion in butter or margarine 1½ minutes or till tender. Stir in chili sauce, lemon juice, brown sugar, salt, and pepper sauce. Cut ribs in serving-size pieces. Arrange in a 12x7½x2-inch nonmetal baking dish. Micro-cook, covered, 10 minutes. Rearrange ribs. Cover; micro-cook 10 minutes more. Transfer ribs to barbecue grill. Grill over *medium* coals 15 minutes, brushing often with sauce and turning ribs occasionally. Garnish with lemon slices and parsley, if desired. Makes 3 or 4 servings.

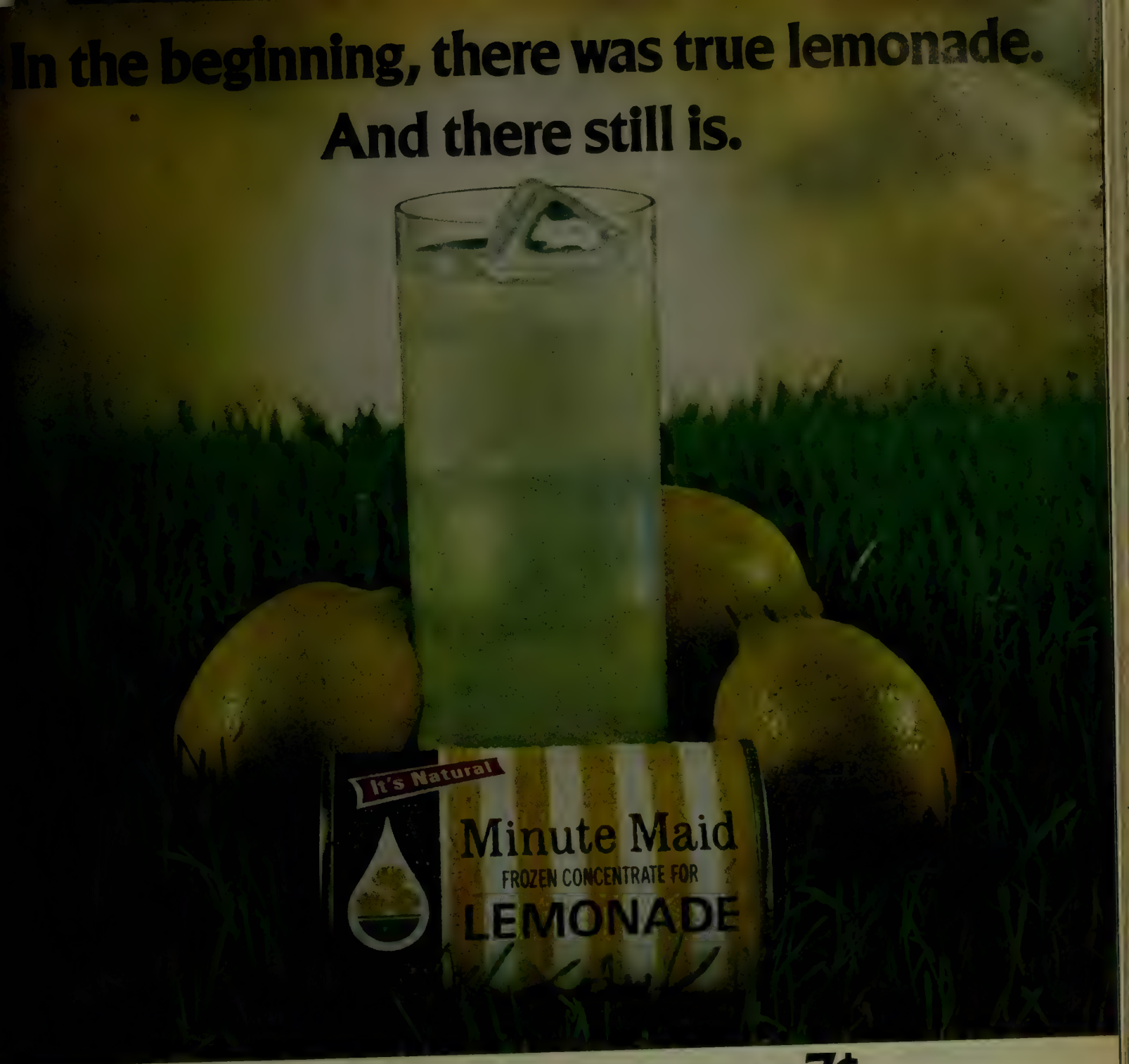
BARBECUED HAWAIIAN CHICKEN

Apricot preserves and Russian salad dressing add an Oriental flavor—

1 2½- to 3-pound broiler-fryer, cut up
¼ cup apricot preserves
¼ cup Russian salad dressing with honey
2 tablespoons dry onion soup mix

Arrange chicken pieces, skin side up, in 10x6x2-inch non-metal baking dish. Micro-cook, covered, 15 minutes, giving dish a quarter turn every 3 minutes. Transfer chicken to barbecue grill and grill over *hot* coals for 5 minutes. Combine the apricot preserves, Russian salad dressing, and *dry* onion soup mix. Brush mixture over chicken. Grill chicken about 10 minutes more or till done, brushing occasionally with preserve mixture and turning chicken till evenly browned. Transfer to serving platter. Makes 4 servings. ■

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OFFER EXPIRES
September 30, 1978

854-1-065-M10

During the summer, it's smart to allow the air conditioner to continue operating, but set the thermostat above 90 degrees. The house won't stay cool at this setting, but the A/C condenser will operate frequently enough to prevent excess humidity buildup that could cause mildew.

Allow the circulating fan to operate full time. It won't use much power and will help maintain even humidity.

- **Set your refrigerator thermostat at 40 to 45 degrees.** (Your food will be safe.) And here's a neat way to save even more energy at the higher thermostat setting: A week before leaving home, fill several one-gallon plastic milk containers with water and place them in the refrigerator. The mass of water cooled to normal refrigerator temperature will keep the refrigerator and its contents cool longer before the compressor has to kick on at the higher thermostat setting.
- **Unplug the heater on your water bed,** if you have one. A unit can consume up to 400 watts—the equivalent of leaving a half-dozen lights on.
- **Connect a timer to a lamp in a front room.** Most people choose to leave a light on when they're away to discourage vandalism. But lights burning all day long not only consume electricity; they also advertise the fact that homeowners are absent. Invest in a timer to turn on lights only during certain evening and morning hours.
- **Ask a neighbor to park his car in your driveway.** That will keep you from wasting too much of your own energy worrying about prowlers casing your empty home.

You and your home both deserve the break. Relax and have a nice trip. ■

BUILDING

Saving energy at home while you're away

Whether you're planning a long trip or just leaving home for the weekend, you naturally want to avoid buying energy unnecessarily for a vacant house. Here are a few suggestions that will help you cut your energy expenditures to a minimum.

- **Unplug your TV sets.** That instant-on feature means your set consumes almost as much electricity when staring blankly into the room as when your family watches.

(Your washer and dryer—if electric—don't consume electricity when not in use, but they could short out and cause a fire if there's flooding while you're away from home. For safety's sake, unplug them, too. Or turn off the circuit serving these appliances.)

- **Turn your water heater down** to the lowest setting if you're going on a short trip. If you'll be gone for a few weeks, turn the heater off completely. Electric heaters are shut down at the circuit panel. Gas heaters are best extinguished at the line valve in the gas pipe feeding the heater. (This valve shuts off the pilot light, too.)
- **Turn your furnace or air conditioner off completely** during mild weather. In cold months, set the thermostat at its lowest setting. The indoor temperature will then drop into the fifties, but your pipes won't freeze.

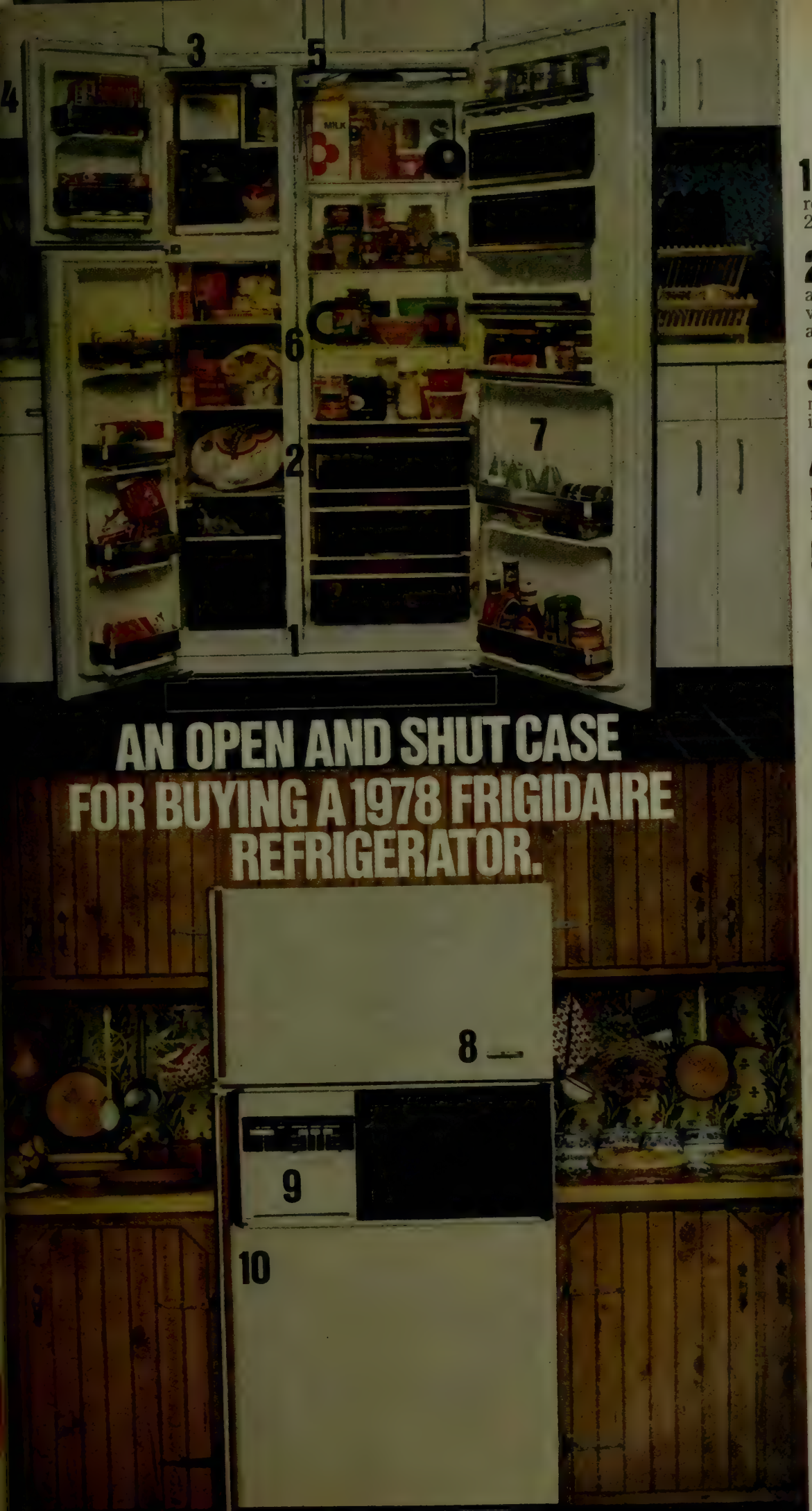
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3 This optional automatic, solid-state ice maker makes sure there is party-size ice when it's needed.

4 This small door means you won't have to open the big door every time you want ice cubes.

5 An Electri-Saver Switch can help you save energy.

6 Because your food comes in all sizes and shapes, you need these fully adjustable, tempered-glass shelves.

7 Nothing could be finer than to have our one-piece liner. It's a snap to clean.

8 Frigidaire's gorgeous 20.0-cubic-foot Refreshment Center refrigerator.

9 You can get ice, ice water and two kinds of juice, or other beverages, right through the door. It even has an activated charcoal filter that helps take impurities out of your water.

10 The Elite Line has chrome stripping, the look of Burma teak, and smoked-onyx compartments and comes in six beautiful colors.



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FRIGIDAIRE GM

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How to order material from the magazine



CRAYON TOYS Four brightly colored stuffed toys your children will love! Kit has printed fabric for body, contrasting fabric for tip and end, and directions. (Stuffing available *separately*.) Each toy is 30 inches long, 18 inches around. One kit makes all four toys.

CAT IN WINDOW Latch hook kit (33x60 inches) includes printed canvas, yarn, and instructions. (Latch hook available.) Needlepoint kit for 16-inch pillow contains 12-mesh printed canvas, wool yarn, and instructions.

COPY CRAFT BOARD enlarges and reduces any pattern. Includes 28x40-inch craft board, block alphabet, number, carbon, tracing paper, and illustrated booklet.

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PROJECT PLANS for the *Better Homes and Gardens*® designs shown in this issue are available for purchase. Each plan packet includes large professional drawings, materials list, woodcutting diagrams, and step-by-step instructions.

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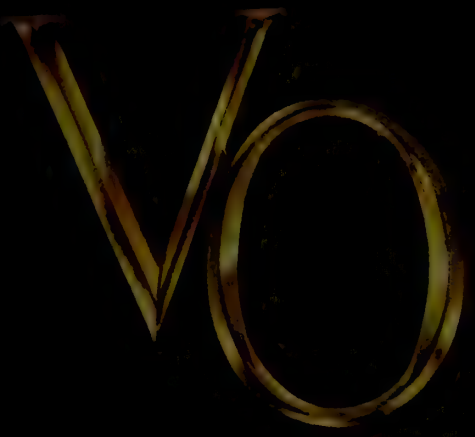
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Read label for directions.

CREAMED SOUP FROM FRESH VEGETABLES

With our handy all-purpose recipe, you can make a delicious creamed soup from whatever fresh vegetables you have on hand. Just choose your favorite vegetable from the chart below, blend the soup, and serve it either warm or cold.



Buying information, page 181

CREAM OF VEGETABLE SOUP

If you serve this soup cold, you may want to thin it with one or two tablespoons additional milk—

1½ cups chicken broth
½ cup chopped onion
Desired vegetable and seasonings (see chart below)
2 tablespoons butter *or* margarine
2 tablespoons all-purpose flour
½ teaspoon salt
Few dashes white pepper
1 cup milk

In saucepan combine the chicken broth, onion, and one of the vegetable-seasoning combinations from the chart below. Bring to boiling. Reduce heat; cover and simmer the time indicated in the chart or till vegetable is tender. (Remove bay leaf if you're using broccoli.) Place vegetable mixture in a blender container or food processor. Cover and blend 30 to 60 seconds or till smooth. In same saucepan melt the butter or margarine. Blend in the flour, salt, and pepper. Add the milk all at once. Cook and stir till thickened and bubbly. Stir in the vegetable puree. Cook till heated through for a warm soup. For a chilled soup, refrigerate, covered, for several hours. ■

VEGETABLE	SEASONINGS	TIMING	YIELD
2 cups broccoli cuts	½ teaspoon dried thyme, crushed 1 small bay leaf Dash garlic powder	10 minutes	3½ cups
1 cup sliced carrots	1 tablespoon snipped parsley ½ teaspoon dried basil, crushed	12 minutes	3½ cups
1½ cups cut green beans	½ teaspoon dried savory, crushed	20 to 30 minutes	3 cups
1½ cups shelled peas	¼ cup shredded lettuce 2 tablespoons chopped ham ¼ teaspoon dried sage, crushed	8 minutes	3½ cups
1 cup sliced potatoes	½ teaspoon dried dillweed	10 minutes	3 cups


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Plus
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Yellow Cake Mix
Yellow, Devil's Food, White, German Chocolate, Lemon, Fudge Marble, Butter Recipe, Dark Chocolate

MAKE ROOM FOR RELAXING

If your idea of heaven is a soft, put-up-your-feet spot to sink into at day's end, don't deny yourself the pleasure simply for lack of a ready-made room. It's often easier than you think to devise a room-within-a-room from a smidgen of space. As these two examples demonstrate, a master bedroom is a likely location for a hideaway.



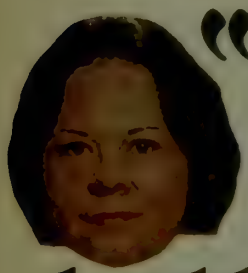
Photograph/Source: Jessie Walker Associates
Design: Phyliss Serota, ASID

Photo left: This comfortable and attractive mini-sitting room was created by making maximum use of just 6½ feet of idle space. Two contemporary modular seating units and an ottoman fit compactly between a built-in nightstand and the end wall. A square corner table provides display space for family photos and a handy surface for midnight snacks. Each chair has its own source of bright direct light for reading or sewing. The swing-arm nightstand lamp serves for in-bed reading as well. Books are neatly and conveniently stored on corner-wrapping shelves above the sitting area.



Photograph: E. Alan McGee. Design: Bunny Snyder
Source: Ruth L. Grenci

Photo right: This homeowner wanted a work area and a place for comfortable lounging in her master bedroom. Careful planning turned this awkward, do-nothing niche into a workable alcove that meets both her requirements. A cushion-backed chaise tucked into one corner makes a cozy spot for late-afternoon catnaps as well as reading and relaxing. The streamlined desk consists of stacked plastic drawers finished off with a one-piece top-and-side-support unit. ■



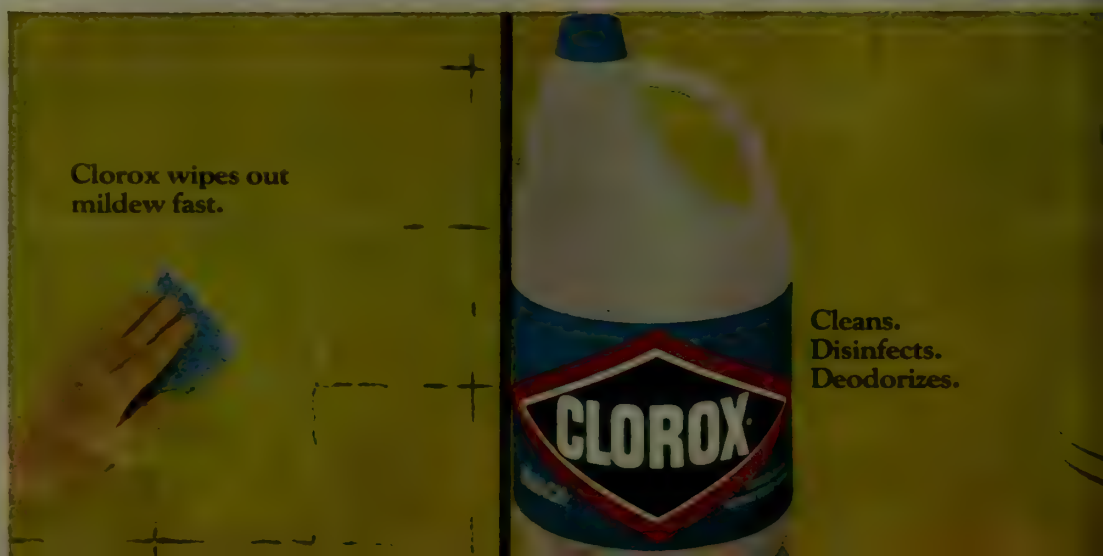
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DECORATING

Family Photo Montage

Family photographs often end up tucked away in albums or stashed in a drawer. If you have photos you particularly enjoy—and would like to share—consider making a framed montage like the one pictured here. Your wall-hung "album" will be a decorative reminder of what the Smithsonian Institute calls your family's "visual folklore."



How to make your montage

To begin, select those photographs that mean the most to you. Next decide on an overall theme. The montage above was put together to show one woman's family—from her immigrant grandfather to her own grandchildren. You may decide to limit yourself to one kind of photograph or to ones taken on special occasions—first days of school, birthday parties, vacations, or even passport photos.

To make a montage, you will need these supplies, all of which are available at art stores: white mounting board, a pencil-like knife or single-edge razor blade, a narrow artist's paintbrush, and a draftsman's triangle. You will also need a hard and soft pencil, white glue, and a ruler.

Once you've decided which photographs you want to include in your montage, use your mounting board or other flat surface to experiment with various photo arrangements or "layouts." Move the photos around, eliminating those that don't work well with the others. As a rule of thumb, avoid putting all of the same shapes, all of the black and whites, or all of the color photographs together.

Before you permanently affix the photos to the mounting board, you might want to make an interesting border to "frame" your arrangement. The border on this montage was inked in by hand, but you may find it easier to use tape or a transferable border from an art supply store.

Tape the backs of the photos with rolled masking tape and position them on the mounting board. Next, tape the corners of a sheet of tracing paper over the montage and trace the outline of the photographs. Gently remove the photos. Label or number each one and its corresponding position on the tracing paper. You may have to trim the snapshots to make them fit.

Place a second sheet of tracing paper over the first sheet and retrace the lines, pressing firmly. Tape this second sheet in position on the board. To transfer the markings to the mounting board, carefully trace the outline once again with a hard pencil.

Finally, apply the glue smoothly with your paintbrush and weight each photo down as you proceed. Preserve your finished montage with glass and a frame. ■


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Dollar's Worth from Mary Willis





Suzy Chaffee, famous Olympic skier, jumps for joy when summer comes, because she knows the same **Chap Stick® Lip Balm** she uses when she's skiing also protects her when she's sunning. When it's hot and dry outside, take a tip from "Suzy Chap Stick." Use Chap Stick with sunscreen to help protect your lips from the hot, burning rays of the sun. It helps your lips feel soft and moist, whichever flavor you choose. As Suzy says, there's only one **Chap Stick**: so don't go out in the sun without it!

When you slip into something comfortable these hot, summer days, don't forget to use **Lip Quencher,®** the moisturizing lipstick by **Chap Stick.®** Lip Quencher is so rich in emollients and moisturizers that it helps keep your lips soft, smooth, and comfortable even when you're out in the hot, drying summer sun. And **Lip Quencher** is available in twenty-four super rich, super shiny shades. Choose your favorite summertime shades for lips that feel as good as they look—any season!





Face Quencher® by Chap Stick® gives you three beautiful ways to face up to summer. The unique Liquid Makeup provides a light, moisture-rich cover to hide skin imperfections. The Creme Blusher adds color highlights, even to tanned skin, and the Moisturized Powder gives an all-over even finish. All three products are available in a variety of shades to complement—or suggest—a summer tan. And for a natural summer look, don't forget Clearwater Natural, the **Face Quencher** transparent shade that gives your face a healthy glow without adding color.

If your dog seems listless and unhappy, maybe it's worms that are getting him down, and not the heat. Worms are a serious problem, because if they aren't treated, they can eventually kill your pet. But thanks to **Sergeants,®** there are **Worm-Away® Capsules** to help eliminate large roundworms, and **Sure Shot® Capsules** and **Puppy Capsules** to help get rid of hookworms. All three come with easy-to-follow directions. They're economical for home use, and best of all, they're effective. They're from **Sergeant's,** the Pet Care people.



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FOOD

SPECIAL DIETS

LOW-SODIUM DESSERTS



Photograph: Dieter

Buying information, page 181

Next time you prepare a delicious dessert, there's no need for low-sodium dieters to be left out. If you use low-sodium ingredients, the whole family can enjoy traditional favorites like Double Peanut Butter Cookies and Crunchy Apple Crisp.

DOUBLE PEANUT BUTTER COOKIES

- **1 cup low-sodium peanut butter**
- **¼ cup unsalted butter *or* margarine**
- **½ cup granulated sugar**
- **½ cup packed brown sugar**
- **1 egg**
- **¼ cup water**
- **½ teaspoon vanilla**
- **1¼ cups all-purpose flour**
- **2 teaspoons low-sodium baking powder**
- **Low-sodium peanut butter**

In mixer bowl cream together the 1 cup peanut butter and the butter or margarine. Add sugars and beat till fluffy. Add egg, water, and vanilla; beat well. Stir together flour and baking powder. Blend into butter mixture. Shape into a 2-inch-diameter roll; wrap. Chill at least 2 hours. Cut into 48 slices about ¼ inch thick. Place 24 slices on ungreased cookie sheets. Spread *each* with ½ teaspoon peanut butter. Cover with remaining slices; seal edges with a fork. Bake in 350° oven 12 minutes. Cool slightly. Remove from sheets to wire rack. Makes 24 cookies.

CRUNCHY APPLE CRISP

- **4 cups sliced peeled tart apples**
- **¼ cup orange juice**
- **½ cup quick-cooking rolled oats**
- **¼ cup all-purpose flour**
- **¼ cup granulated sugar**
- **¼ cup packed brown sugar**
- **1 teaspoon finely shredded orange peel**
- **½ teaspoon ground cinnamon**
- **¼ teaspoon ground nutmeg**
- **½ cup unsalted butter *or* margarine**

Mound apples in 8-inch round baking dish; sprinkle with orange juice. Mix oats, flour, sugars, peel, and spices. Cut in butter or margarine till mixture resembles coarse crumbs. Sprinkle over apples. Bake in 375° oven 45 minutes. Serve warm. Makes 6 servings. ■

FILL THE SHOPPING CART BELOW...

Get yourself a pencil, check your answers below. S.A.V.E. (Shoppers' Association for Value and Economy) wants to know something about you and your shopping habits. So please complete this Shopper's Quiz. Then tear out this page, and mail it today with postage-paid label. We'll show you how to . . .

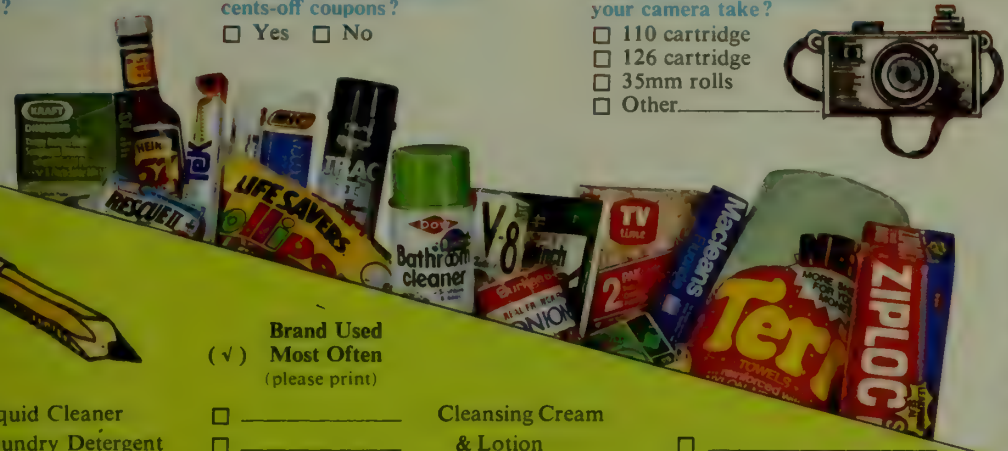
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Where do you usually shop for household products?
- Supermarket
- Discount Store
- Drug Store

2. Do you clip and redeem cents-off coupons?
- ☐ Yes ☐ No

3. What kind of film does your camera take?
- ☐ 110 cartridge
- ☐ 126 cartridge
- ☐ 35mm rolls
- ☐ Other_____



Brand Used Most Often (please print)

	(√)		(√)
Liquid Cleaner	☐	Cleansing Cream & Lotion	☐
Laundry Detergent	☐	Razor	☐
Fabric Softener	☐	Adhesive Bandages	☐
Window Cleaner	☐	Pain Reliever	☐
Dishwashing Liquid	☐	Cold Remedy	☐
Laundry Pre-Soak	☐	Disposable Cups	☐
Furniture Polish	☐	Breakfast Cereal (cold)	☐
Room Freshener	☐	Salad Dressing	☐
Bar Soap	☐	Gelatin Dessert	☐
Deodorant	☐	Dry Soup Mix	☐
Shampoo	☐	Regular Ground Coffee	☐
Dandruff Shampoo	☐	Instant Coffee	☐
Toothpaste	☐	Decaffeinated Coffee	☐
Mouthwash	☐	Tea Bags	☐
Hair Conditioner	☐	Plastic Sandwich/Food Bags	☐
Hand Lotion or Cream	☐	Plastic Trash Bags	☐
Bath/Body Powder	☐		
Bath Additive	☐		

To help us plan future S.A.V.E. Shopping Bags", please check those products you use more than once a month:





Do you keep plants?
- In your home
- In a garden



Do you live in a
- House
- Apartment

9. How many children do you have?
- ☐ none ☐ 2
- ☐ 1 ☐ 3 or more



10. What are the ages of your children?
- ☐ Under 2
- ☐ 2-5
- ☐ 6-11
- ☐ 12-17

13. What color is your hair?
- ☐ Blonde ☐ Silver
- ☐ Brunette ☐ Black
- ☐ Redhead



14. What is your skin type?
- ☐ Dry ☐ Normal ☐ Oily

15. What is your hair type?
- ☐ Dry ☐ Normal ☐ Oily

7. What is your age group?
- ☐ 18-24
- ☐ 25-34
- ☐ 35-49
- ☐ 50-64
- ☐ 65+



11. Do you have a dishwasher?
- ☐ Yes
- ☐ No



12. Do you have a clothes dryer?
- ☐ Yes
- ☐ No

16. Do you own a pet?
- ☐ Dog ☐ Other _____
- ☐ Cat
- ☐ Dog & Cat ☐ None







8. Are you married?
- ☐ Yes
- ☐ No

Turn page for full details.

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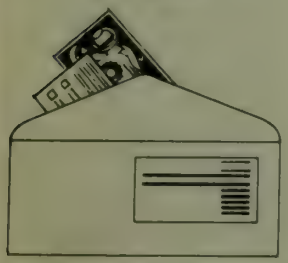
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Better Homes & Gardens



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You'll want to try the other Morningstar Farms® cholesterol free foods, too. Scramblers, our egg substitute. Breakfast Links and Patties with the taste of pork sausage. Breakfast Strips instead of bacon. Luncheon Slices with the taste of ham. And don't forget new Leanies.® Like hot dogs, they're plump and tasty.

And high blood cholesterol is a major risk factor in heart disease.

Your husband's doctor may have advised him to cut back on foods rich in saturated fat and cholesterol. Or, perhaps you're just wisely cautious. Either way, Grillers® can help keep a low cholesterol diet low in cholesterol.

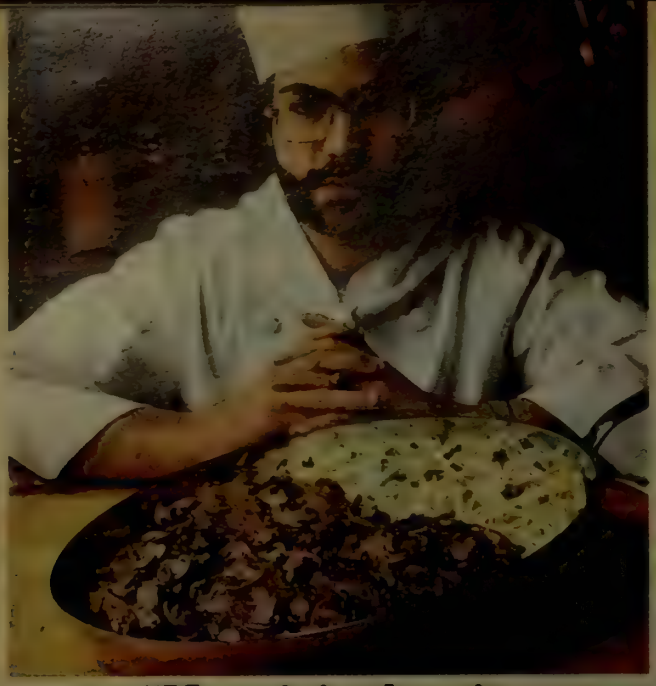
Grillers have the taste of hamburger. But contain no cholesterol or animal fat because they're made from textured vegetable protein. Cook them on the grill. Cook them in a skillet. You can do anything with Grillers you can do with a hamburger.



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"My original recipe for Steak Diane calls for the best-tasting Worcestershire Sauce—Lea & Perrins."

—Chef Randy Nichol, Barbadoes Dining Room, Mills Hyatt House, Charleston, S.C.



"I've tried other worcestershires, but they seem watered down. So I use Lea & Perrins in my Steak Diane—it enhances the flavor." Chefs everywhere make many of their original recipes taste deliciously distinctive—with the help of Lea & Perrins.

Unlike its imitators, Lea & Perrins is naturally aged in wooden casks. It takes over two years to reach peak flavor. And Lea&Perrins' century-old recipe uses only natural ingredients. That's made it the choice of great chefs for generations. They know other worcestershires can't match its unique, original flavor. Try the recipe below, or create your own with the Original Worcestershire Sauce—Lea & Perrins.

Make your next dish an original with the Original Worcestershire Sauce—Lea & Perrins.

Chef Nichol's Steak Diane

4 (4-6 oz. each) beef loin tenderloin steaks*
2 Tbsp. flour
½ tsp. salt
⅛ tsp. ground black pepper
4 Tbsp. butter, divided
1½ Tbsp. Dijon mustard
2 tsp. Lea & Perrins Worcestershire Sauce, divided
2 c. thinly sliced mushrooms
2 Tbsp. minced shallots or onion
¼ c. brandy
½ c. beef bouillon or broth

Pound steaks between 2 pieces of waxed paper until ¼ inch thick. Dredge steaks in flour mixed with salt and pepper. In large skillet melt 1 Tbsp. butter. Add steaks; brown about 1 min. on each side; remove steaks to a platter. Spread both sides with mustard and sprinkle with 1 tsp. Lea & Perrins; set aside. In same skillet melt remaining butter. Add mushrooms and shallots; saute for 2 min. Add brandy and flame. Stir in bouillon and remaining Lea & Perrins. Cook and stir until hot. Return steaks to skillet and reheat for 2 min. Sprinkle with parsley, if desired. Yield: 4 portions.

*or substitute cubed or individual portions of beef round steaks, pounded.

For more recipes, see our free cookbook offer on the bottle



POULTRY MAIN DISHES AND PEANUT BUTTER DESSERTS

Does your family rave about the poultry main dishes you've invented? Are peanut butter desserts your specialty? If so, send us your recipes—you could be a winner next February. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next February. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Poultry Main Dishes

Do you parlay poultry into an unusual casserole, stew, or hearty soup that you'd like to share? Maybe you prepare chicken or turkey pieces in a slow crockery cooker. Hints: **apricot-glazed Cornish hens, turkey hot pot, or broccoli-chicken loaf.**

Peanut Butter Desserts

You might have a special peanut cobbler, cheesecake, pudding, parfait, soufflé, or refrigerator dessert. Do you use peanut butter baking chips in the recipe? Tips: **peanut butter-banana cobbler, choco-peanut cheesecake or peanut butter-scotch pudding.**

THIS MONTH'S WINNERS

(See recipes on pages 127 and 128)

Cooks-of-the-Month

Mary Blackwell, Royal Oak, Mich.
Shana Breen, Detroit, Mich.

Runners-up

Mrs. Shakunthala Nambiar, E. Brunswick, N.J.
Jan Roberts, Carbondale, Colo.
Mrs. Gloria Thomasson, Douglas, Ariz.
Ruth S. Webster, Portales, N.M.

Honor Roll

Daisy I. Barton, Idaho Falls, Idaho
Marcia Bonta, Tyrone, Pa.
Mrs. Sheila Cole, Thousand Oaks, Calif.
Dorothy J. DeFir, Phoenix, Ariz.
Mrs. John S. Gibson, Island Pond, Vt.
Michelle Myers, Campbell, Calif.
Mrs. Florence Rein, Brooklyn, N.Y.
Mrs. Deann Showers, Lititz, Pa.
Amy Stone, Alesa, Oreg.
Mrs. D. P. Whitmire, Fort Worth, Tex.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "February Poultry Main Dishes" or "February Peanut Butter Desserts."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **Recipes submitted become the property of Meredith Corp.**
5. **Entries must be postmarked by midnight, July 31. Where duplicate recipes are submitted, the one with the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7807 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**

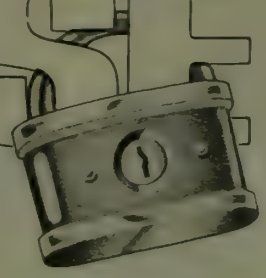
A FLAVOR A DAY KEEPS TEMPTATION AWAY



At KRAFT, we've got a different low calorie dressing for every day of the week.

KRAFT

How to safeguard your HOUSE this summer



If you'll be leaving your home vacant for a few days or weeks, make sure you don't invite burglars to move in. A little extra planning will help keep your belongings intact while you're away.

You have four lines of defense against burglars: (1) Dissuade the bums from even trying, (2) make entry difficult, (3) facilitate identification of stolen merchandise, and (4) enlist someone's help to monitor your home.

Discourage burglar attempts

The key to your first line of defense is to make your home look as if you're still there—or about to return at any moment. Here are some easy-to-do deterrents:

- Leave a light on in a hallway or in a couple of rooms.
- Invest in an automatic timer to turn lights on when it gets dark, off again at your usual bedtime.
- Stop paper and mail deliveries.
- Arrange to have your lawn mowed.

Secure the house tightly

Use dead-bolt locks on exterior doors, and install special locks on all first-level windows and sliding glass doors.

Label valuables

Etch your social security number on the bottom of all your valuables for easy identification. Then post an announcement on your door stating all your valuables are marked.

Set up a monitoring system

Enlist a neighbor to keep an eye and an ear on your premises when you're away. (You can reciprocate during your neighbor's vacation.)

There are many "bugging" devices to audibly connect your house with your neighbor's. Here are just two ways to make sure uninvited sounds are heard next door:

- **Wireless microphone.** This device has a small broadcasting antenna and runs on a nine-volt battery. The unit sells for about $25 in any major electronics store. The microphone broadcasts up to 75 feet on an FM band on your neighbor's radio. You can adjust the frequency by turning a small screw on the mike. It's an ideal size—5x1x1 inches.
- **Intercom.** This wireless device is usually used to connect the baby's room with the rest of the house. The intercom broadcasts over an AM station and can reach a receiver 300 feet away when conditions are ideal. The unit, about the size of a transistor radio, operates off house power and sells for around $20. And here there's no need to worry about failing batteries.

When installing any of these bugging devices in your home, select a central location as close to your crime-fighting partner as possible. Try to locate the unit near a hard-surface floor so footsteps will be more audible.

Find an unused spot on a radio dial and adjust the transmitter to broadcast on that "station." Your neighbor simply tunes in.

To find out if your transmitter is still sending, your neighbor simply calls your home. If the phone ring is transmitted through your private intercom, all's in order.

Both you and your neighbor will have to leave radios/transmitters on the entire time you're away. Don't worry about the electricity consumed. The devices use barely more than one Christmas tree bulb left constantly burning. ■



Pella • Lots of elbow room

Others • Very little elbow room

Pella Idea Book. 16 pages in full color packed with interesting examples of how the right windows can add beauty and functionality to your home. Tells how Pella Wood Windows make washing easier, cut energy costs and need no painting. Contains a helpful guide to different window types, and how each works. Describes the important things to consider in proper placement of windows. In short, it contains everything you need to know to make an intelligent decision about windows. And it's yours free!

Please send me a free copy of "Pella Window and Door Ideas."

Name _____

Address _____

City _____

State _____ ZIP _____

Telephone _____

Mail to: Pella Windows & Doors, Dept. C01G8, 100 Main St., Pella, Iowa 50219.
Also available throughout Canada.
This coupon answered within 24 hours.



How to squeeze a lot more protection out of your dentist's fluoride treatments.

Crest has important new proof of its cavity-fighting effectiveness.

In a recent test one group got the most widely used dentists' fluoride treatments and brushed regularly with Crest. Another group got identical treatments and brushed with the same toothpaste without fluoride. There's no question that the treatments are excellent. But guess what?

Crest brushing plus the treatments provided an extra 19% cavity reduction over the dentists' treatments alone!

The clinical test was run by independent researchers on nearly 1,000 students in their most cavity-prone years. After two years the researchers analyzed their results and presented them at this year's meeting of The American Association for Dental Research.

The results of this test indicate Crest can help you fight cavities up to 19% better than dentists' fluoride treatments alone.

Of course, Crest can't do it all. You still have to watch treats and have regular dental checkups. But when it comes down to the choice of which toothpaste to use, you just can't beat Crest for fighting cavities.



We're working to help make cavities a thing of the past.

Accepted COUNCIL ON DENTAL THERAPEUTICS AMERICAN DENTAL ASSOCIATION

"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association.

© 1977, The Procter & Gamble Company

How to make a good drink great.



Make any drink with Seagram's 7 and make it a great one. For a smooth, refreshing 7 & Cola, pour 1½ oz. Seagram's 7 over ice in a tall glass. Fill with cola and garnish with lime.

Seagram's 7 Crown

Where quality drinks begin.

SEAGRAM DISTILLERS CO., N.Y.C. AMERICAN WHISKEY—A BLEND. 80 PROOF.

A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU

TIPS TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

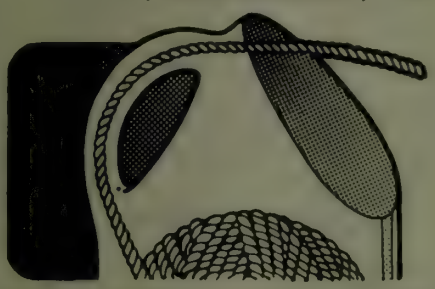
PROBLEM

That ball of twine you're using rolls out of reach just when you try to unwind another length to wrap a package.

SOLUTION

Make a dispenser out of a plastic milk carton or bleach container by cutting off a portion, as shown. Then just plop the ball of string into the carton and thread the loose end of the string through the handle cavity.

N.V., North Brunswick, N.J.



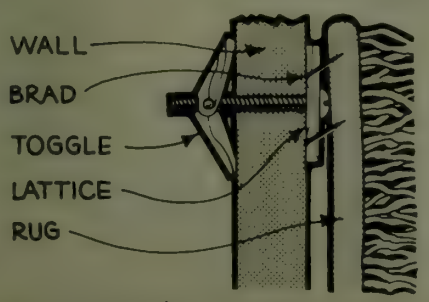
PROBLEM

You want to hang a decorative rug or carpet on the wall, but the usual hanging devices won't handle anything as heavy as a rug.

SOLUTION

Buy a piece of lattice and cut it one inch shorter than the rug. Nail ⅝-inch brads through the back of the lattice on an angle, as shown. Mount the lattice on the wall—either by nailing into studs or by installing toggle bolts or collapsible anchors. Then just hook your new wall hanging on the brads.

P.S., Bremerton, Wash.



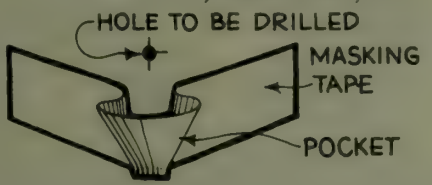
PROBLEM

You're drilling several holes in walls and want to avoid getting dust and debris on the floor.

SOLUTION

Stick a three-inch-wide strip of masking tape to the wall as shown, directly under each spot you plan to drill. When you've finished drilling, wrap the ends of the tape over the pocket to trap the debris.

J.D., Forest Hills, N.Y.



PROBLEM

You usually put a newspaper under your paint can to catch spills, but when you move the can, you have to move the paper.

SOLUTION

Glue a paper plate to the bottom of the paint can.

P.Z., Bronx, N.Y.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and all submissions become the property of Meredith Corporation. We do not accept previously published ideas.

PROBLEM

The stuffed animals in your child's room are everywhere—covering the bed, filling chairs, even crowding corners.

SOLUTION

Turn one of the walls into a "zoo" by stapling short strips of Velcro to the bottom half of the wall, and sewing companion strips of Velcro to the backs of the animals. Then just mount the animals. They'll give the room a bright new look and put an end to the clutter.

W.A., Jeffersonville, Ind.

PROBLEM

While drilling into concrete, your carbide-tipped drill bit suddenly stops making progress.

SOLUTION

You've probably run into a small rock in the mix. Simply break up the obstruction with a hammer and nail set or center punch.

W.M., W. Orange, N.J.

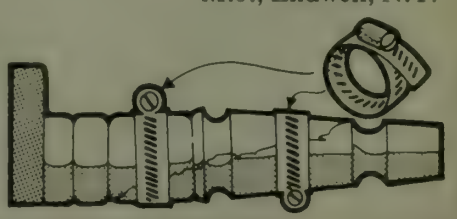
PROBLEM

You need to glue together a broken chair leg, but you don't want to invest in a strap clamp.

SOLUTION

Unless the leg is sharply tapered, inexpensive hose clamps will work fine, when mounted as shown. Just be sure to tighten both clamps uniformly. And if you're working with soft wood, protect it from the clamp by slipping a strip of old inner tube between the leg and the clamp.

M.J., Endwell, N.Y.





CHEZ JOLIE

Vive La France! To celebrate the French flair for elegant living, Sears presents the Chez Jolie Collection

Come let us lead you through the next four pages. See how well Chez Jolie will live in your own home.

Gracious dining for family and friends

How special your guests will feel in these stately cane back chairs. The carved cabriole legs are solid oak.

The same leg design is reflected in the 62-in. x 42-in. oval shaped table which comes with an 18-inch leaf. Matched oak veneers, set in by hand, create a lovely patterned table top. A made-to-size table pad is available.

Delicate carvings, mesh grillwork and antiqued, brass-finish hardware add a true look of quality. Ball bearing drawer guides and drawer stops, too.

Table, 62 in. x 42 in.	
reg. $459.95	Sale $399.00
Side chair	
reg. $135.00	Sale $120.00
China base	
reg. $525.00	Sale $450.00
China deck	
reg. $475.00	Sale $400.00
Arm chair	
reg. $155.00	Sale $140.00
Server	
reg. $475.00	Sale $399.00

Only at

Sears

Sears, Roebuck and Co. 1978

Fine china helps make fine food taste even better

So delicate, pretty and yet so durable. Platinum banded edges on both sets.

Rhoda floral china, 45-piece set	
reg. $99.99	Sale $84.99
Engagement china, 45-piece set	
reg. $79.99	Sale $69.99

Custom shop sheer windows gather a room together

20 soft colors. 100% Tergal® polyester sheer fabric. Sears Decorator Consultant will help you choose at home at no charge.

Tergal sheer fabric, 118-in. wide	
reg. $8.00 yd.	Sale $6.40 yd.

Rugs that look like fine French tapestries

Exquisite French Aubusson pattern. Luxurious 100% wool pile. 50 oz. per sq. yd. Woven on jacquard looms in Belgium. Up to 23 colors in a pattern. 3 patterns. 8 sizes on sale.

Kismet Classic rug, 8¼ ft. x 11¾ ft.	
reg. $599.99	Sale $499.99
5½ ft. x 8¾ ft.	
reg. $349.99	Sale $299.99

In most larger Sears retail stores. Prices may vary in Alaska and Hawaii.

SALE

June 25 through July 22, 1978







CHEZ JOLIE

Sears Chez Jolie Collection

Fill your bedroom with flowing curves and gentle carvings.

Notice how solid oak is softened with curves so even large pieces fit gracefully in any room. Notice how oak veneers have been set in by hand to add interest to flat surfaces. Notice, too, how the antiqued brass-finished hardware matches the carvings.

Triple dresser	
reg. $595.00	Sale $490.00
Mirror	
reg. $150.00	Sale $120.00
Chest	
reg. $575.00	Sale $480.00
Headboard, full/queen	
reg. $279.95	Sale $209.00

Save 25% on 40 solid colors of Sears antique satin draperies and bedspreads.

Baroness Made-to-Measure draperies. 69% rayon, 31% acetate. 40 antique satin solid colors. Lots of options.

Matching throw or fitted bedspreads in standard sizes. Double needle quilted, filled with lots of lofty polyester and backed with 100% cotton. A jumbo cord hem trims the throw style.

Bedspread, full size	
reg. $75.00	Sale $56.25
Drapery, 48 in. x 84 in.	
reg. $35.00	Sale $26.25
Pouf Valance, 48 in. x 15 in.	
reg. $27.00	Sale $20.25

Welcome lamps that stand out like pieces of sculpture

Massive crackle-glaze bases, linen-look shades and padded edge trims. The Bas Relief lamp (not shown) has a charming raised floral pattern.

Temple Jar or Bas Relief lamp	
reg. $69.99	Sale $59.99

SALE

June 25 through July 22, 1978

Carpet your home in a deep, rich plush that looks and feels like velvet.

Sears magnificent Dream Supreme carpeting. Almost one inch thick. Fifty-three ounces of extra soft 100% Trevira® polyester pile in every square yard! Treated with SCOTCHGARD® Brand Fabric Protector. 20 colors.

Dream Supreme carpeting	
reg. $12.99 sq. yd.	Sale $11.99 sq. yd.

Sears Custom shop bedrooms bloom like April in Paris

Save $25 on all sizes of this luxurious floral Custom quilted bedspread. Also available in soft tones of rose or gold. 100% heavy cotton fabric. Everglaze® finish. Outline quilted. Six ounces of lofty polyester fiberfill per square yard. 100% polyester challis lining.

Save 20% on the matching drapery fabric, on sale for $5.60 per yard. 36 inches wide. 3 colors.

Save 20% on Tergal® polyester sheer fabric, on sale for $6.40 per yard, 118 inches wide, 20 colors.

Bedspread, full size	
reg. $150.00	Sale $125.00

In most larger Sears retail stores. Prices may vary in Alaska and Hawaii.

Only at

Sears

© Sears, Roebuck and Co. 1978



Just because outdoor furniture is designed to withstand the elements doesn't necessarily mean it requires no upkeep at all. Now is a good time to give your lawn furniture some mid-season attention, so it will continue to look its best for patio-sitting in the late summer and early fall.

The first step in brightening most outdoor furniture is a good scrubbing with mild detergent. Some outdoor furniture, such as the all-weather plastic type, may never need anything else. Most kinds, however, require some specialized treatment to keep them looking presentable. Here are some care tips for various kinds of outdoor furnishings.

Aluminum

The best brands of aluminum furniture are guaranteed against rust for a specified number of years. That means the furniture can stay outdoors for several summers before the finish shows signs of deterioration.

If your aluminum furniture is less than top quality or is several summers old, oxidation or rust may have set in. To remove this, brush a jelly cleaner on the metal and hose the cleaner away after a few minutes.

Protect the aluminum surface by spraying with clear lacquer. This finish will not be long-lasting outdoors, so you may have to spray two or three times during a summer.

If unpainted aluminum is merely dull, dip fine steel wool in kerosene and rub the metal until it looks satiny. Then wipe with a clean cloth. Be sure the kerosene does not run on straps, webbing, or other upholstery material.

Color-coated aluminum (as well as straps, webbing, or cord) can be washed with a mild detergent solution and then rinsed. Apply automotive paste wax to frames after cleaning.

If a rivet is loose, you can tighten it by holding a hammer against the head of the rivet and tapping the other end with a second hammer.

Wrought iron

Rust is the biggest problem with wrought iron. Unfortunately, you can't just sand lightly and cover the surface with paint. Rust will return unless you remove the rust pockets right down to the bare metal.

First, rub the rusty area with a stiff wire brush, then sand with coarse steel wool. If the rust has penetrated deeply, you may have to use a file to remove the rough ridges of rust.

Use a stiff toothbrush to clean leaf and flower ornamentation and grooves.

If your wrought-iron furniture needs repainting, use a good exterior oil enamel. Its glossy finish will shed dirt and dust quickly and won't absorb moisture.

Broken or loose wrought-iron joints can be repaired with epoxy cement. It will hold the metal almost as securely as welding, if you follow directions carefully.

Wood furniture

Redwood is a favorite for outdoor use because of its natural ability to withstand the elements. However, it's wise to apply one or two coats of preservative to keep out some of the moisture. The preservative also will keep the redwood's soft buckskin-tan color from darkening.

Before applying the preservative, be sure the surface is clean. Scrub the furniture pieces with detergent, rinse well, and let them dry thoroughly. Grease or soot stains usually can be removed from redwood furniture by washing with a mixture of one cup of trisodium phosphate and one cup of household bleach to a gallon of water.

Examine joints and replace any bolts and screws that have broken or worked loose.

Some redwood furniture is stained, then waxed for protection before it leaves the factory. (Check your hangtags, if you saved them.) All such furniture needs is a wipe-down with a damp sponge.

Other wood

Most other wood furniture, even though it's called casual or summer furniture, is not meant for outdoor use. However, the famous director's chair (the folding armchair with canvas sling back and seat) will stand up outdoors for a few years. Usually the chair has a framework of oak, which has been painted or heavily varnished.

Canvas replacements for back and seat are available through mail-order houses or department or specialty stores. The canvas simply slides into grooves at each side of the seat and loops over two back spindles.

Basket furniture

Wicker often is thought of as outdoor furniture, probably because of the wicker rockers that used to line Victorian verandas. Actually, wicker never should be used outdoors, except on a sheltered porch or covered patio. Rain and direct sunshine will make even the best quality wicker look shabby in a year. Cheap wicker will begin to come apart in a few months. The same is true of rattan, peel cane, bamboo, and other tropical materials.

Don't hose off your wicker furniture, no matter what the store salesman may tell you. It is true that wicker needs some moisture and will tend to become brittle if the fibers get too dry. But that can be prevented by a wipe-off with a damp cloth whenever the wicker seems to need moisture.

Use the vacuum cleaner brush attachment to remove dust or the air-hose sprayer (without paint inside) to blow dirt out of crevices. Clean the furniture with a soapy sponge, then

continued

Drawing: Blazer/Court



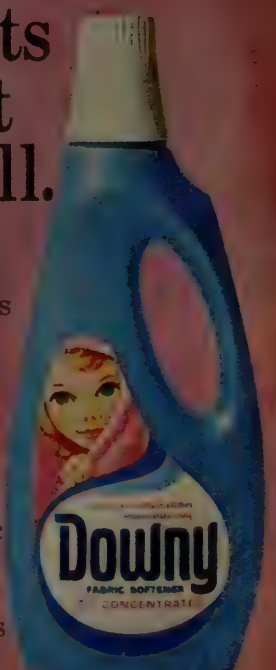
Why tuck her in
with pretty pink sheets...

when you can
tuck her in with
pretty pink sheets
that have a great
April Fresh smell.

Could we be imagining it—or do little girls really smile a happier smile when they snuggle into sheets rinsed in Downy?

You do such nice things for all your family's clothes when you use Downy® Fabric Softener. Like rinsing in that April Fresh smell. And skin-loving softness. And helping to rinse out annoying static cling.

No wonder Downy-rinsed clothes have earned a lot of mothers a lot of smiles.



Downy. It's a noticeable improvement.

continued

Outdoor furniture

rinse and wipe dry. Rub on liquid furniture wax for sheen and protection.

Small breaks in wicker can be repaired with a plastic resin or waterproof glue. Simply apply the glue to the area around the break, cover on both sides with waxed paper, and clamp the broken pieces together for 24 hours.

Structural damage can be repaired with braces, but this is usually a professional job, unless you're uncommonly handy.

Painted wicker can be stripped with paint remover, if desired, but that's a long, hard job. Having the piece professionally stripped in a paint-removing vat isn't advisable, as the solution may damage the fiber.

Use spray paint or lacquer if you want to repaint wicker.

Cushions

Upholstery on some outdoor furniture has specially sealed seams to make it waterproof. The filling also may be resistant to moisture.

Most cushions, however, will deteriorate if they're rain-soaked often, so either bring them in at night or tuck them under a waterproof covering.

Wipe cushions with a damp sponge once a week. If they're stained with suntan oil or spilled food, scrub them with a detergent solution and rinse well to keep mildew from forming.

Backyard accessories

Don't forget to include your umbrella and hammock in your cleanup. Even if they're plastic, their fibers have probably collected a surprising amount of soil.

Usually the surface will come clean with a good scrubbing, but if the umbrella is too soiled, you may need an auto vinyl-top cleaner.

The fringe may never look white and new again after a summer outdoors. However, you can remove any loose dirt by washing the fringe with sudsy water and hosing it clean.

Always dry your umbrella in an open position. Close it during heavy rains or high winds, but open it as soon as the storm is over, so dirt won't collect in the folds. Hose the umbrella now and then to keep it looking clean.

If the fabric of your hammock is detachable and made of sunfast polyester, as many models are, it can be machine washed. Put it back on the stand to prevent wrinkling as it dries.

Porch, patio, or deck

While you're at it, check the background of your outdoor furniture. A patio of brick or flagstone requires little care beyond sweeping or hosing down. But a wood deck or open porch may show signs of mildew, stains, or seeping pitch—or the surface may have splintered from exposure. Regular maintenance will prevent extensive damage. Apply wood preservative and renew paint when necessary. Repair gouges, splits, or cracks so moisture won't seep in.

Winter storage

You'll have a head start in the spring if you clean all your summer furniture again before you store it for the winter. All outdoor furniture, even redwood, should be brought indoors for storage during the cold months, or at least covered with plastic or canvas. ■

Stain over paint?



Now you can give your home the beauty of Olympic Stain, no matter how many times you've painted it before.

Olympic Acrylic Latex Stain hides paint beautifully with soft, solid color. It gives your home a rich mellow look, along with a tough acrylic finish that lasts for years. Cleans up easily with soap and water, too.

Olympic Latex Stain is also perfect for redoing any solid color stain. Available in 30 colors. Just follow easy label directions. For more information, see the Yellow Pages for your Olympic dealer, or write: Olympic, 2233 112th Ave. N.E., Bellevue, WA 98004.



ARE YOU SMOKING TOBACCO LEFTOVERS?

© LIGGETT GROUP INC., 1978.

COMPARE ANY CIGARETTE TO L&M LIGHTS.

BRAND (ALL FORMS)	CONTAINS TOBACCO LEFTOVERS?	BRAND (ALL FORMS)	CONTAINS TOBACCO LEFTOVERS?
L&M LIGHTS	**NO**	NOW	YES
BENSON & HEDGES	YES	PALL MALL FILTERS	YES
BENSON & HEDGES LIGHTS	YES	PARLIAMENT	YES
CAMEL FILTERS	YES	RALEIGH	YES
CAMEL LIGHTS	YES	RALEIGH LIGHTS	YES
CARLTON	YES	REAL	YES
DORAL	YES	SALEM	YES
KENT	YES	SALEM LIGHTS	YES
KENT GOLDEN LIGHTS	YES	TAREYTON	YES
KOOL	YES	TAREYTON LIGHTS	YES
KOOL SUPER LIGHTS	YES	TRUE	YES
LUCKY STRIKE	YES	VANTAGE	YES
MARLBORO	YES	VICEROY	YES
MARLBORO LIGHTS	YES	VICEROY EXTRA MILDS	YES
MERIT	YES	VIRGINIA SLIMS	YES
NEWPORT	YES	WINSTON	YES
NEWPORT LIGHTS	YES	WINSTON LIGHTS	YES
		ALL OTHERS	YES

Every other cigarette made contains up to 25% tobacco leftovers: chopped-up tobacco main stems and/or reconstituted tobacco. Only L&M Lights are made with just the "filet" of 100% virgin tobacco.



TASTE L&M LIGHTS. ONLY 8 MG. "TAR."

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Flavor Lights; 8 mg. "tar", 0.6 mg. nicotine; av. per cigarette, FTC Report (Aug.'77).
Long Lights; 8 mg. "tar", 0.6 mg. nicotine; av. per cigarette, by FTC Method.

Announcing
The Official State Flowers Bell Collection



• For the first time . . . 50 exquisite little bone china bells portray all of America's official state flowers.

• Each bell will be decorated with a specially commissioned original painting and hand-decorated with 24 Kt. gold.

• A uniquely designed unit to display the complete collection will be provided at no additional cost.

• Final order deadline: July 31, 1978.

America the Beautiful is blessed with magnificent flowers. A carpet of color and fragrance that stretches from sea to shining sea – reminding us of the bounty that nature has bestowed upon our nation. And of all the lovely flowers that flourish on our native soil, the very favorites have been named the official flowers of the 50 states.

Now, at last, all 50 of these official state flowers will be faithfully portrayed on exquisite little bells of fine bone china – an unprecedented artistic tribute to our 50 states . . . a joyous celebration of our love for the land we live in.

Fine Bone China – The Perfect Art Medium for This Unprecedented Collection

The special qualities of imported fine bone china are perfect for portraying these beautiful flowers. Bone china is renowned for its pure ivory-white color and remarkable translucence – qualities which enhance the vivid colors of each flower. Fine bone china is also famous for its light weight and delicate appearance – qualities which perfectly correspond with the delicacy of the flowers themselves.

Very few china makers in the entire world have mastered the necessary skills to produce bone china. This is why bone china is found only in a few countries –and why it is treasured by collectors on every continent. It is rare to find an exclusive, privately commissioned bell collection in fine bone china – and rarer still to find a collection consisting of fifty exquisite little bone china bells.

Original Paintings by One of America's Most Distinguished Nature Artists

To create the original art that appears on each of these bells, a special commission was awarded to the prominent American nature artist, Jo Polseno, whose work has been shown in leading galleries and has appeared in Audubon Magazine. Working in fields, plains, and mountains across America, Polseno has created a striking series of original floral watercolors expressly and exclusively for this collection. These paintings have never been seen before – and will never appear again in any form.

The flowers include the sweetly scented Massachusetts Mayflower, beloved of the Pilgrims . . . the Mississippi Magnolia, fabled flower of the Deep South . . . the vibrant California Poppy . . . the lovely pink and



Continued on next page ►

◄ Continued from preceding page



yellow wild rose of Iowa. In all, 50 lovely flowers . . . authentic down to the most minute detail . . . vibrant in all their natural colors.

Each Bell a Handcrafted Work of Art

To create a bell collection worthy of our official state flowers and the fine bone china, a specially designed bell shape was created. To produce this unique shape, each bell will be individually cast by hand. Then the original Polseno watercolors will be transferred to each bell using techniques involving many separate colors. As a crowning touch of luxury, each bell will be hand decorated with precious 24 Kt. gold applied to both the handle and base. Each bell will also bear the name of the state and its official flower, as well as the Danbury Mint hallmark.

Display Accessory at No Additional Cost

A custom designed display unit will be furnished at no additional charge. This beautiful unit may be placed on a table or book shelf (as shown below) or hung on a wall – to display all 50 bells to best advantage.





Bells shown actual size.

A Strictly Limited Edition

The Official State Flowers Bell Collection will be available only directly from the Danbury Mint by advance reservation. Reservations for this limited edition offering must be postmarked by July 31, 1978.

North Carolina
Dogwood

(Bell's reverse side)

Convenient Acquisition Plan – Guaranteed Satisfaction

To reserve your subscription to *The Official State Flowers Bell Collection* simply complete the Reservation Application and mail it to the Danbury Mint by July 31, 1978. You need send no money now. You will be billed for each of your bells prior to shipment.

The Official State Flowers Bell Collection consists of 50 individual bells to be issued at the rate of two bells per month. Subscribers are guaranteed the same, low original issue price of just $9.00 each for every bell throughout the entire collection.

Should you receive any bell that you are not completely satisfied with, you may return it within 30 days for replacement or refund. Naturally, you may cancel your subscription at any time.

Prompt Action Needed

Remember, subscriptions for this offering must be postmarked by July 31, 1978. Please act promptly.

Reservation Application FLH

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06856

Must be postmarked by July 31, 1978

Please accept my reservation to **The Official State Flowers Bell Collection.** I understand there will be 50 bone china bells in this limited edition series and that the bells will be issued at the rate of 2 new bells every month at the guaranteed price of $18.00 per monthly shipment (plus $1.50 for shipping and handling costs).

I need send no money now. I will be billed for the first 2 bells prior to shipment and invoiced for subsequent bells on a monthly basis. I may cancel this subscription at any time and any shipment may be returned for a full refund if upon receipt I am not completely satisfied.

Name _____

Address _____

City _____

State _____ Zip _____

Signature _____

☐ Check here if you want your bells charged, as they are shipped, to your:

☐ Bank Americard/Visa ☐ MasterCharge

_____ _____

Credit Card Number Expiration Date

The E.P.T.™ In-Home Early Pregnancy Test is a private little revolution any woman can easily buy at her drugstore.

It is highly accurate. Millions of women today in 13 European countries use this testing method. Now its high accuracy rate has been verified here in America by doctors who clinically confirmed the results of tests performed by women themselves in their own homes.

That means you can confidently do this easy pregnancy test yourself—privately—right at home without waiting for appointments or delays. That simple difference is the result of many years of costly research. And it's worth every penny.

At last, early knowledge of pregnancy belongs easily and accurately to us all. It's simple. Fast. And there is no risk, no physical danger whatever, in doing it because a sample of your first morning urine is all that's needed for the test.

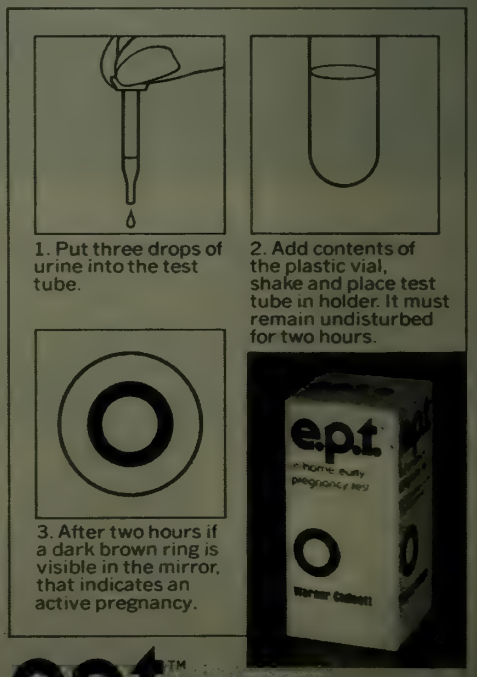
As soon as you become pregnant, your body starts to produce a special hormone—HCG. Starting on the 9th day after the date you expected your menstrual period to begin, there should be sufficient concentration of HCG in your urine to give an accurate reading of pregnancy. And that's all there is to it. Follow the test directions with care, and three drops of urine can tell you quickly and easily what you want to know.

If you get a positive reading, you can assume you are pregnant. Such positive pregnancy readings in our clinical tests proved to be 97% accurate. If your reading is negative, your overdue period should begin soon. If a week passes and you still have not started menstruating, you should take a second E.P.T. test because there may not have been sufficient HCG in your urine at the time of the first test, or you may have miscalculated your period. Negative readings on a first test are about 80% accurate; on repeat testing one week later they are 91% accurate. If your second test result is still negative and your period has not begun, we urge you to consult your doctor as soon as possible.

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The first 60 days are critical in fetal development. Improper nutrition, cigarettes, alcohol, even commonly used household medications can be harmful in these crucial first 60 days before most women even know for sure that they are pregnant. Now with E.P.T. you can know. Now, when you call your doctor, you have the results of your test to report. And time is on your side at last.





e.p.t.™ in-home early pregnancy test

At last, an accurate early pregnancy test that women can do at home quickly, safely and very easily.

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30 quarts of pure refreshment for only 9¢ a quart.





You can't beat Nestea for pure refreshment and you can't get that refreshment at a better price. A 3-ounce jar of Nestea® Instant 100% Tea makes 30 quarts, and costs only 9¢ a quart. So stock up on Nestea Instant Tea. It's the best wet yet and 18¢ off makes it even better.

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TO THE DEALER: This coupon will be redeemed only as follows: For amount specified plus 5¢ for handling, provided coupon is received from customer on purchase of listed merchandise. Proof of purchase of sufficient stock of merchandise to cover coupons submitted must be shown on request. (Failure to comply may void all coupons submitted for redemption.) Redemptions not honored through brokers or other outside agencies. Coupons are nontransferable and void if use is prohibited, taxed, restricted or license is required. Customer must pay any sales tax. Cash redemption value: 1/100¢
FOR REDEMPTION, PRESENT TO OUR SALESMAN OR MAIL TO: THE NESTLÉ COMPANY, INC., P.O. BOX 1500, ELM CITY, N.C. 27898. OFFER GOOD ONLY IN U.S.A. LIMIT: ONLY ONE COUPON MAY BE REDEEMED PER UNIT OF PRODUCT PURCHASED. GOOD ON ANY NESTEA® PRODUCT. ANY OTHER USE CONSTITUTES FRAUD.
EXPIRES SEPT. 30, 1978.

SAVE 18¢
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To Grocer: As our agent, redeem this coupon for a retail customer in accordance with the terms of this offer. We will reimburse you 12¢ plus 5¢ for handling on the purchase of one package for each coupon you stock. Coupon void if redeemed by other than retail distributors, if prohibited, restricted or taxed. Customer must pay any sales tax. Cash value 1/20¢. For redemption, mail to Kitchens of Sara Lee, P.O. Box 1527, Clinton, Iowa 52734. **Fraud Clause:** Any other application of this coupon constitutes fraud. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be made available upon request. **Offer good only in U.S.A. Offer limited to one coupon per purchase. Offer expires July 31, 1979.**

SAVE 12¢
on any new ORIGINAL BUTTER RECIPE CAKE from Sara Lee®



Apple Walnut, Coconut, Carrot.

12¢ 8054

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Save 7¢



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Save 7¢



on your next purchase of TRIX® fortified with 8 essential vitamins

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TO GROCER: As our agent, accept this coupon on the purchase of the specified product. General Mills will redeem each coupon you so accept for the face value plus 5¢ handling charge. Mail this coupon to General Mills, Inc., Box 900, Minneapolis, Minnesota 55460 for redemption. Coupons will not be honored if presented through third parties not specifically authorized by us. *Any attempt to redeem this coupon otherwise than as provided herein shall constitute fraud. Invoices proving purchase, within the last 90 days, of sufficient stock to cover coupons presented for redemption must be made available upon request.*

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That's Trix® and Lucky Charms.® Kids like the taste of Trix and Lucky Charms. And moms like the fact they're made from wholesome grains, and fortified with 8 important vitamins and iron. So, serve your family a delicious and nutritious breakfast with Trix and Lucky Charms.

GARDENING IN JULY

When hot midsummer weather strikes your vegetable garden, burning out the peas, wilting the lettuce, and yellowing the potatoes, you probably assume that the bulk of your harvest is over for another season. That isn't necessarily so. Many crops can be planted mid-season for a fall harvest that is often even tastier than the spring-planted crop.

Some popular candidates for mid-season planting are Chinese cabbage, brussels sprouts, and cauliflower. Start seeds of all these vegetables in late June or early July. You can sow the seeds where the plants are to remain in the garden, or you can start them in an out-of-the-way corner and transplant them later, after they've developed their second, true set of leaves. Thin or transplant the young seedlings so that they stand 12 to 15 inches apart, then mulch with several inches of straw to keep down weeds and increase soil moisture.

Other crops, like peas, green or wax beans, carrots, beets, turnips, mustard, lettuce, celtuce, radishes, and quick-maturing sweet corn, all make good mid-season replacement crops.

If you like to use the quick-growing vegetables (beets, radishes, mustard, lettuce, carrots, and celtuce) when they are young and tender, it's a good idea to sow them in short rows at one-week intervals, instead of planting a long row just once. Then when a short row matures, you aren't swamped with more produce than you need. By the time you've used the first planting, the second row is ready.

Wide-row or broadcast planting is effective with beans, peas, and turnips. Planted close together, these crops will produce more harvest per square foot than single-row crops. The plants will also keep each other shaded and cool during late-summer hot spells, resulting in a longer harvest.

To keep bean harvests going, it's best to gently pick a crop of beans every day so that no large-seeded beans develop. This will increase not only yield but length of picking time. If plants are allowed to produce a mature crop of beans, all production will stop.

Sweet corn, which is pollinated by wind-borne pollen, should be planted in small blocks rather than long rows to ensure a good harvest. Only properly pollinated plants will develop full-kerneled ears. If you like, you can even give young corn plants a head start by planting them indoors in peat pots a few weeks early. These started transplants will have a better chance of producing a crop before frost than seed-started plants will.

When transplanting young vegetable seedlings into the garden during the summer, it's important to protect them from the drying rays of the sun for a week or so until the seedlings get established. Make a wooden rack to fit over the planting bed and staple burlap across the top. The burlap will shield the plants from the direct overhead rays of the sun. After a week or two, remove this shield so that the plants can get a full dose of sunlight. ■

New Cold Power™ XE beats the others cold.



It's a new kind of Cold Power—a Cold Power that cleans tough, ground in dirt better than ever. We call it new Cold Power XE. XE for extra energy. We added a lot more cleaning power to the best cold water brightening system you can buy. So with new Cold Power XE your cold water washes come out looking brighter than with any leading detergent. You owe it to your clothes to try a box.

The best cold water detergent you can buy.

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1. Put three drops of urine into the test tube.



2. Add contents of the plastic vial, shake and place test tube in holder. It must remain undisturbed for two hours.



3. After two hours if a dark brown ring is visible in the mirror, that indicates an active pregnancy.



e.p.t.™ in-home early pregnancy test

At last, an accurate early pregnancy test that women can do at home quickly, safely and very easily.

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you can't get that refres
A 3-ounce jar of Nestea
makes 30 quarts, and c
stock up on Nestea Inst
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SUMMER TABLE TOPPERS

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STORE COUPON

Save 18¢



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Save 12¢

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ORIGINAL BUTTER RECIPE CAKE
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Sara Lee introduces a new kind of Love.

Save 12¢ on any one of these new Original Butter Recipe Cakes. Chunky Apple Walnut, luscious Coconut, or delicious Carrot Cake. All so buttery, rich, and moist. You'll love that homemade taste.

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AND NUTRITIOUS.

That's Trix® and Lucky Charms.® Kids like the taste of Trix and Lucky Charms. And moms like the fact they're made from wholesome grains, and fortified with 8 important vitamins and iron. So, serve your family a delicious and nutritious breakfast with Trix and Lucky Charms.

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New Cold Power™ XE beats the others cold.

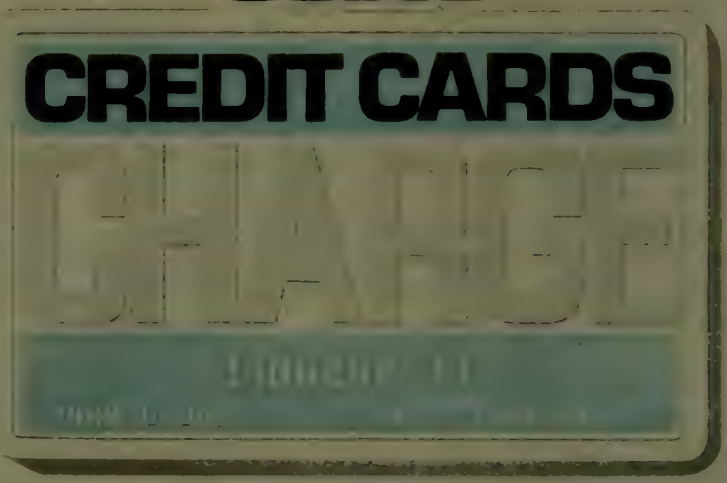


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The best cold water detergent you can buy.

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CHOOSING AND USING CREDIT CARDS



There's no question that credit cards play a key role in many people's lives these days. Even if you're a cash-only customer, you may be required to show a credit card for identification on various occasions.

Credit cards are convenient and safe—provided you use the cards with some discretion. But how many cards do you really need? How can you use them to simplify various financial transactions—and still avoid getting swamped by a multitude of cards?

What kinds of cards?

Credit cards fall into three basic categories: bank cards, travel and entertainment cards, and specialty cards. Though most cards have specific purposes, the uses often overlap.

● **Bank cards** have the widest distribution—over 45 million for Master Charge in early 1978, over 39 million for VISA (formerly called BankAmericard). They can be used for a variety of purposes all over the world—charges at retail and department stores, restaurants, hotels, airlines, car rental outlets, mail-order companies, some gas stations, even for such items as traffic tickets and college credits at various schools. You also can get cash advances, up to several hundred dollars at participating banks wherever you may be traveling.

Though they're tied to the parent company, bank cards are issued by individual banks, and credit policies may vary. Typically, you must make at least $8,000 or $10,000 a year (depending upon locale) and meet other good-credit criteria to qualify for a bank card.

These are revolving credit deals: You may charge up to a predetermined amount—typically, several hundred dollars—and you're expected to pay off at least a minimum amount each month on the outstanding bill.

When you don't pay your bank card bill in full within 25 days of the date of the bill, you'll be charged interest. That's generally figured on the average daily balance outstanding for the month, and you must pay interest on any charge from the day you make the purchase.

Typical interest charges are 1½ percent per month (an 18-percent annual percentage rate, or APR) for the first $500 outstanding, one percent per month (12-percent APR) on amounts over $500 and on all cash advances.

In the past, banks usually have offered just one or the other bank card. Now, many banks offer both cards—sometimes combining lines of credit so you get an interest break once your combined bills top $500. There is no fee for receiving a bank card in most areas, though a few banks do charge a yearly service fee of a few dollars.

● **Travel and entertainment cards** originally focused on the purposes their name states—transportation, lodging, dining, theater, and so forth—around the world. These cards now are accepted at a number of stores and other outlets having little to do with travel or entertainment alone.

Three travel and entertainment cards compete for the market: American Express, Diner's Club, and Carte Blanche. Each charges an annual fee—from $20 to $30, depending on the card. Income qualifications are generally higher than for bank cards—typically, $15,000 or so a year.

You are expected to pay off your travel and entertainment card bills in full upon receipt each month, so no interest is charged. If you delay payment, you may have to pay interest. You can arrange for an extended time payment, with interest, on your own initiative. Or, you may be charged interest as a penalty for delayed payment. The rate is usually 12-percent APR.

● **Specialty cards** are issued by specific companies for specific purposes—department stores, auto rental companies, airlines and railroads, major retail chains, oil companies, hotel chains, and so forth. Generally, credit qualifications and interest charges are comparable to the bank cards. However, some specialty cards operate more like travel and entertainment cards, with full payment expected each month and no interest charged unless the bill is delinquent.

"Credit" or "debit" cards?

Don't confuse the credit cards discussed above with "debit" cards. There's a difference: Use of a *credit* card triggers a line of credit when you make the purchase. Only after you receive the bill must you pay off the debt—and the loan is interest free if you pay off in time (see above). A *debit* card acts more like a check. Once the card is used in a transaction, the money is almost immediately deducted from your bank account.

The distinction can be confusing, especially since debit functions of plastic cards are increasing. In some parts of the country, banks are issuing a VISA debit card that is accepted by merchants just like a VISA credit card. The difference: When a sales slip reaches your bank, the amount is deducted instantly from your checking account instead of being sent to you as a monthly credit card bill. Master Charge is developing a similar debit card program called Signet.

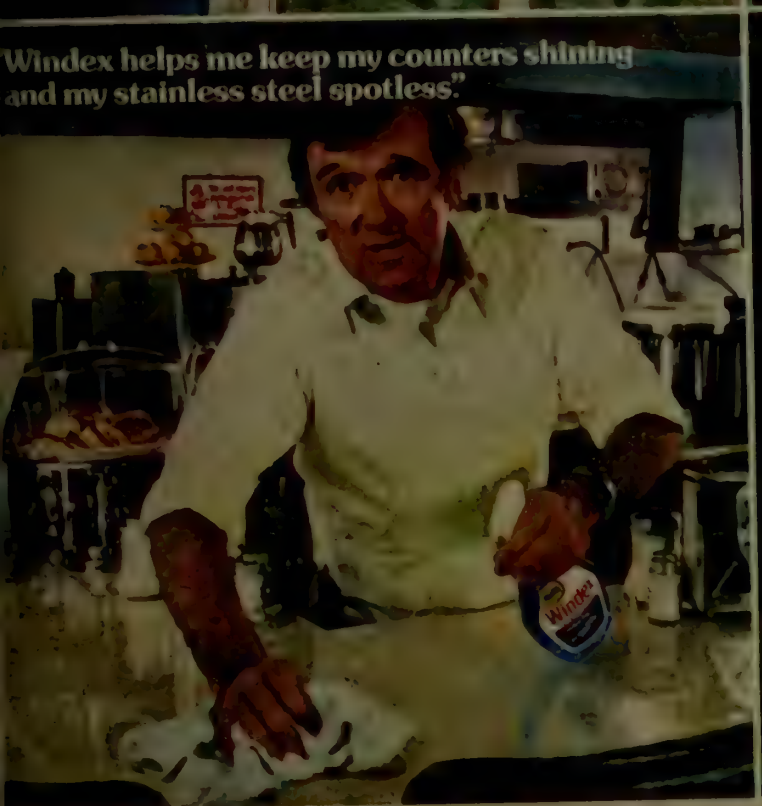
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Drawing: Dudyacha, Schirck and Assoc.

A Windex shine is a beautiful thing to see. No matter what you see it on.





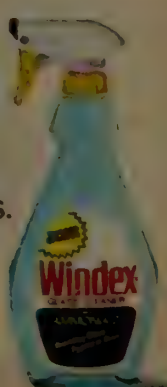




You know how beautifully Windex® shines windows. But why stop there? Windex does just as beautiful a job on chrome, countertops, appliances or bathroom tile.

Its exclusive Ammonia-D® formula cuts grease and dissolves dirt on all these surfaces and many more.

Try it. The convenient trigger sprayer makes it easy to use—even on large surfaces. And no matter what you clean, you'll see no film, no streaks—nothing but that beautiful Windex shine.



Windex with Ammonia-D.
It's a beautiful thing to see.

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continued

Credit cards

American Express now offers traveler's checks through card-activated dispensing machines in several major airports—but the amount is deducted from your bank account (by prior agreement) rather than billed to you at the end of the month. Also, many banks now have cash machines. Using a plastic card and a special code, you can withdraw money and the amount is debited immediately from your account. The machines are operated by the bank's own card or, in some areas, by a Master Charge or VISA card. You can also deposit or transfer money between accounts at these machines.

Many cards eventually may have both a debit and a credit function. That's one possibility to keep in mind as you consider which and how many cards to carry.

Okay—how many?

You're the boss, of course—but ask all these questions before deciding:

1. What are your risks? Federal law now limits you to a liability of the first $50 illegally charged against a credit card if it's used before you report the card lost or stolen. Actually, many companies will waive that, provided you notify them right away when your card is missing.

Potentially, however, you could be out several hundred dollars when you carry a lot of cards. You can insure against such losses, but the risk and the hassle of replacing all your cards may be more than you want to handle (*see box at the end of this article*). The fewer the cards you carry, the lesser the problem.

2. Will you be tempted to overspend when you have lots of cards? You might be right up against your limit on one bank card account, for example, then just start charging on the other. Sometimes that opportunity to stretch your credit can be good—for instance, when there are some real bargains available on sale. Still, beware of the temptation to overspend.

Financial counselors caution that you should have the equivalent of no more than 15 to 20 percent of your monthly income outstanding on *all* credit other than your mortgage—and that includes installment loans, car loans, charge accounts, and credit cards. If you find you're always paying the minimum monthly amount required by credit card and other accounts, you may be in trouble.

3. How do multiple cards affect your bookkeeping? It could make sense to use specific cards for specific purposes exclusively—say, one card for personal use and another for business—so you have the distinct records for tax and budget purposes. On the other hand, you may just be compounding your financial records problems by having a lot of credit card bills coming in from all directions all the time.

4. What's it costing you? Is it worth it to pay two travel and entertainment card annual fees? Are you inviting unnecessary finance charges by using two bank cards plus several specialty cards, and then paying off just part of each bill each month? Do some local cards offer better finance deals than others?

5. Could you do better with cash? A recent law prohibits credit card companies from pressuring retail outlets not to offer discounts to cash customers. If you ask, you may well get a price break when you pay cash—some places consider cash discounts good business practice.

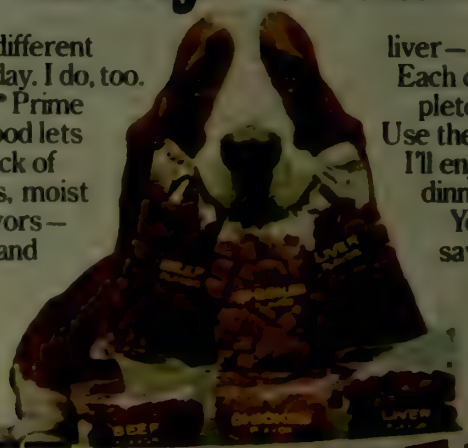
6. Can you combine credit card uses? In some areas, service stations now take bank cards, so you wouldn't need the specific oil card as well. Also, more and more stores now accept bank cards or travel and entertainment cards, or both, as well as the specific store charge card.

Where do you want to be able to charge? Why not plan to pay with cash or by check at stores you visit infrequently? Also, think about which gas stations you're likely to use most regularly, and get cards only for those oil companies. Don't give in to the temptation to fill out a credit card application every time you see one.

The truth is, most people who want to use credit cards can do well with just four or five cards at most—one bank card, one travel and entertainment card, and two or three specialty cards for service stations and local stores, or one of the national retail chains. If you

"I get variety. You save 15¢"

"You like a different dinner every day. I do, too. And Gaines® Prime Variety® dog food lets me take my pick of three delicious, moist and meaty flavors—beef, chicken and liver—all in one box! Each dinner is completely nutritious. Use the coupon now. I'll enjoy a different dinner every day. You'll enjoy the savings."



Gaines®

15¢ PRIME VARIETY 15¢

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Save 15¢ on Gaines® Prime Variety.®
Beef, chicken and liver flavors—in one box!

To the retailer: General Foods Corporation will reimburse you for the face value of this coupon plus 5¢ for handling if you receive it on the sale of the specified product and if upon request you submit evidence thereof satisfactory to General Foods Corporation. Coupon may not be assigned or transferred. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. For redemption of properly received and handled coupon, mail to: General Foods Corp., Coupon Redemption Office, P.O. Box 103, Kankakee, Ill. 60901. This coupon good only on purchase of product indicated. Any other use constitutes fraud.

Offer expires July 31, 1978. LIMIT—ONE COUPON PER PURCHASE

15¢ STORE COUPON GENERAL FOODS CORPORATION 15¢

travel a lot, you may want a car rental card as well, though most companies accept bank cards now.

WHAT IF YOU LOSE YOUR CARDS?

Notify the card company or companies right away. Keep all your credit card data together in one master file so you can act quickly. Include all card account numbers, a list of phone numbers and addresses showing where to report lost or stolen cards, and the special forms you receive in order to notify the company of the loss. Call immediately (most are toll-free lines) and follow up with the information in writing. If you act promptly, you may face no financial loss at all.

Also, it's possible to insure against credit card loss—especially important if you carry many cards. New homeowners policies in many states now insure you automatically for up to $500 in credit card losses—the equivalent of $50 on ten cards. Where that clause is not available, you can buy a rider for a few dollars.

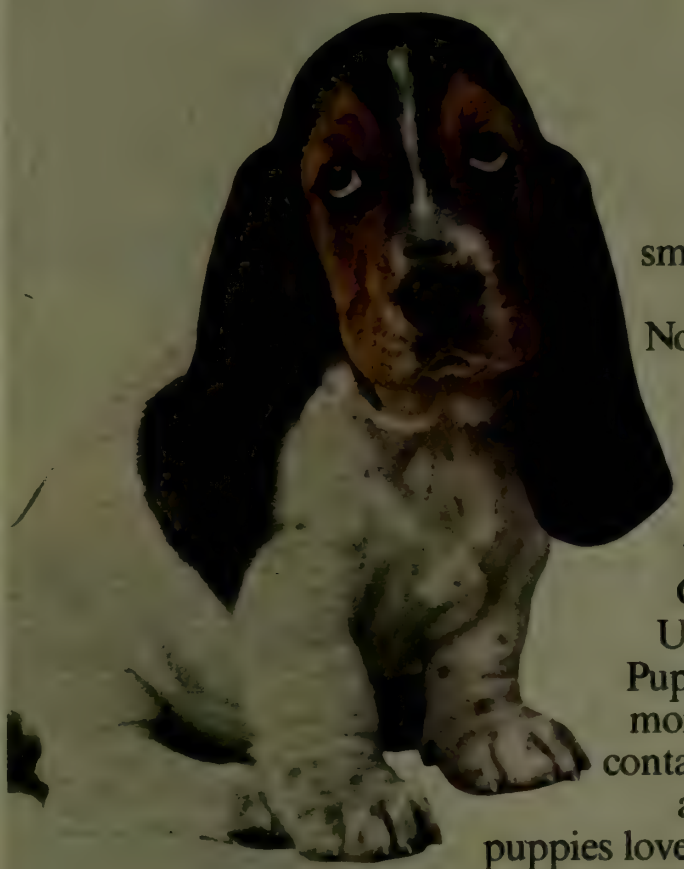
Finally, look into companies that specialize in handling credit card losses. Though they don't actually insure you against loss, they speed up the reporting process, so you're likely to escape even the $50 per card liability. For from $9 to $12 a year, these credit card registry services keep a record of all your cards. With one toll-free phone call from you reporting a loss, the company will notify immediately all the credit card issuers of your loss, and the wheels will be put in motion for you to receive new cards.

Some registry services also offer emergency cash advances and even plane tickets home, if needed. And, these services will report changes of address for you anytime.

Some of the reputable registry companies you might contact:

- Credit Card Service Bureau of America, P.O. Box 1322, Alexandria, Virginia 23313
- Hot-Line Credit card Bureau of America, P.O. Box 4963, Fort Lauderdale, Florida 33338
- Credit Card Sentinel, 9701 Mason Avenue, Chatsworth, California 19311. ■

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CARS Kim Garretson



How to wash & wax your car

Regular visits to the coin-op or commercial car wash help keep your car's finish shining. But to protect the finish, you must wax your car several times a year, and the commercial car wash doesn't get your car clean enough to prepare the finish for an effective waxing. The mechanical hoses and brushes miss damaging dirt in hard-to-reach places. That means you'll have to do some supplemental cleanup yourself, if you want to lengthen the life of the car's finish and increase the car's value at trade-in time. Here are some tips for hand washing, polishing, and waxing the finish, and cleaning special areas such as the vinyl roof.

How dirty is your car?

Before you gather the supplies for the job, examine the car's exterior to determine what it will take to make the surface shine again. If you find a layer of light dirt over the finish, you'll probably need only a garden hose with a spray nozzle, a five-gallon bucket, a large sponge, and a chamois.

But if the accumulated dirt is heavier, you might need a commercial car wash solution. You can remove bird droppings or bugs stuck to the surface with a small sponge encased in plastic mesh. And you can buy commercial products to alleviate any of these other problems you might find: tar and grease spots, a dirty or fading vinyl top, dull sidewalls on your tires, or dingy chrome.

Washing the car

First, park your car in the shade. If you park the car in the sun, the surface will dry too quickly and look spotty. Thoroughly hose down the exterior of the car to remove surface dirt and loosen grime. Point the spray under the fenders, behind the bumpers, and along the underside of the car to wash off dirt, salt, and other road chemicals.

If you're going to wash the car with water only, fill your bucket and sponge the entire surface of the car, dipping the sponge frequently to keep it clean and wet. Work your way down from the roof so the loosened dirt will run off in the direction you are sponging. When you complete the sponging, again hose down the car.

If you need a commercial car wash solution to help remove heavy dirt, add a portion to your bucket of water, following the label directions. Again sponge the entire surface of the car, but since your solution will be sudsy, work from the bottom upward to keep track of where you've scrubbed. Also, rinse each section of the exterior with the hose after scrubbing to keep the detergent residue from drying on the surface.

Hard-to-clean areas

Use your mesh-encased sponge to remove bugs and bird droppings. If you use oil and tar remover, chrome cleaner, or tire cleaner, carefully follow the label directions. But, take care in applying these products to exterior parts made of plastic or aluminum; the harsh chemicals or abrasive cleaning action might damage these materials.

For vinyl roofs, use vinyl roof cleaner and a soft bristle brush to remove tree sap, road film, and white streaks in the embossed grain.

After the wash

When you rinse off your car, water probably will seep into the car doors. Swing each door back and forth briskly and see if water drips out of the drain holes on the bottom of the doors. If you don't see any water coming out, the drain holes may be plugged with dirt or old wax. Use a small screwdriver to clear them.

Wet your chamois thoroughly and wring it out till it's as dry as possible. Hold it by two corners, toss it out over all sections of the car—including the windows and chrome—and pull the chamois toward you in long motions, wringing it out completely between tosses.

Cleaner, polish, or wax?

Now that your car is washed, examine the surface to determine if the finish needs cleaning, polishing, waxing, or a combination of these steps. Cleaners remove heavy accumulations of oxidized paint and the stubborn dirt trapped with the oxidized paint. If the finish is extremely dull, you can use rubbing compound, the strongest cleaner available. But no cleaner will give the surface gloss. That requires polishing and waxing. Polishes contain a milder cleaner for light oxidation and a polishing oil for a shiny finish. This finish is not as durable or long-lasting as wax, so you probably should apply wax after polishing. To save yourself some work, you can use a combination product (cleaner/polish, cleaner/wax, polish/wax). Whichever product or products you use, carefully follow label directions.

If you don't think your car requires a

continued on page 69

Drawing: Hired Hand

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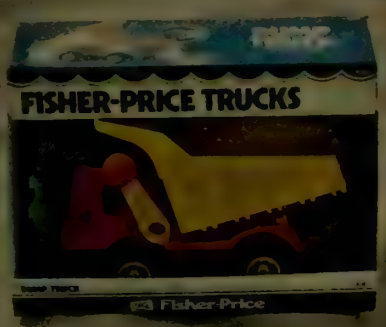

Bulldozer


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CU Insurance

continued from page 64

Wash and wax your car

cleaner or polish, and you're not sure about the need for wax, this simple test should tell you. Sprinkle a few drops of water on the hood; if the water spreads out and runs off instead of forming beads, your car needs waxing.

Liquid or paste wax?

It doesn't really matter what type of wax you choose; if applied properly, all car waxes will protect the finish. Choose a good wax of the type you like working with: liquid, hard paste, or pre-softened paste (sometimes called cream wax).

All types of wax should be applied with a clean, soft cloth or the applicator, if one is included with the wax. When using paste wax, wet the cloth and wring it out before applying the wax.

Rub the wax into the surface with vigorous circular motions, covering only a small section of the exterior at a time. Make sure you completely cover the bottom edge of the car's frame, the bottom of the doors, and the chrome and trim with wax. Again, clear the doors' drain holes after waxing. Let the wax dry to a haze, then wipe the haze away with a clean, soft cloth, switching to a fresh cloth when the one you're using fills with wax. A final light buffing with another clean, soft, lint-free cloth will bring out the gloss of the wax in all its brilliance.

Now your car should be shining and protected from the elements from top to bottom, unless it has a vinyl roof. Regular waxing of this area is even more essential than waxing the rest of the car. Unprotected vinyl roofs can develop tiny cracks that allow water to penetrate through the vinyl to the metal and promote rusting. And once a roof begins to noticeably deteriorate, nothing can be done. Although cleaners and polishers can restore a car's painted finish, there are no products that will make a rusted-out vinyl roof look like new again. The special vinyl roof waxes help retard cracking and can fill existing cracks to stop water penetration.

Vinyl top waxes also come in paste and liquid types, and in a form called a dressing. ■

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HE COOKS

Al Brown's Lasagna





Photographs: Dieter Heinrich-Blessing

Buying information, page 181

Al Brown learned to cook at a very early age, but he was motivated by necessity rather than interest. When Al was 13, his mother died and he took on the responsibility of cooking meals for his brothers.

Now a junior high school mathematics teacher, Al attributes his love of cooking to that early experience. The lasagna recipe he shared with us evolved from a summer trip to Spain. "I went to an Italian restaurant in Spain and ordered lasagna. To my surprise, it was all white—and was it good!" Al says. "Later, when I was having a dinner party, I remembered the white lasagna from Spain and improvised my own version." Although Al says his lasagna ended up quite different from the original, his guests proclaimed it a smashing success.

AL BROWN'S LASAGNA

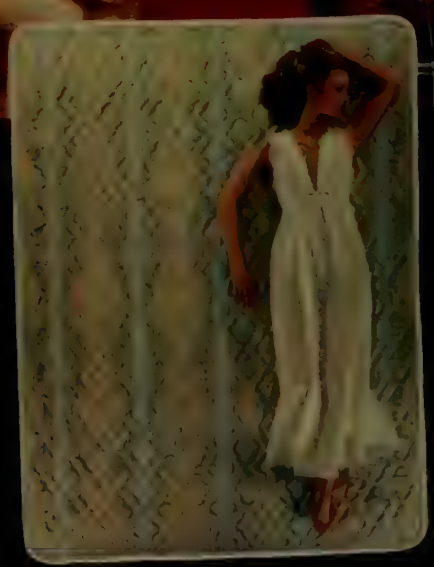
- **8 ounces lasagna noodles**
- **1 pound ground beef**
- **1 cup finely chopped celery**
- **¾ cup finely chopped onion**
- **1 clove garlic, minced**
- **2 teaspoons dried basil, crushed**
- **1 teaspoon dried oregano, crushed**
- **¾ teaspoon salt**
- **½ teaspoon Italian herb seasoning**
- **1 cup light cream**
- **1 3-ounce package cream cheese, cubed**
- **½ cup dry white wine**
- **2 cups shredded cheddar cheese**
- **1½ cups shredded gouda cheese**
- **1 12-ounce carton cream-style cottage cheese (1½ cups)**
- **1 slightly beaten egg**
- **12 ounces sliced mozzarella cheese**

In a large saucepan cook lasagna noodles according to package directions; drain. Set aside. In a skillet cook ground beef, celery, onion, and garlic till meat is browned and vegetables are tender. Drain off fat from skillet. Stir in basil, oregano, salt, ½ teaspoon *pepper*, and Italian herb seasoning. Add cream and cream cheese. Cook and stir over low heat to melt cheese. Stir in wine. Gradually add cheddar and gouda cheeses, stirring and heating till cheese is nearly melted; remove from heat. Stir together cottage cheese and egg. Layer *half* of the noodles in a greased 13x9x2-inch baking dish. Top with *half* of the meat sauce, *half* of the cottage cheese mixture, and *half* of the mozzarella. Repeat layers. Bake, uncovered, in a 375° oven for 30 to 35 minutes. Let stand 10 minutes before serving. Makes 16 servings.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If yours is selected for the He Cooks feature, we'll pay you $50 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. Recipes become the property of Meredith Corporation.

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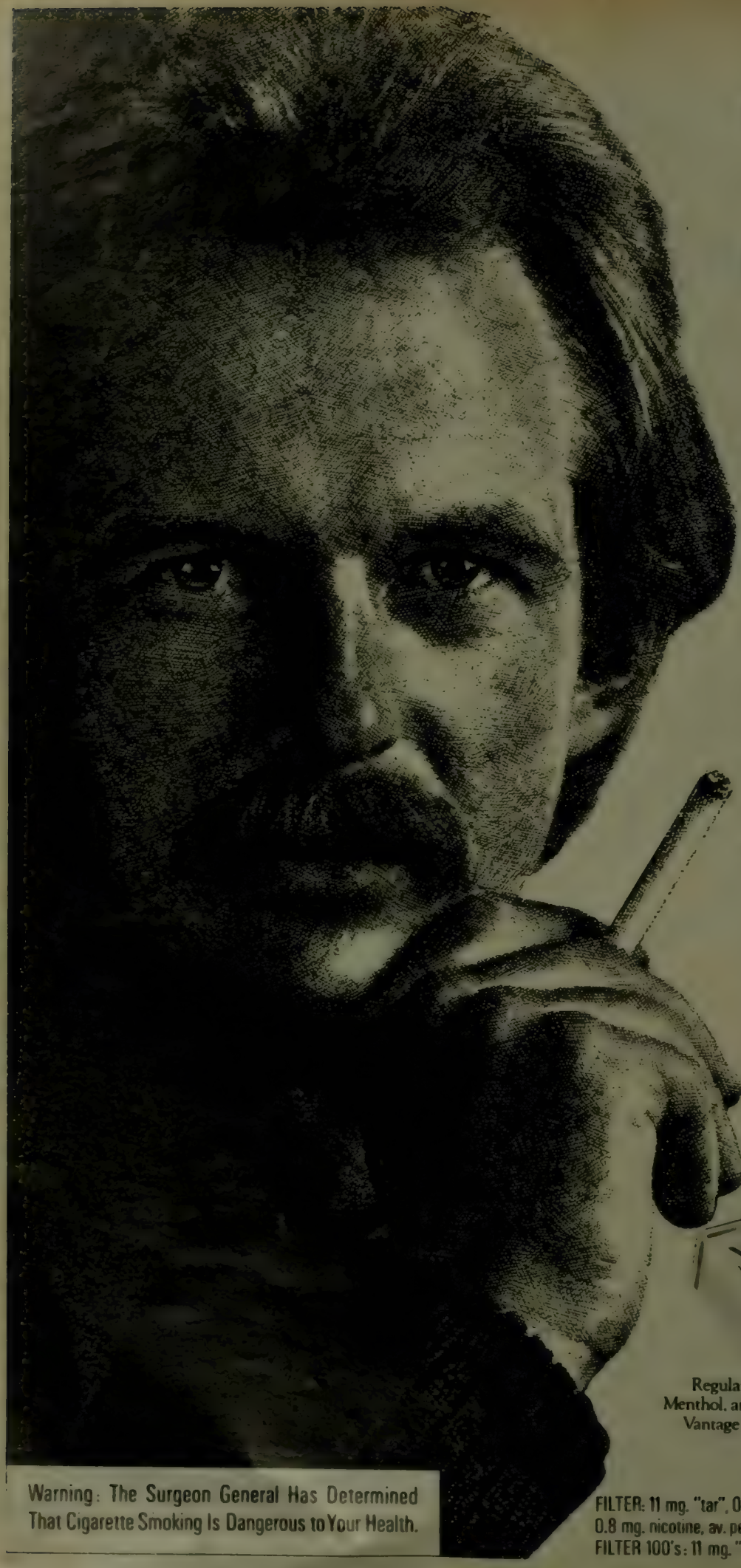
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FILTER: 11 mg. "tar", 0.7 mg. nicotine, MENTHOL: 11 mg. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report AUG. '77; FILTER 100's: 11 mg. "tar", 0.9 mg. nicotine av. per cigarette by FTC method.

100 IDEAS UNDER $100

GOOD NEWS! Money *isn't* everything. Elbow grease and imagination count, too. And to prove it, here are 100 useful—and delightful—do-it-yourself projects.

1. Fast and fantastic lamp, $23
Make a fun and functional lamp by wiring paper fans to a purchased lamp frame.

2. Soft and easy love seat, $81
Our easy couch is a box that features four plump pillows designed to slip over the wood slat back.

Project Plan No. 50360
To order, see page 28.

3. Collector's coffee table, $30
Some 4x4s, a half sheet of plywood, and a glass top are all you need.

Building how-to begins on page 84.

4. Zippy packing-tape floor $12
Paint the floor, then apply packing tape on top in parallel stripes, ending with several coats of polyurethane.



Buying information, page 181
All credits, page 181

100 IDEAS UNDER $100



Contemporary European design—clean, simple, and classy—doesn't need to cost buckets of bucks. You can make each idea pictured for under $100.

5. Sleek modular seating, $70
6. Convertible coffee table/bar unit, $61
7. Sculptured wood-slat bowl, $5
8. Quick-to-stitch pull-up shades, $42
9. Extra roomy storage chest, $95
10. A just-for-fun chicken, $11
11. Two-tube floor lamp, $42
12. Casual canvas sling chair, $53
13. Super simple knitted throw, $37
14. Leather look in lighting, $28
15. Wooden wall sculpture, $8
16. Easy-to-build folding shelves, $73



How-to for these and other projects begins on page 84.

Project Plan No. 50361 (includes coffee table/bar and storage chest) To order, see page 28.

All credits, page 161.
Buying information, page 161

100 IDEAS UNDER $100

This good-looking sextet of rustic wood projects can simplify outdoor serving, seating, and green-thumbing.



17. Traveling party center, $90

This sociable caddy goes to lots of parties, and it's always the center of attention. Under the ceramic-tile-covered top is abundant shelf space plus a drawer for utensils and a wine rack. The unit is 24 inches wide, 38 inches long, and 39 inches high. Start by making a ¾-inch plywood box, then trim it with 2x4 rough-sawn cedar boards.

Project Plan No. 50362

To order, see page 28

17



18

18. Hideaway table, $67

Here's a handy patio table that folds up against the wall when not in use. In the up position, the table makes a decorative patio addition because the painted bottom of the tabletop is framed by the fold-down legs and 1x6 wall braces. The tabletop is made of ¾-inch plywood surfaced with 1x6 redwood boards and framed with 2x2- and 2x4-inch redwood dimension lumber. A simple arrangement of pegs holds the table in the up position.



19



20. Hanging swing chair, $29
You'll find this bead-and-board swinging sling chair the most popular seat on the patio. Sturdy 1x2-inch oak boards, drilled to receive the ⅜-inch rope, are spaced with wooden beads. The suspension frame is made of 2x2-inch oak, dadoed and glued before holes are drilled for the rope.

21. One-on-one planter, $32
You'll get double the pleasure from this tile-embellished hanging planter. It will add an eye-catching vertical line of colorful flowers and foliage to your patio. The foot-square, ten-inch-deep redwood boxes are framed with 2x2-inch cedar boards. To hang the planter, run ropes through holes drilled through the framing members.

22. Super sling chair, $31
What makes this comfortable garden sling chair really special is its massive frame construction. The 4x4-inch post legs and 1x6-inch redwood stretchers give it rugged distinction. Canvas, sewn tightly to one-inch dowels, forms the sling seat. The dowel ends slip easily into slanted grooves in all four legs to hold the sling securely.



19. Offbeat planter box, $25
Even common bedding plants look uncommonly handsome when displayed in this novel unit. Unlike the usual flat-top planter, this one has an uneven top that leaves low areas for plants to spill through without spoiling the line of the planter top. The vertical boards of random lengths are nailed to the redwood liner, which is the same height (ten inches) as the lowest vertical board. Rough-sawn cedar boards frame the planter near the top and at the bottom. Lag screws secure the frame to the box for a rustic effect. The cedar boards are left unstained.

Buying information, page 181
All credits, page 181

100 IDEAS UNDER $100

Want to add a bit of old-time country flavor to your dining area? Then take your pick of these out-of-the-ordinary projects. Some are for you to build, others to stitch, and all are almost as much fun to make as they are to look at.

23. Easy-to-make table with fabric cover, $31
24. Slipcovered ladder-back chairs, $34
25. Braided calico rug, $21
26. Leaf-burner hanging light, $14
27. Leaf-burner plant stand, $6
28. Tin can candle holders, $5
29. Work-of-art window shade, $16
30. Machine-quilted bench pad, $11
31. Wall-hung china display, $19

Project Plan No. 50363 (china display)
To order, see page 28.

All how-to begins on page 84.
Buying information, page 181.



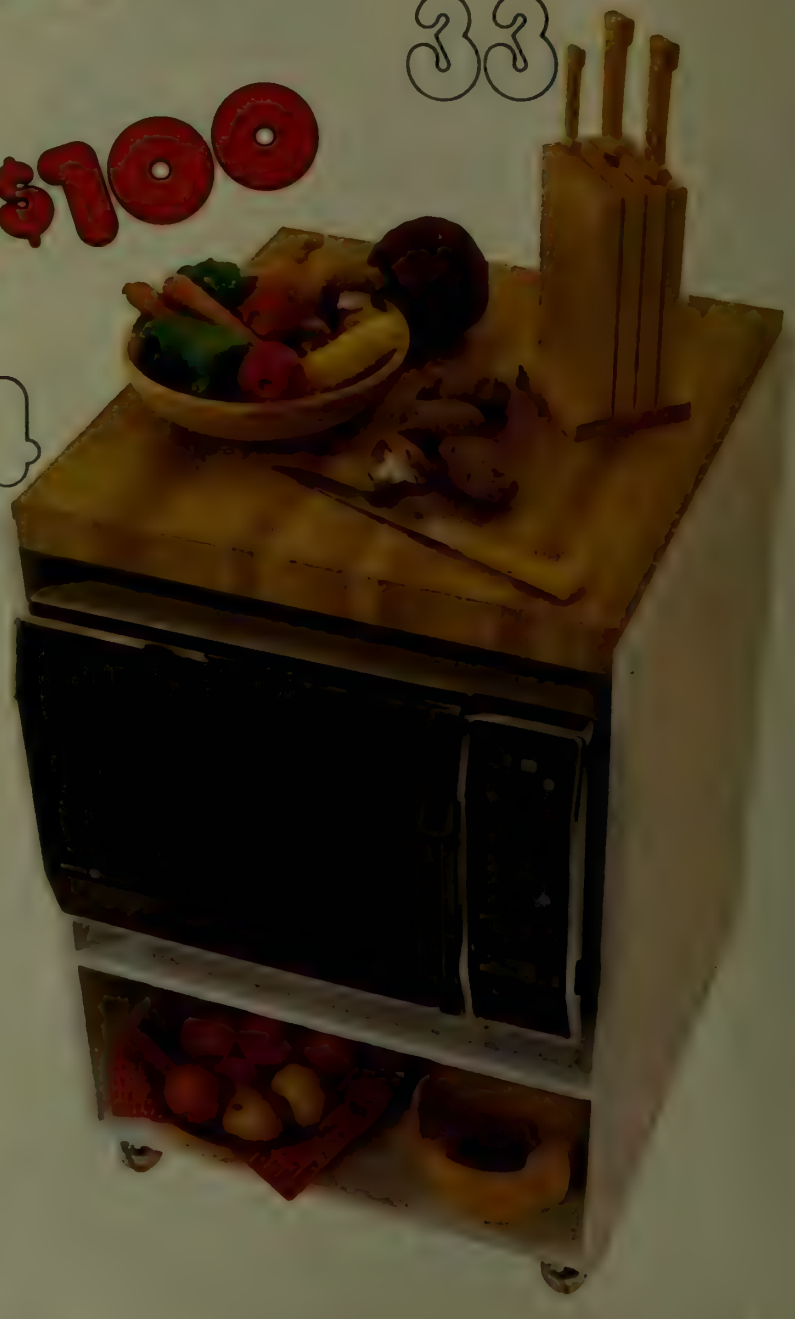


32

33

100 IDEAS UNDER $100

34



Kitchen problem-solvers needn't cost a bundle. Let our easy-to-build projects help you spruce up your kitchen.

32. Lofty pot hanger, $18

Size your version of this unit so the uprights can be fastened to ceiling joists. Use metal L braces or dowel screws to position the 2x2 and 1x3 uprights at the joists. Fasten screw hooks into wood blocks and slide them along the barn-door track. Screw the track to the uprights and add your pots and pans.

33. Nifty knife block, $5

This handsome knife block is a sandwich of ⅛-inch hardboard strips clamped and glued between lengths of pine 1x6s. Screw a pine base onto the 5½x5x9-inch unit. To protect the good looks of your completed project, finish the knife block with a coat of polyurethane varnish.





34. Microwave cart plus, $60

This handy cart lets you house a microwave oven without sacrificing precious counter space. And the unit's mounted on three-inch orbital casters, so you can wheel it wherever you need another work surface.

Build the 2x2x3-foot cart from ¾-inch plywood, leaving a one-inch vent opening along the back of the microwave shelf. Paint the sides and shelves. Fashion an easy-clean work surface by adhering plastic laminate to the top shelf with contact cement.

35. Sideboard divider, $65

Why stash your everyday china in the cupboard after each use? Instead, tuck the plates and serving pieces beween the dowels of this sideboard. The unit also makes a handsome divider between food preparation and dining spaces. The sideboard's painted sides are ¾-inch plywood; its pine shelves are finished with polyurethane varnish. The sliding door fronts and the storage compartment backing are ¼-inch hardboard.

Project Plan No. 50364. To order, see page 28.

36. Window garden, $11

Start a new crop of houseplants by rooting clippings in your kitchen window garden. Adjust the height and the width of the unit to fit your window's dimensions. Shelves and uprights are 1x6s. Glasses and jelly jars fit into three-inch-diameter holes and rest on ½-inch dowels centered below each shelf. Finish the unit with enamel paint, or stain and varnish it. Use metal hanging tabs at the top and bottom of each upright, or hang the unit with screw hooks and eyes.

Buying information, page 181



100 IDEAS UNDER $100

37

38



37. Stemware rack, $9

This pine rack is a dazzling way to display stemware. Our 18x19½-inch version accommodates 16 wine glasses. Using screw-and-glue construction, make the runners from 1x4s and the crosspieces from 1x2s with 1x1 spacers. Finish with a coat of satin varnish. Screw one end of the rack to the wall; suspend the other end from the ceiling with a chain.

38. Roll-about tea cart, $25

Serving is easy with this 17½x32¾x28¼-inch cart. Build the triangular frame from 2x2 pine. (The diagonal 2x2 measures 43¼ inches.) Cement plastic laminate to ¾-inch plywood to form the 14½x15-inch and 14½x30-inch trays. Trim the trays with 1x2 pine and tack them over one-inch dowels. Cut the six-inch-diameter wheels from ¾-inch birch. Drill and peg the dowels to secure the wheels.

39. Corner stack-ups, $36

Put kitchen corners to work with a grouping of these right triangles. Stack 'em and build up a storage area, or place the units side by side and create a handsome corner treatment anywhere you choose. Each triangular unit measures 11¼x11¼x22 inches. Notch the ⅜-inch birch side panels to fit the triangular 1x12 pine tops and bottoms. Then nail and glue the sections in place. Finish the units with a coat of satin varnish, or add a dash of color with paint or plastic laminate on the top and bottom panel surfaces.

Buying information, page 181



39



40



40. Fold-up shelves, $20

If you need extra shelf space but have little room to spare, build this five-feet-high fold-up unit. It works just the way a big pine shutter does, opening to reveal six 8½x13¾-inch shelves. The 1x2 control bar acts as a leg when the shelves are open and hooks into a notch in the upper crosspiece of the unit when the shelves are closed.

Project Plan No.50365. To order, see page 28.

41. Counter-top stow-all, $45

Store flour, sugar, pasta, and more right out front with this 50½x12½x 13⅛-inch unit. Our version was built from red oak. Clear plastic refrigerator keepers or shoe boxes hold food.

42. Flatware caddy, $4

Sort your flatware into these handy plastic pipe bins. Fit four-inch pipe into cutouts in a pine 1x8. Use ¼-inch hardboard for a backing. Cut the triangular endpieces so the caddy conveniently slopes at a 30-degree angle.

43. Cabinet face-lift, $30

Jazz up kitchen cabinets with paint and hand-sized garage-door pulls. Then add a 1x2 strip of oak to define a ceramic-tiled counter top.



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42

43

begins on page 73

100 ideas under $100

2. SOFT AND EASY LOVE SEAT, page 73

For the base, assemble pine 1x12s with butt joints. The rectangle should measure 30x61½ inches. Then add a seat base made from ½-inch plywood, recessed 3 inches—use 1x1 ledger strips for support.

Add four 1x4 back cushion supports, each measuring 27 inches long. Just bolt the wide, flat side to the base and round the top ends. Stitch 4 large cushions from canvas and fill firmly with polyester fiberfill. Attach an extra double-thick "sleeve" of canvas to the back of each of the rear cushions; this piece then slides over the love seat's rounded back uprights for firmer back support (see photo, page 73).



3. COLLECTOR'S COFFEE TABLE

(Finished size = 3x3 feet.)

Some 4x4s, a half-sheet of ⅜-inch plywood, and a ¼-inch glass top are all you need to build this beauty. From the 4x4s cut 4 table legs, each 16 inches long, and 4 table sides, each 29 inches long. Along one edge of each side piece carefully plow out ¼x½ inch to receive the glass top. Glue and clamp the legs to the sides to form the table; toenail the table's joints with finishing nails for extra strength. (This step is crucial —be sure all angles are square.)

Chisel out the small corner area in each leg so the glass will fit on its ledge. Sand the wood. Turn the table onto its top. Cut a plywood square to overlap the inner table square by about 1 inch. (Cut the corners from the plywood for a tight fit.) Glue and nail the plywood to the table bottom. Cut ¼-inch 45-degree tapers on the bottom corners of all 4 table legs. Paint the table; lower the glass top in place.



5. SLEEK MODULAR SEATING, page 74

For each seating unit, cut a ¾-inch natural birch plywood seat that measures 29x32 inches and a 29x19-inch back. Attach the back to the seat 4 inches from the rear. Use nails and glue with a butt joint; reinforce with two 12-inch metal shelf supports. Make the base from seven 1¼-inch dowels, each 28 inches long. Bind the dowels in a tight bundle and apply white glue along the length of each, making sure all gaps are filled. When the glue is dry, remove the binding and drive small nails through each outside dowel into the center one. Place the bundle 10 inches from the seat front; nail in place from the top. Glue veneer tape to plywood edges and apply finish.

For each seating unit's set of cushions you'll need 3 yards of fabric, two 24-inch metal zippers, two 2-inch-thick sheets of foam that measure 24x72 inches, foam adhesive, heavy-duty thread, 5 bags of polyester fiberfill or shredded foam.

Cut 2 pieces of 31x32-inch fabric for the seat cushion; cut 2 pieces of 20x32-inch fabric for the back cushion. Cut foam into the following pieces: 2 measuring 19x31 inches, 2 measuring 24x31 inches, 2 measuring 5x31 inches. Using foam adhesive, glue the short ends of your 19x31-inch pieces together to make 1 long piece for your back cushion. Glue the 2 remaining 19-inch ends together, forming a circle. Use an electric knife to trim the 2 open foam sides at an angle; retain the foam scraps. Glue one long side closed, forming a "pocket." For the fabric cover, place a zipper in one of the 32-inch seams. Stitch the remaining 3 fabric sides, rounding the corners; turn the covering to the right side. Insert the glued foam into the covering, placing the *open* foam side next to the zippered side. Fill this foam "pocket" with foam scraps and part of the fiberfill to the desired thickness. Glue the pocket closed. Zip shut.

For the seat cushion, glue the two 5x31-inch foam pieces to the 31-inch sides of the 24x31-inch pieces to form two 29x31-inch lengths. Complete this cushion as you did the back cushion.



6. CONVERTIBLE COFFEE TABLE/ BAR

This project is easier than it looks—and you'll be rewarded with a convenient cocktail center. Just add an ice bucket and you're ready.

The base is 24x18x14⅛ inches, with space for bottles and glasses. At the top of the 2 sides, add a wooden track to receive the two top sections.

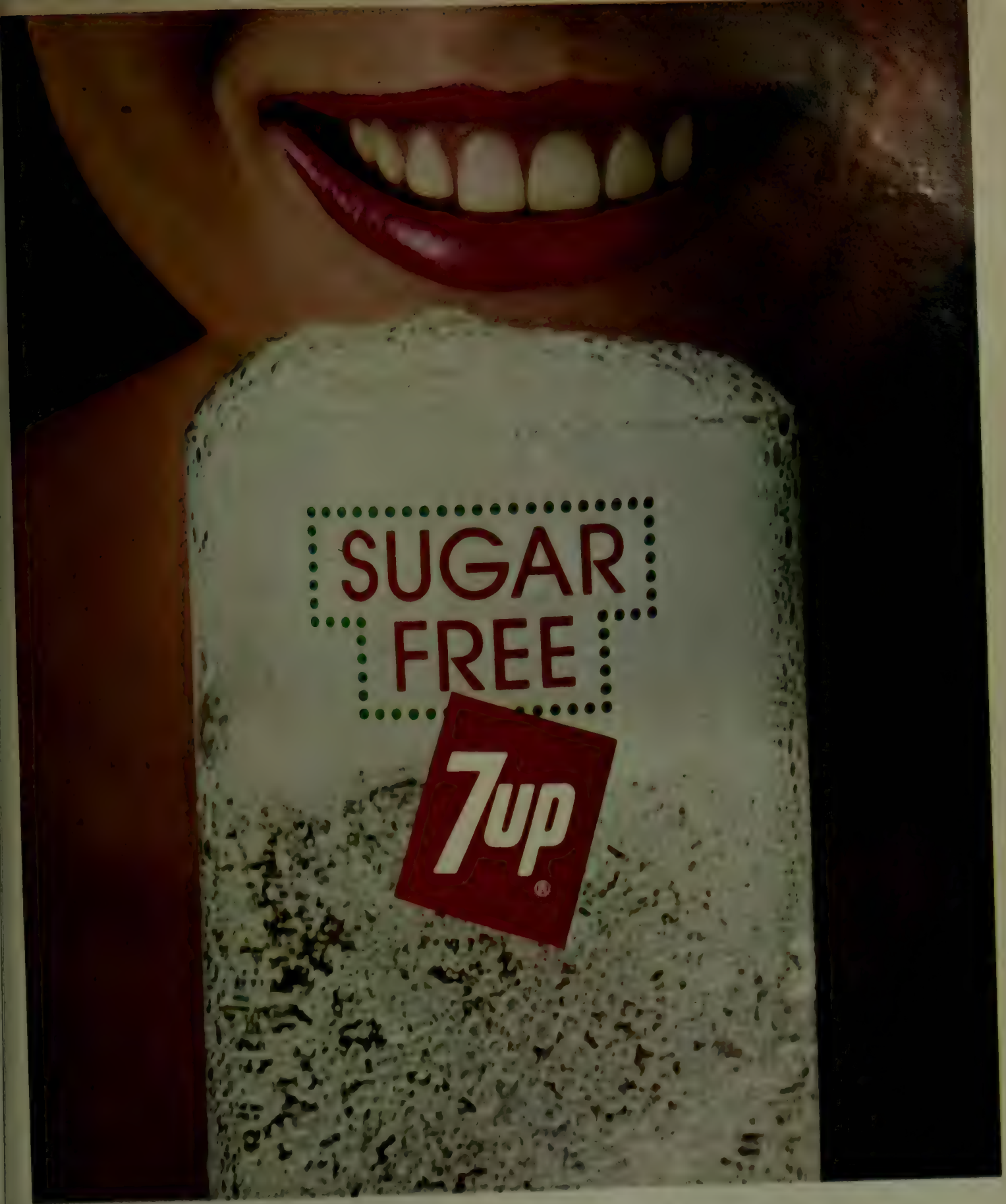
With the 2 top sections in place, and closed, the unit measures 42x30x15 inches. Each section of the top is just a 4-sided box with wood strips attached to fit the base's track. To get the light look, use ¾-inch natural birch plywood and apply a clear finish.

7. SCULPTURED WOOD-SLAT BOWL

Cut seventeen ¾x2½-inch pine slats, each 12¼ inches long. Drill four ⅜-inch-diameter holes in 13 of the slats. (For spacing, see diagram on page 88 showing part of bowl.) It's best to drill several slats at a time, using the original as a guide for the next group. The 4 uncut slats form the bowl ends.

Make a holder on your workbench top to hold each slat in the same position and mark a point 5¹³⁄₁₆ inches above the center point. Use this point for your compass pivot and scribe 2 slats with each radius shown, except for the largest since you'll need only one of this dimension for the center slat. Cut the arcs with a coping saw, then sand and finish all slats. Assemble with four 12½-inch long ⅜-inch dowels. Slide the slats on the dowels, spacing them a

continued



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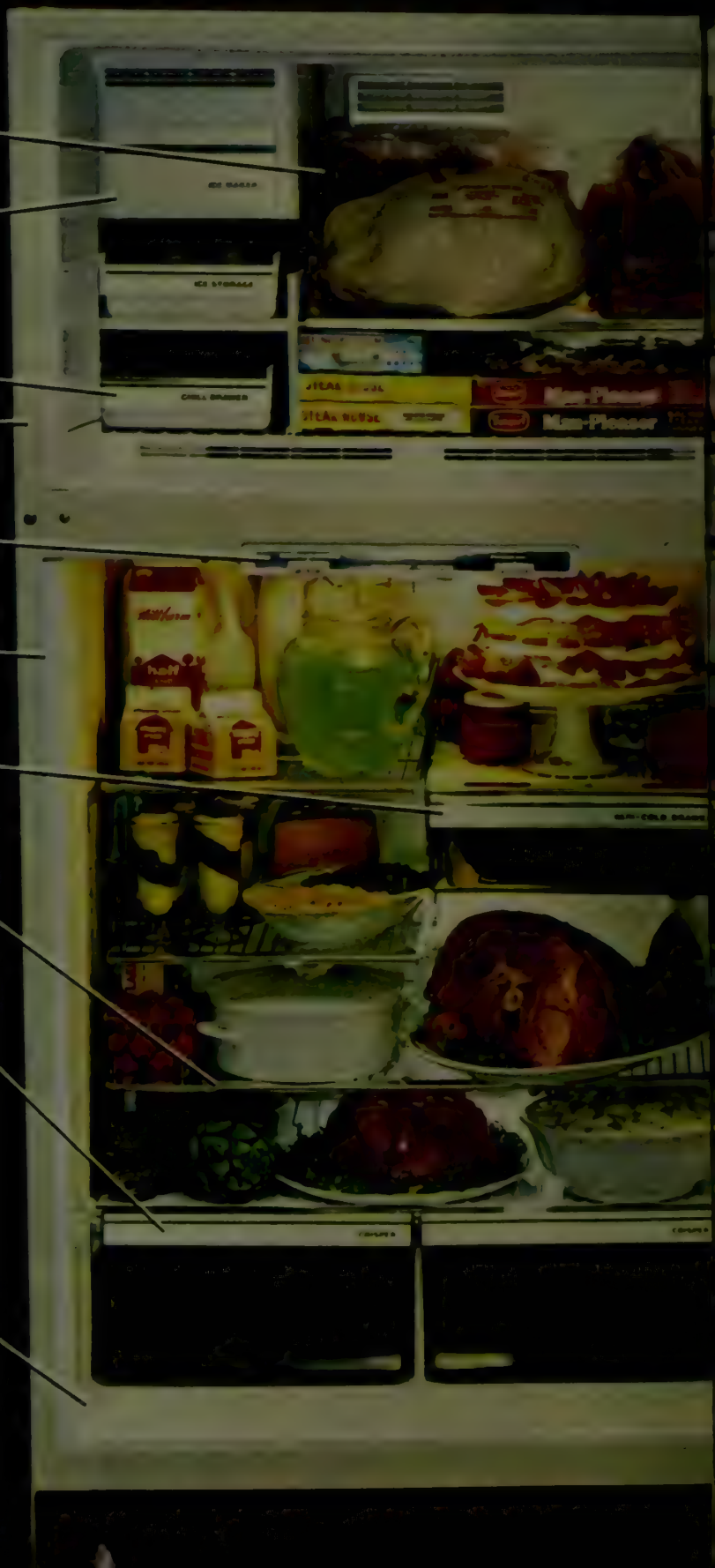
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o fit foods of odd shapes and sizes.



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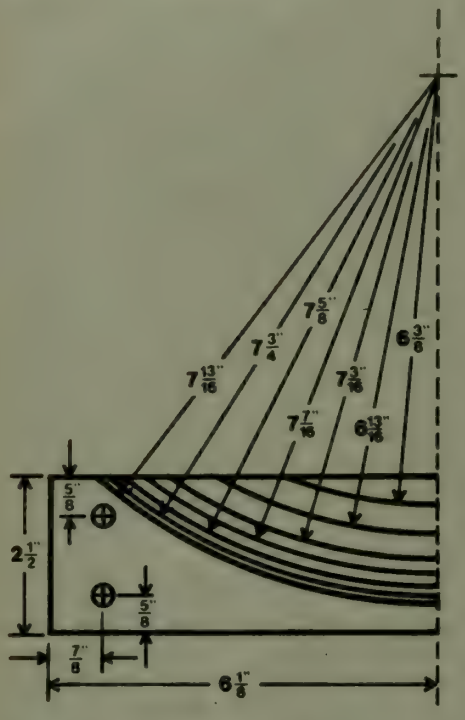
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half-inch apart. To arrange the wood as shown, start with two of the solid slats, then add one of the smallest arc slats, then the next.

8. QUICK-TO-STITCH SHADES

Hem a length of fabric so its finished size is ½ inch wider than the window frame, and its length equals the ceiling height. Leave a 1½-inch-wide casing at the top and bottom. Stitch 2 rows of Roman shade tape close to each edge on the fabric's wrong side. Be sure a ring is within 1 inch of the top edge.

Insert one lattice strip into each fabric casing. Tack the bottom strip to the floor. Attach 4 swivel pulleys—2 near the floor, 2 near the ceiling—keeping them in line with the shade tape. Fasten a cleat to the outside edge of the window frame for winding cord.

To attach the cord to the shade side *closest* to the cleat, tie one cord end to the shade's top ring. Thread the cord through the remaining rings, then through the pulley near the floor. Run the cord through the ceiling pulley, then tie the end to the top ring. This makes a complete circle.

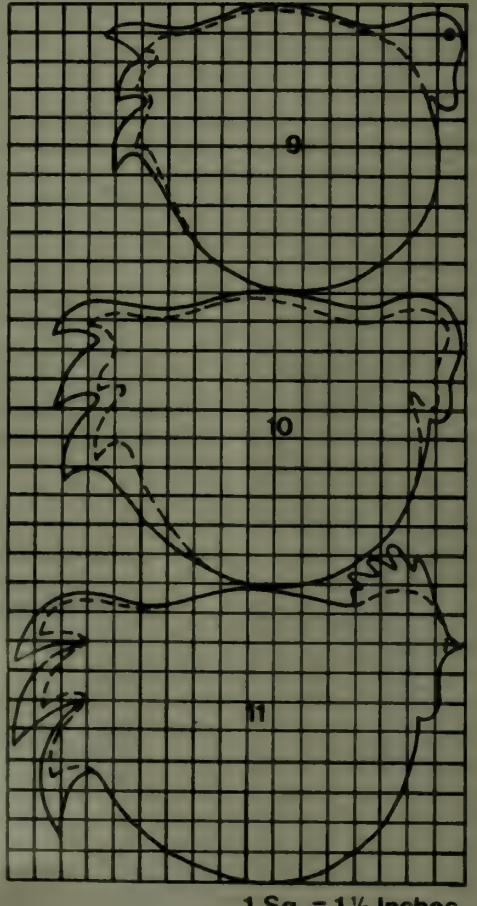
For the opposite shade, continue in the same manner *up to* the point where the cord is placed through that side's lower pulley. Run the same cord through the bottom pulley of the *opposite* side, then up to the top pulley of the opposite side. Thread the cord through the top pulley of the original shade side, tying the cord end to the top ring. (This forms a rectangle of cord.) Leave slack in both cords.

When you've finished the valance, the piece of fabric should equal the width of the space between the ceiling and the top of the window frame (usually 16 inches), 1 inch more than the shade's width, and twice the depth of a curtain rod. Make a casing in the valance top, insert a curtain rod into the casing, and attach the valance as close to the ceiling as possible.

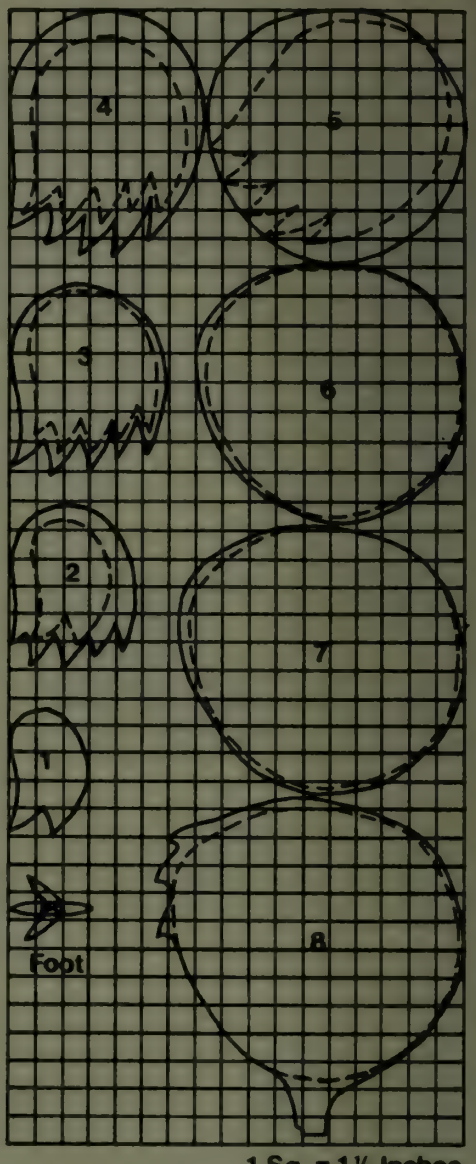
9. EXTRA ROOMY STORAGE CHEST

Build a 5-sided box of ¾-inch natural birch plywood that measures 48 inches long, 17¼ inches deep, and 30 inches high. Add 2 interior shelves. Apply a frame of 1x3s to the front, with one vertical and horizontal cross member. Build drawers and install with metal guides. Add 2 door fronts. The doors and drawers have notches for attaching the leather pulls.

10. JUST-FOR-FUN CHICKEN, cover and page 75



1 Sq. = 1½ Inches



1 Sq. = 1½ Inches

Our chicken is cut from ⅓ sheet of ½-inch birch plywood. Enlarge patterns and cut out 2 of pieces 1-10 with a saber saw; cut 2 feet and only 1 piece 11. Sand all edges. Assemble, attaching the smaller pieces to the center piece, number 11. With white glue and finishing nails, attach alternate chicken sides as you go. In the 2 number 9 pieces, drill ⅜-inch holes for eyes. (Don't forget to make 1 right and 1 left eye.) Place nails where they will be covered by the next smallest piece. Use *only* glue for the final wing piece. Attach the feet with glue and long screws. Apply a clear finish.

To order a full-size pattern of our chicken, see page 28.

11. TWO-TUBE FLOOR LAMP

The 4-foot-high upright piece is a 6-inch-diameter plastic pipe called "poly-

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vinyl chloride" (available at plumbing supply stores). The shade is an acrylic cylinder that is 12 inches in diameter and 12 inches long. (Buy both lamp materials already cut to the proper length for convenience.)

Place the shade on top of the pipe. Then position the 2 lamp materials so there is enough space where the 2 arcs overlap to accommodate proper wiring. Mark the pipe's top edge for your saw cuts. Saw 2 notches 12 inches deep to receive the shade. Use a saber saw, or clamp a guide board to the tube and cut the notches with a hand saw. To add weight, cut a plywood circle for the pipe bottom and place sand on top of the wood. Center the socket between the notches 6 inches down from the top. Add wiring and a large light bulb.

12. CASUAL CANVAS SLING CHAIR

Use ¾-inch natural birch plywood for the chair back (37½x24 inches) and the chair seat (32x24 inches). With a router, or power saw and chisel, cut a ⅝x22-inch slot in the front of the seat and the top of the back to receive the canvas sling. Using a butt joint at a 90-degree angle, assemble the chair frame and reinforce with two 12-inch metal shelf supports placed 6 inches from each side.

For the 2 base pieces, use birch 2x4s cut to 41 inches. Cut a right angle notch in each 2x4 so that the chair back will be at a 70-degree angle to the bases. Make the notch point fall in the middle of the 2x4, 25¾ inches from the front.

Make 2 half-round bolsters that are 8 inches in diameter and 23 inches long. Fit a 7x22-inch piece of ¼-inch plywood into the flat side of each and attach by nailing through the fabric and plywood to the seat and back, next to the slots. Stuff the bolsters and attach the bases with long wood screws.

Stitch the canvas sling with heavy thread. The finished sling has 1¾-inch casings at either end. Slip the chair's canvas sling ends through the 2 slots and insert one ½-inch dowel through the canvas casings to hold the sling securely in place.

13. SUPER SIMPLE KNITTED THROW

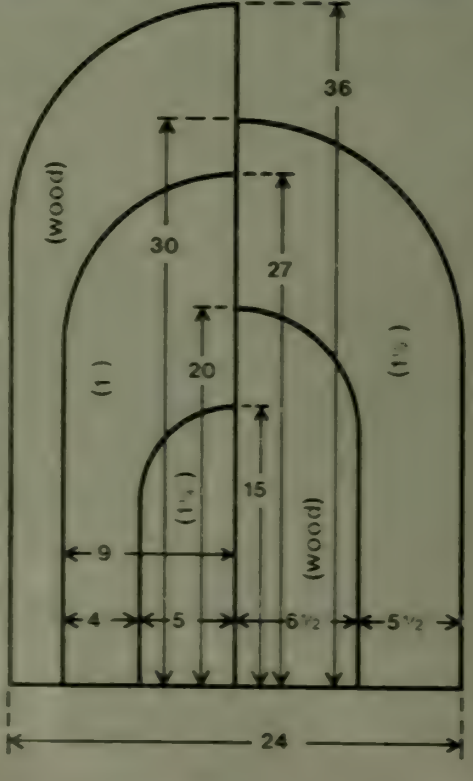
To order a free (except for 50¢ postage and handling) set of instructions for our throw, see page 28.

14. LEATHER LOOK IN LIGHTING

Cut two 15-inch-diameter circles from a piece of natural leather, then cut a 5½-inch circle in the center of each. Glue the 2 doughnut-shaped pieces together, back to back. For the holder, cut a 2¼-inch circle with 3 evenly spaced support straps radiating from the circle like spokes. (The spokes are ¾ inch wide and 7 inches long.) Cut a hole in the center of the 2¼-inch circle to fit over the socket top and attach the holder to the shade with contact cement and brads. Choose a high-heat ceramic socket. Attach wires and run it through the support. Add a large decorative bulb.

15. WOODEN WALL SCULPTURE

Cut a 2x3-foot piece of ½-inch interior grade plywood into the shape shown in the diagram below. Take pieces of 1-, 1½-, and 1¾-inch polystyrene and cut them into the proper shapes with a coping saw or serrated knife. Glue the polystyrene to parts of the plywood (see diagram). Some areas of the hanging are left without polystyrene so the wood shows through. Apply a coat of semigloss paint. Use screw eyes and picture wire for hanging.



16. EASY-TO-BUILD FOLDING SHELVES

Cut all four 12x84-inch shelves from 1 sheet of ¾-inch birch-faced plywood. Apply veneer tape to the edges. Build the frames from pine 1x3s with half-lapped joints. The outside dimensions are 23x82½ inches. The crosspieces will be 13½ inches apart. When the frames are complete, miter the sides that join each other. (Work carefully so you can assemble the frames as shown in our photo.) Attach the frames with two 2½-inch loose pin butt hinges at each joint. Apply the hinge leaves to the mitered edges, then stand the frames in place and insert the hinges. Apply a clear finish to shelves and frames as we did, or paint them.



23. EASY-TO-MAKE TABLE WITH COVER, page 78

Make the table from a hollow-core door and 4 ready-made table legs. To assemble, just attach the legs to the door's corners.

Our table cover is stitched from prequilted cotton calico, but you may choose an easy-care material such as vinyl instead. The top piece of fabric should equal the door dimensions plus seam allowances. The side pieces, which run the length and width of the table as well as down the legs, are 4 inches wide plus seam allowances. Finish the edges with bias tape.

24. SLIP-COVERED LADDER-BACK CHAIRS

First, apply a coat of paint to unfinished ladder-back chairs. Then purchase white mattress pads and cut and sew them to fit the chairs.

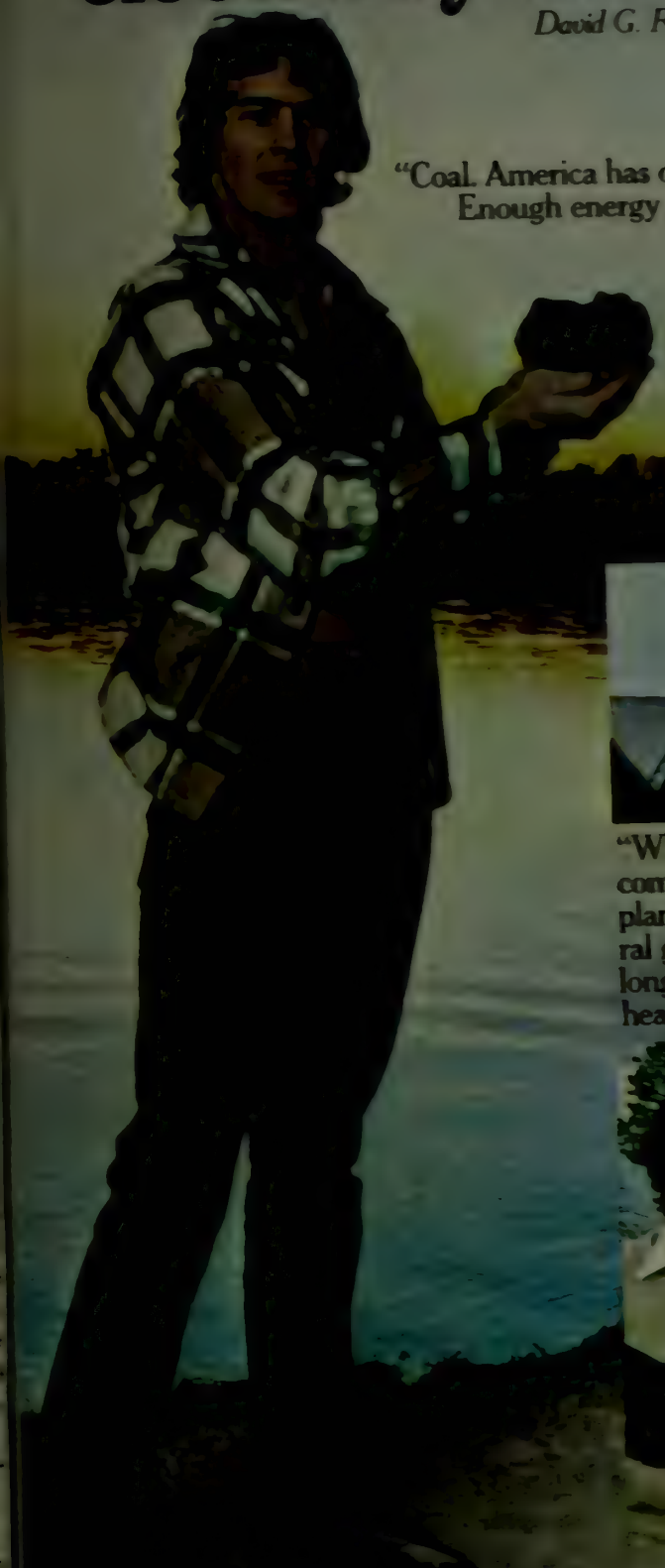
25. BRAIDED CALICO RUG

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large rectangle and slip-stitched tr gether. End with a fabric strip border.

To begin, take your scrap bag fabric and cut them into 3-inch-wide strips Piece and stitch them into manageabl 3-foot lengths. Turn the raw edges o each of the 2 long sides under ¼ inch then press in half. Pin 3 of the fabri strips on top of each other, then braid them together. Wind the finished braid into a square shape, snaking it back and forth in rows. Slip-stitch the rows of braid together.



26. LEAF-BURNER HANGING LIGHT

With wire cutters, remove the top section of a purchased wire leaf burner. (Retain the lower burner section for project 27.) The calico covering is stitched from approximately 1 yard of each color.

First, measure the circumference of both the top and lower edge. Cut pie-shaped wedges of fabric to fit the sloping edge, seam together the wedge sections, and gather. The fabric strip along the side measures the width of the burner's straight edge *and* twice the circumference.

The lower ruffle is 2½ times the circumference of the edge. Add a light socket and cord. (Cut a plywood circle with a hole in the center to accommodate the electrical socket and cord.)

continued

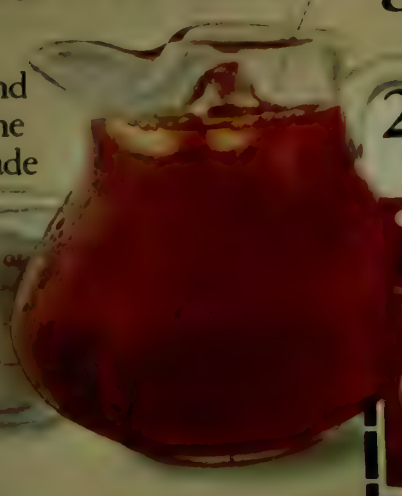


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Stitch a long 1-inch tube to slip over the cord and gather. Whipstitch the covering to the wire burner.

27. LEAF-BURNER PLANT STAND

Use the lower portion of the burner for arranging pots of green and flowering plants. (See project 26, for directions on making use of the upper section of the leaf burner.)

28. TIN CAN CANDLE HOLDERS

To make a set of candle holders you will need the following materials: oxygen/acetyline welder, tin cans in a variety of sizes, safety goggles, wire brush, and a pot holder or mitt.

(Note: While working on the candle holders, always wear the safety goggles.) Set the welder's oxygen pressure on 10 and the acetyline pressure on 5. Use a number 6 welding tip and a normal welding flame. First, make a hole in the can with the welder, then burn a random design all around the tin can.



Holding the finished can with the pot holder, use a wire brush to remove any burnt paint or other impurities. To form a rounded candle holder, apply slight pressure to the top of the still warm can, pulling out the sides as evenly as possible. Wash the finished candle holder.

29. WORK-OF-ART WINDOW SHADE

For an uncluttered no-curtain look, purchase a non-textured window shade and sketch on a whimsical design of your own choosing or pick a precut stencil. Use permanent-ink felt-tip pens to cover your sketches for the final project. Apply a coat of clear acrylic spray to protect the design.

30. MACHINE-QUILTED BENCH PAD

Our design is pieced from 1-inch fabric squares. Just cut your scrap bag fabrics into squares and machine stitch them together using ¼-inch seams. The remaining ½-inch squares will form a pattern as you arrange the squares into a finished piece of "fabric." Then cover a foam bench pad with your pieced material.

31. WALL-HUNG CHINA DISPLAY

Choose the highest grade of pine you can find for this project—you'll need very little and the great look will be worth it. Just cut 1x6s for the sides, top, and shelves, then assemble with ½-inch dowels and an inset back of ¼-inch hardboard. Apply paint to finish.

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FORMER ADDRESS (IF LESS THAN 2 YEARS AT PRESENT ADDRESS) | HOW LONG | OCCUPATION | NET EARNINGS | ☐ MONTHLY ☐ WEEKLY

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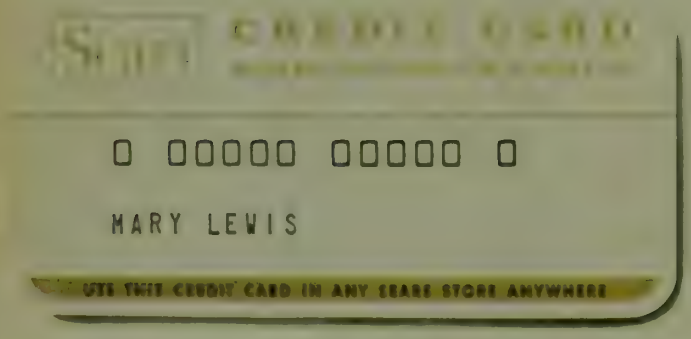
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100 IDEAS UNDER $100

These superduper projects are designed to tickle the funny bones of kids from crib-size to six or seven, and each project is a snap to create.

44. Chest for the fun of it, $42
An unfinished chest can become lovable with a smidgin' of paint and a dab of imagination. Add faces using high-gloss paint and turn knobs into noses.

45. Super soft toys from bedsheets, $29
Turn a sheet into a traffic jam of trucks, cars, and buses. Just cut the motifs apart, stitch, and stuff!

46. Punch-it animal rug, $34
This knockout area rug measures 60 inches square and is worked with a punch rug needle on a burlap backing.

Complete how-to begins on page 138
Buying information, page 181



All credits, page 181


BALLET



Delight your child with a room that's as imaginative and exuberant as she is. Not only is the room fun to live in, it's functional, too.

47 Zingy napkin quilt and pillows, $54
Stitch up this stunning quilt from a dozen store-bought napkins. Back the quilt front with a sheet and sandwich the two with batting. Tuft the quilt at the napkin corners and edge with eyelet. Add ribbon bows at the tufts. Sew each companion pillow from two napkins.

48 Stash-all "post office," $14
Paint up and tack up an assortment of everyday metal mailboxes as a special catchall for tiny treasures.

49 Bright wall of stripes, $28
Put pizzazz into plain walls with stripes. Just paint eight-foot lengths of self-adhesive plastic, cut them into strips, and apply.

50 Crocheted medallion rug, $21
Here's a foolproof, washable rug that adapts to any room size.

How-to for this and projects 51, 52, 54-57 begins on page 140.

51 Headboard with handy pockets, $9
Our fabric headboard doesn't just hang there and look pretty. It has three compartments for stashing stuff.

52 Fabric-covered light, $15
Our quick-stitch fabric covering gives a fluorescent fixture a crisply tailored look.

53 Fold-down, fold-up wall unit, $58
You'll get plenty of display space and a desk to boot from one plywood sheet! The cutouts form both shelves and supports. Cut the wood, then reattach pieces with continuous hinges. Mount the unit to the wall, or use vertical 2x2s to set it in front of the baseboard.

Project Plan No. 50366 To order, see page 28.

54 Child-size chair, $31
This quick-to-build chair has a plywood seat and sides, and 2x3s for bases. Add a fabric back and cushion.

55 Frameful of butterflies, $15
Just cut 42 butterfly beauties from hardboard, then mount, frame, paint. See how-to, page 144.

56 Easy notch-together clothes rack, $25
Practically a closet annex, our rack is as handy as tossing the clothes on the floor. All you do is cut the plywood, slip the two pieces together, and paint. Then add bright knobs as we did—or use dowels or hooks instead.

57 Lively butterfly pillow, $8
Half a yard of material and fabric scraps are all you need to machine appliqué our bright and colorful pillow.



58 Zippy pocket shutters, $18
Line four store-bought inset shutters with panels of pockets, add strips of bias tape, and your bedroom window matches the headboard.

How-to begins on page 181



100 IDEAS UNDER $100

59,60



61,62

There's never a dull moment around kids—and here are five ways to make things even livelier.

59. Supersize crayon pillows, $15
These squeezable pillows *look* like the real thing—only giant size. Each measures a whopping 30 by 18 inches. Make all four crayons from one easy kit.

To order crayon pillow kit, see page 28.

60. Floor quilt and pillows, $28
This cozy denim project is great for indoor picnics and TV-watching. Piece squares of worn-out jeans and corduroy fabric scraps into a large square, then add a backing fabric with batting in between. Stitch companion pillows from leftover fabric.

61. Crisscross wall unit, $21
This super organizer can adapt to any size wall, any storage problem. Nail lengths of pine 1x3s to a wall to form two-foot squares. Add pegboard and cork inserts, display shelves, blackboard paint, wooden boxes, or whatever to fill each square.

62. Step-by-step paintings, $45
Our funny bunny, bear, and elephant *(right)* are kits you paint yourself. Each comes complete with stretcher strips, pretreated canvas, acrylic paints, brushes, and how-to.

To order painting kits, see page 28



Buying information, page 181



63 Terrific train mural, $23

Surprise the aspiring engineer at your house by "painting" this 8x10-foot mural. Cut shapes out of self-adhesive plastic and apply. Continue the theme on signal flag pillows made from fusible webbing.

To order a scaled pattern, see page 28.

100 IDEAS UNDER $100



Stitch, paint, build—have a ball with these ideas for all over the house. Regardless of skills—whether you're a spunky beginner or an old hand—you'll find an idea here that's right for you!

64 Crazy quilt upholstery, $8

If you're currently wading through heaps of fabric scraps at your house, try this nifty stitching idea. First, carefully cut and piece the materials together into larger sections. Then use the resulting "fabric" to reupholster a sofa, a chair, a footstool, what have you. Our crazy quilt covering also makes use of dainty ribbons, decorative trims, and scrap-bag materials of all weights, colors, and textures. (You can even personalize the work by adding your own touches of embroidery.) We used our finished fabric to make a flea-market love seat look like a million bucks.



65 Elegant kerchief pillows and companion screen, $37

A handful of dime-store kerchiefs can be the basis for a charming corner in your house. First, find some exotic-looking scarves and use two of them per pillow for the front and back. We added a full ruffle edging for a more lavish look. Then adapt the kerchief design onto a three-panel screen you make yourself. Build each of the 18x72-inch panels from pine 1x2s. Cut a variety of fabrics into a pleasing design. Machine appliqué the material into three 24x78-inch panels. Back each panel with muslin for a lining. Stretch and staple the fabric panels to the frame backs. Use three 2-inch butt hinges between each screen to finish.

To order a scaled pattern of our screen design, see page 28.

All credits, page 181

66 Great-looking bed frame for any bedroom, $63

And it's as sturdy as it is easy to put together. All the wood used is ¾-inch plywood. Basically, you'll want to build the box part first. It's planned to



67 Wood-stain stencil, $6

It's simpler than you think to put a happy face on a woebegone wooden table. Apply a sealer/filler/stain to the sanded wood. Tape on a stencil. Add artists' oil paints to the stain. Wrap your finger in a soft fabric and rub in the tint, allowing the grain to show through. Then apply a coat of polyurethane.

68 Painted Indian baskets and tray-framed mirrors, $28

Buy a basket and add a design using waterproof pens. Use nonwaxed baskets with wide, flat weaves and let the pattern dictate the design. To make a snazzy wall grouping, attach mirrors to trays with double-sided tape.







69 Romantic hearts and flowers collages, $7

These delicate framed beauties may look old, but they're brand spankin' new. To make your own sentimental collage, find an old wooden picture frame at a flea market or garage sale. Choose a small-patterned fabric swatch or gift wrapping paper for the background. Then create a turn-of-the-century collage by combining snippets of ribbon, lace, and other dainty trims with greeting card and decoupage cutouts. Cover your handiwork with glass to protect it from dust.

receive a standard double box spring.

Then come the rounded supports. Our how-to diagram (shown on page 148) gives you dimensions and shows how to cut the notches to lock the crosswise and lengthwise pieces together. Then just assemble the box and supports and finish your bed. Choose a clear finish as we did, or jazz up the frame with bright high-gloss paint.

Buying information, page 181





70

71

100 IDEAS UNDER $100

72,73

We'll bet there's a nook or cranny somewhere in your home just waiting for one of these seven bright, problem-solving projects.

70. Hardworking workplace, $76
This simply designed unit goes together quickly and adds a handy work area in den, kitchen, or craft room. For the top and leg, use a double thickness of ¾-inch particleboard covered with plastic laminate. Make the top 60x18 inches and the leg 33x18. Reinforce the joint with metal angles, then apply the laminate. For the side compartment, build a five-sided box, 24x18x18 inches, from ¾-inch plywood. Attach the box to a 12x18-inch base assembled from 1x3s. To join the top and storage section, screw pipe flanges to each and connect them with a 4½-inch-long iron pipe that's threaded at both ends.

71. Big-stash sacks, $32
Bag yourself some handy storage space with this quick canvas project. First, purchase a supply of sturdy, colorful tote bags. Then line them up and slip-stitch them together with carpet thread. Arranged on big, bold hooks, the bags can turn any wall into a catchall.

72. Crafty city cat rug, $65
What animal lover could resist this thoroughly contented feline perched on a windowsill and gazing at the night sky? This 33x60-inch latch hook rug or wall hanging is available in a complete kit.

73. City cat needlepoint pillow, $22
A perfect companion piece for the cat rug, this 16-inch-square pillow kit contains a printed 12-mesh canvas and Persian wool yarns.

To order each kit, see page 28

74. Big-city quilt, $56
A dozen sparkly pillows found in airport souvenir shops can provide the makings for a stunning bed quilt from faraway places. First remove each of the pillow backs and stitch three-inch-wide contrasting fabric strips between each square. Then back the quilt front with fabric and sandwich quilt batting in between.

75. All-star pennant headboard, $13
This super soft headboard would look spectacular in any young sports fan's room. Place quilt batting between two layers of fabric and stitch them into a rectangle. Arrange your pennants on the front and machine stitch them around the edges. Attach rings to the back for hanging.

76. Convertible worktable, $97
You *can* have it both ways—with a sloping work surface as shown, and when that's lifted off, with a big flat surface. Begin by building the base. Cut the 4x4 legs to a 29-inch length. At the top of the legs, notch them on two adjoining sides to receive the 1x4 skirt pieces. Make this notch 2¾ inches deep.

For dimensions and details, turn to page 148
All credits, page 181
Buying information, page 181





100 IDEAS UNDER $100



Do-it-yourself projects can be great fun, and here's the proof: a grab bag of fun-to-make, fun-to-live-with ideas!

77 Take-apart, put-away backyard table, $30

It all comes from one sheet of ¾-inch exterior plywood. See our cutting diagram (page150) for exact dimensions and cut carefully. The base is three pieces; join the two smaller ones with metal straps, then fit the pieces together with the notches. Add crosspieces for the seats in the same way. Then attach the seats and tabletop and you're done.





78,79 Shopping bag gallery, $44. A ladderful of storage, $69

Transform a batch of too-good-to-toss shopping bags into an eye-catching gallery. Sandwich each bag between pieces of mat board and clear acrylic. Clip them together with acrylic brackets. Here's an easy way to gain scads of storage. Turn a ten-foot ladder into a frame for eight storage pockets. Nail the ladder to a three-sided structure of fir strips for support.

Sewing how-to begins on page 150





80 Rainbow sleeping bag, $33

Colorful stripes add to the fun of sleeping under the stars. And when this plush bag isn't in use, it makes a stunning wall hanging. The bag is stitched from 15 peppy fabric colors to form the vibrant stripes.

Sewing how-to starts on page 150

81 A lighthearted shade, $16

Make a child's window something special by painting on this happy design (*left*). Be sure to use a nontextured shade. Add a drop of clear dishwashing detergent to the acrylic paints for easy adhesion. Paint on the design, then add a coat of clear acrylic spray.

82 Game-bag carryall, $11

Our 42-inch-square mini-city has bias tape highways and byways. Iron-on fabrics create lakes, trees, and houses. Add a ⅝-inch ring at each corner and midway down the sides, then thread five yards of cording through the rings. After playtime, the "city" becomes a toy storage sack.

Buying information, page 181

83 Shopping-bag shower curtain, $7

Here's a dirt-cheap way to acquire a "designer" curtain. Round up eight plastic shopping bags and cut them into 16 squares. Then arrange them in rows on a shower curtain liner, glue them on with a vinyl adhesive, and hang the curtain in place.







Photograph: de Gennaro

GO ahead and have that big party! We'll show you how to entertain a crowd of 25 for less than $50. Our strategy? We devised low-cost knockoffs of posh cocktail fare—such as caviar and prosciutto and salmon mousse. These fabulous fakes look and taste like a million dollars—but relax. This is one super summertime bash that won't leave you busted.



1. SALMON MOUSSE $5

Use canned tuna to stretch red salmon into 22 inches of great-tasting spread (from head to tail).

2. CAVIAR A LA CRÈME $6

Granted real caviar is costly, but you can spread out its wealth atop this French-style cheese base.

3. POTTED PEPPER DIP $2.50

Serve this spicy red pepper dip in hollow pepper cups with plenty of tortilla chips.

4. ARTICHOKE SPREAD $4

Whip together mayo, artichoke, and parmesan, and you have a delectable dip for raw vegetables.

5. BLUE CHEESE MOLD $1.25

Shape your own cheese wheel with sharp-flavored blue cheese, sour cream, and buttermilk.

6. PHONY BOLOGNA PÂTÉ $1.50

Mock up this poor man's version of elegant French pâté. Every slice exposes an egg graphic.

7. KIR SPRITZER $13

Stir up a sophisticated wine cooler you can sip all afternoon. Soda makes it super refreshing.

8. MINT JULEP PUNCH $8.50

Mix up this Southern favorite by the bucketful—the julep is tamed with tea and lots of crushed ice.

9. ITALIAN MELON APPETIZERS $2.75

Miniaturize the classic prosciutto and melon combo with ham slices and bite-size melon balls.

10. IMITATION ESCARGOTS $1

Spread anchovy butter on refrigerated dough and roll up for slice-and-bake appetizer "snails."

Recipes begin on page 122.
Buying Information, page 181

A guide to great salads

By Sally Pederson

Do you "make" a salad or "create" a salad? The fact is, you do a little of both. A lot of your personality goes into a salad, but first you must master the building-block basics. You'll find all the facts you need on these seven pages—how to choose and use greens, how to mold and unmold gelatins, how to choose from the gamut of salad-making equipment. Just follow the guidelines, and you're on your way to some super salads.



SALAD NICOISE

(*Opposite page, front*): Start with a bowl of greens, add tuna, potato, tomato, olives, and anchovies, then dress with French Vinaigrette.

FRUIT STRATA SALAD

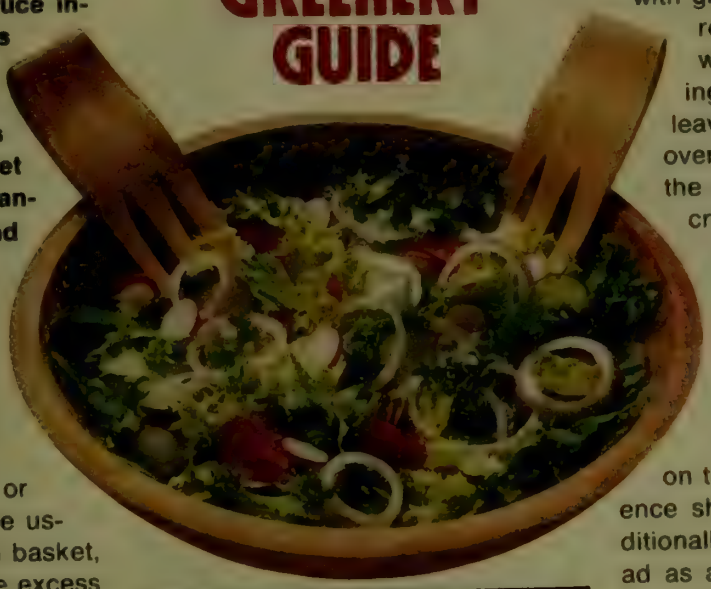
(*Opposite page, left*): Layer fresh fruits with shredded lettuce in a glass bowl. Use a tangy dressing for a side dish, a sweet dressing for dessert.

GAZPACHO SALAD

(*Opposite page, right*): Adapt the ingredients of a classic Spanish soup to make a stunning molded salad. Recipes begin on page 136.

A GREENERY GUIDE

Probably the most familiar salad is the tossed green salad. But that needn't mean it has to be commonplace. You can introduce interesting tastes and textures by combining a variety of greens. Besides the lettuce shown below, Swiss chard, mustard greens, beet tops, kale leaves, fennel, dandelion greens, purslane, and arugula make good teammates in mixed green salads. Use full-flavored greens in small amounts.



CLEANING GREENS

Rinse the greens in cold water, discarding wilted or discolored leaves. If you're using a wire or plastic salad basket, spin the greens to remove excess moisture. Or, place greens inside a soft towel and shake or pat almost dry. The little water that clings will help crisp the greens. Wrap the leaves in a damp towel and chill. Just before salad time, pat the leaves completely dry with paper toweling. Wet greens will shed the dressing and dilute the flavor.



LEAF ROOM

Don't heap the bowl high with greens. You need plenty of room for tossing the salad without crushing or packing the leaves. Tear the leaves into bite-size pieces over a wide, shallow bowl. Add the desired dressing with discretion (too much will make the salad limp and soggy) and toss gently till all the greens are delicately coated.

SALAD SEQUENCE

Wondering when to bring on the salad? Personal preference should be your guide. Traditionally, Americans eat their salad as a first course or alongside the entrée. But there are more and more converts to the European custom of following the main course with a refreshing salad. Consider your menu as a whole and decide where the salad would be most appealing. The point is to use the salad to enhance the entire meal.



Photograph: de Gennaro Food stylist: Mable Hoffman

HOW TO PRODUCE A PRODUCE SALAD

A vegetable salad works as an appetizer or a side dish; a fruit salad functions as anything from first course to dessert. Either salad can be tossed, layered, or arranged however you please. For even more intrigue, combine fruits and vegetables.

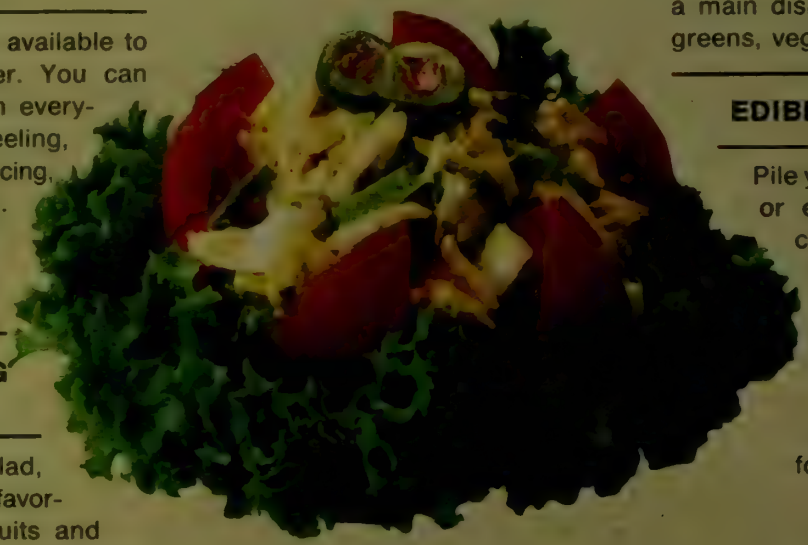
TOOLING UP

A potpourri of gear is available to make salad fixing easier. You can find a tool to aid you in everything from shredding, peeling, coring, and wedging to juicing, scooping, and hulling. You'll discover that they save you time, trouble, and skinned knuckles.

LAYERED "ANYTHING GOES" SALAD

To build a layered salad, choose an assortment of favorite vegetables and/or fruits and use your creativity to assemble contrasting colors, textures, and tastes. Start with a lettuce base, followed by layers of fresh cut-up fruits or vegetables, then a thick, creamy dressing (sour cream-, yogurt-, or mayonnaise-based dressings work well). Cover and chill the salad two to three hours or overnight. The flavors blend and mellow as the salad chills.

To find out about the items below and where you can purchase them, turn to page 132.



FRUIT CUP SALADS

Any combination of fresh or canned fruits can serve as a first course, side dish, or dessert salad. Add a few tablespoons of honey, lemon-lime soda, a little wine, or some flavored liqueur and chill thoroughly.

SALAD ENTRÉES

Turn a side dish salad into the main event by adding beans, soft or hard cheeses, and/or cooked seafood, eggs, poultry, or meats. Be sure there's adequate protein (at least 2 ounces). When you're converting a side dish salad to a main dish, double the amounts of greens, vegetables, and/or fruit, too.

EDIBLE SALAD BOWLS

Pile your favorite tuna, chicken, or egg salad into a tomato cup, melon half, pineapple boat, or avocado half for a self-contained main dish. Use the outer leaf from a large head of iceberg or Boston lettuce to hold a big salad, or bibb lettuce for individual "cups."



COOKED VEGETABLE SALADS

You can turn almost any saucepan into a vegetable steamer with a self-adjusting stainless steel basket. A light steaming gives fresh vegetables a crisp-tender texture ideal for salads, and the vegetables retain their color.

Bring a pan of water to boiling. Be sure water doesn't touch the basket. Put vegetables in the basket. Cover and reduce heat. Steam till vegetables are just crisp-tender. Dress the cooked vegetables in oil and vinegar (see the Dressing Directory, page 120) while they're still hot, so they'll absorb more flavor. Then chill till serving time to allow marination.

Drain the excess dressing (you can reuse it) and arrange the vegetables on a platter or toss them with torn greens. Any leftovers can go back into the reserved dressing/marinade for refrigerated storage.



POTATO SALAD POINTERS

Boil potatoes in their skins, then drain. When potatoes are cool enough to handle, peel off skins. Slice or cube potatoes. To prevent sticking, toss lightly with a few tablespoons of oil or oil and vinegar dressing (see Dressing Directory, page120). Cover and chill. Use in your favorite potato salad.



HOW TO TURN OUT A MOLDED SALAD



The close-to-magic character of gelatin enables you to serve an originally soupy mixture as a shapely, shimmering sculpture. Molded salads all consist of the same basic elements—liquid, solids, and the gelatin that binds them into a jelled mass. The combination of ingredients is up to you, but the proportion of liquid to gelatin to solids is crucial.

1. MAKING GELATIN JELL

If you know that one 3-ounce package of flavored gelatin or one envelope of unflavored gelatin will set up 2 cups of liquid, you can make gelatin of any flavor. Use water, juices, wine, milk, soda, etc., as the liquid.

Flavored vs. Unflavored

Bring *half* the liquid to a boil. Add *flavored* gelatin and stir till dissolved. Add remaining liquid. *OR* soften *unflavored* gelatin in ¼ cup cold liquid. Stir over low heat till gelatin is dissolved. Add to remaining liquid. Pour dissolved gelatin into mold. Chill.

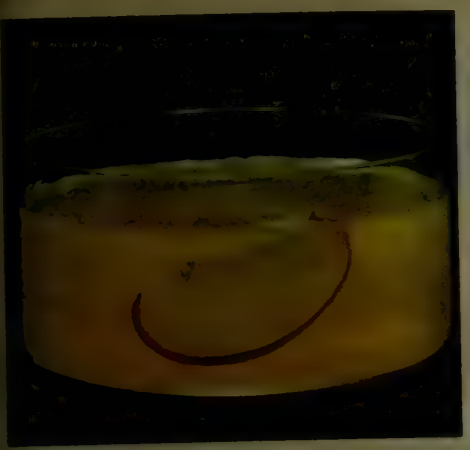
2. FOLDING IN FOOD

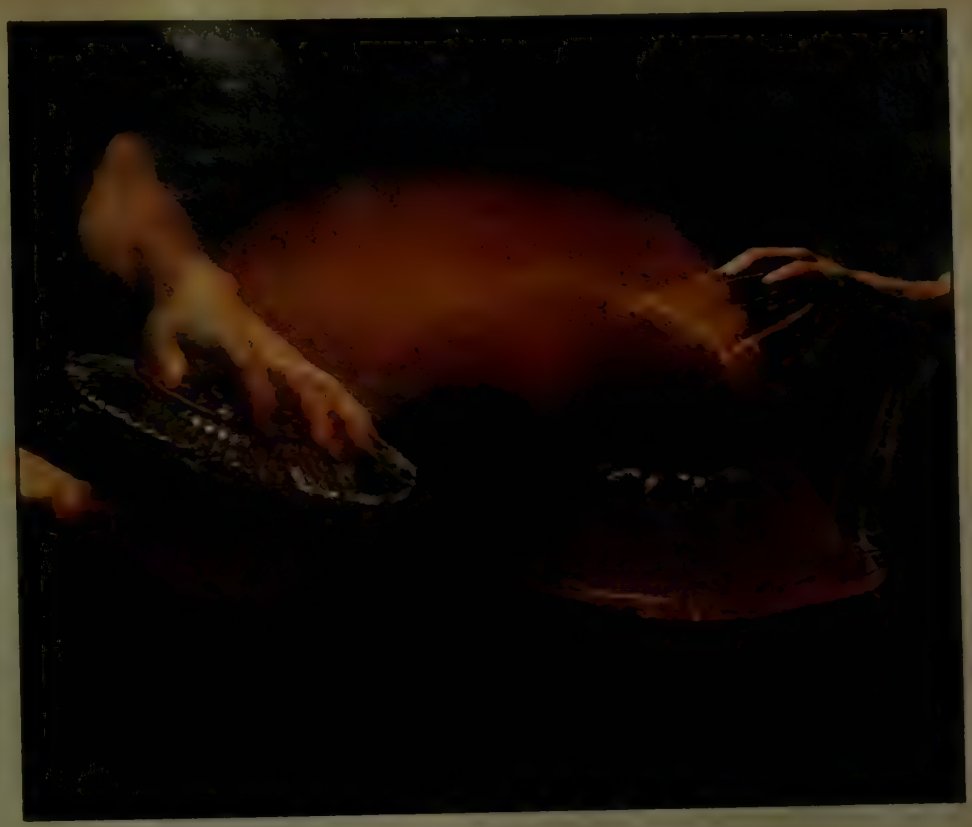
Two cups of gelatin will hold about 1½ to 2 cups of solids. You can choose any assortment of fruits, vegetables, meat, poultry, or seafood. If you're using a tower or ring mold, reduce the liquid by ¼ cup for a sturdier salad that holds its shape.

If you want chopped foods to stay suspended in the salad, you'll need to chill the gelatin till partially set before adding them. Chill the dissolved gelatin in the refrigerator or over a bowl of ice water till the gelatin begins to thicken. The gelatin is the right consistency when it resembles egg whites—thick, but smooth-flowing.

Fold in the solids—they should neither float nor sink, but remain suspended within the mixture. Turn the gelatin salad into a mold or dish and chill till firm.







3. MAKING A MOLDED DESIGN

With very little effort, you can create a work-of-art salad. Arrange the food in patterns over the bottom of a dish or around the contours of a mold. Carefully pour in partially set gelatin so you don't disturb the arrangement and chill till firm.

4. LAYERING MOLDED SALADS

Think upside down—the bottom turns out to be the top.

Arrange the solids, as desired, in the bottom of the mold or dish and gently pour the partially set gelatin over them. Chill the first layer till the top of the gelatin feels tacky to the touch, so the next layer will adhere. Keep the remaining gelatin at room temperature so it stays fluid.

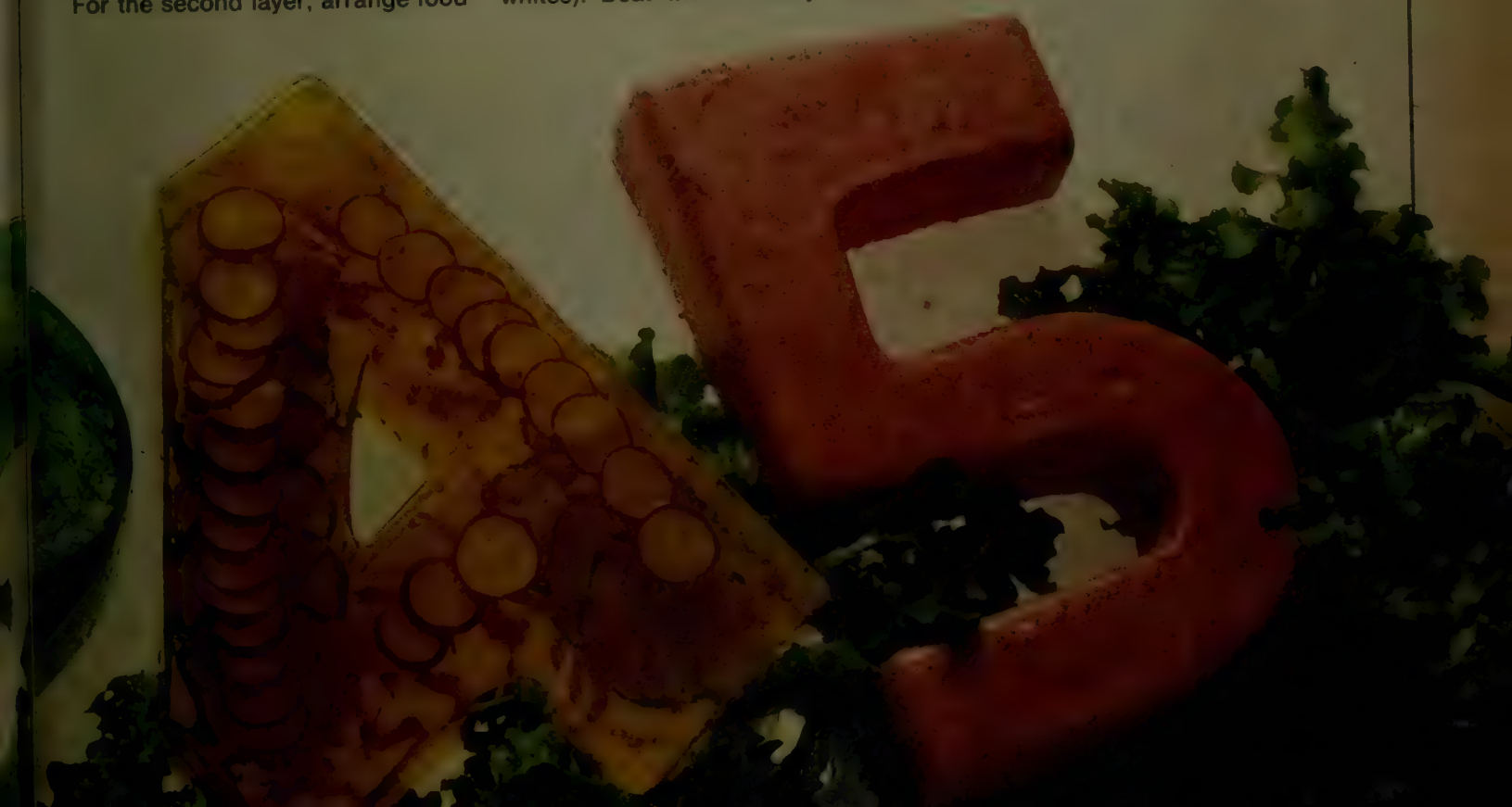
For the second layer, arrange food atop the first layer and carefully pour on another layer of gelatin. Chill again till tacky. Repeat for as many layers as you like. Chill till firm.

5. MAKING A CHIFFON MOLD

You can make a light fluffy salad by adding air to the unset gelatin. Chill dissolved gelatin in the mixing bowl till partially set (consistency of egg whites). Beat with a rotary or electric mixer till light and fluffy. Pour into mold and chill till firm.

Unmolding the Salad—Voilà!

Run the tip of a narrow spatula or table knife around the rim of the gelatin. Dip the mold, up to the rim, in a sink or pan of warm water for just a few seconds. Invert serving plate atop the base of the mold. Holding tightly, turn mold onto plate. Shake gently; lift off mold. Garnish with greens.



THE DRESSING DIRECTORY



Two of the most popular dressings are the mayonnaise-based dressing and vinegar dressing (vinaigrette). From these two basics you can make dozens of dressing variations.

MAYO MYSTIQUE

You can make mayo at home in minutes. Use an electric mixer, a blender, a food processor, or the mixing machine shown above.

Combine 1 *egg*, 2 tablespoons *lemon juice or vinegar*, ½ teaspoon *salt*, ¼ teaspoon *dry mustard*, ⅛ teaspoon *paprika*, and dash *cayenne*; stir till ingredients are blended. Add 1 cup *oil* VERY slowly while mixing rapidly. The mixture thickens like magic.

Using the homemade mayonnaise as a base, you can create your own variations by stirring in herbs, chili sauce, horseradish, anchovy paste, crumbled cheese, chopped nuts, or whatever appeals to you.

GRINDING IT OUT

Spices are an important part of a well-dressed salad because they stimulate the taste buds. Since ground spices lose their potency rapidly, it's a good idea to purchase whole spices whenever they're available. Then invest in a sturdy mill and try grinding your own sea salt, peppercorns, mustard seed, allspice, cloves, or nutmeg. You'll find the fresh flavor and aroma well worth the effort.

A WORD ABOUT GARLIC

Garlic can be subtle or socko.

For just a hint—Rub the inside of a wooden salad bowl with the cut edge of a garlic clove before adding the greens. Discard the cut clove.

For garlic lovers—Sprinkle a wooden salad bowl with salt. Mash a clove of garlic into the salt with the back of a spoon. Add the greens.



THE OIL AND VINEGAR SHAKE-UP

You can make dressing in the specially designed mixer above or in a plain screw-top jar.

Oil (1 cup) The Italians prefer olive oil, but if you find the flavor too strong, use a vegetable oil. Or, try a combination of the two.

Vinegar (⅔ cup) Use cider vinegar or lemon juice.

Sugar (1 to 2 teaspoons)

Salt (1½ teaspoons)

Herbs (2 to 3 teaspoons snipped fresh *or* ½ to 1 teaspoon dried) Basil, chives, dill, mint, oregano, rosemary, and tarragon are only a sample.

Combine in a jar and shake well.

For more information on the items shown here and where you can purchase them, turn to page 132.



PEPPERIDGE FARM®



Introducing Date-Nut Cake and Yogurt Cake!

Two new cakes so good... they don't need any icing at all.

If you loved our old-fashioned Pound Cake, Apple-Walnut Cake and Carrot Cake—just wait til you taste our two new additions! Both are so moist and delicious, you won't miss the icing one bit. Look for 'em in your grocer's freezer.

Old Fashioned Date-Nut Cake. Just like Grandma's! Made with brown sugar and whole eggs, and laced with dates and walnuts.

Old Fashioned Yogurt Cake. As chewy-moist as cake can be, and tasting of yogurt and a hint of lemon.

Who needs icing?

12¢ Store Coupon 546 3136 PEPPERIDGE FARM® 12¢

Here's 12¢ to try any variety of delicious Pepperidge Farm Old Fashioned Cakes.

New Date-Nut Cake, new Yogurt Cake, All-Butter Pound Cake, Apple-Walnut Cake or Carrot Cake.

Present this coupon to your grocer, who is authorized to allow you 12¢ toward the purchase of one package of Pepperidge Farm Old Fashioned Cakes.
GROCER: When all terms of this offer have been fulfilled by the consumer and by you, this coupon will be redeemed for face value plus 5¢ for handling. Mail coupon to: COUPON REDEMPTION PROGRAM, BOX 1000, ELM CITY, N.C. 27822. Any other application constitutes fraud. Invoices proving purchase of sufficient stock to cover coupons presented must be shown upon request. Failure to do so may, at our option, void all coupons submitted for redemption for which no proof of products purchased is shown. Subject to state and local regulations. Void if taxed, restricted or forbidden by law or if presented by outside agencies, coupon brokers or others who are not retail distributors of our merchandise. Cash value 1/20 of 1¢. Offer limited to one coupon per purchase. Take this coupon to your grocer. Coupon expires July 31, 1979.
Pepperidge Farm, Incorporated.



In your grocer's freezer

546/3136

begins on page 112

Big bash ideas

SALMON MOUSSE

1 16-ounce can salmon
2 envelopes unflavored gelatin
2 cups mayonnaise *or* salad dressing
½ cup chili sauce
2 tablespoons lemon juice
1 tablespoon worcestershire sauce
½ teaspoon dried dillweed
¼ teaspoon pepper

• • •

1 6½- or 7-ounce can tuna, drained and finely flaked
4 hard-cooked eggs, finely chopped
½ cup pimiento-stuffed olives, finely chopped
¼ cup finely chopped onion
Sliced pimiento-stuffed olives
Pimiento strips
Parsley
Crackers

Drain salmon, reserving liquid; add water, if necessary, to equal ½ cup liquid. Bone and finely flake salmon; set aside. In heatproof measuring cup combine gelatin and reserved salmon liquid. Place cup in a saucepan of hot water and stir to dissolve gelatin. Transfer dissolved gelatin to mixing bowl; gradually blend in mayonnaise. Stir in chili sauce, lemon juice, worcestershire sauce, dillweed, and pepper. Fold in flaked salmon, tuna, egg, chopped olive, and onion. Turn into 6-cup fish-shaped mold. Chill till firm. Unmold. Garnish with additional sliced olives, pimiento strips, and parsley, if desired. Serve with crackers. Makes 6 cups spread.

CAVIAR A LA CRÈME

1 envelope unflavored gelatin
½ cup cold water
2½ cups cream-style cottage cheese
2 8-ounce packages cream cheese, softened
1 cup dairy sour cream
2 tablespoons powdered sugar
1 teaspoon vanilla

• • •

1 2-ounce jar red caviar, chilled and drained
Crackers *or* party bread

In heatproof measuring cup combine gelatin and water. Place cup in a saucepan of hot water; heat and stir till gelatin is dissolved. Press cottage cheese through sieve or food mill. In mixing bowl beat together sieved cottage cheese, cream cheese, and sour cream till smooth; beat in powdered sugar and vanilla. Gradually blend about 1 cup of the cheese mixture into gelatin; return to remaining cheese mixture. Stir till combined. Turn into 5-cup mold. Chill till firm. Unmold; top with caviar. Serve with crackers or party bread. Makes 5 cups spread.

POTTED PEPPER DIP

To avoid tough pepper skins in the dip, blanch the peppers in boiling water for a few seconds, then peel off the skins—

2 tablespoons lemon juice
2 teaspoons olive *or* salad oil
1 teaspoon sugar
1 teaspoon salt
½ teaspoon prepared horseradish
Dash white pepper
4 large red *or* green peppers, seeded and cut up
1 small onion, cut up

• • •

1 8-ounce package cream cheese, softened
¼ cup mayonnaise *or* salad dressing
Few dashes bottled hot pepper sauce

• • •

2 red *or* green peppers, tops removed and seeded
Tortilla chips

In blender container or food processor, place lemon juice, oil, sugar, salt, horseradish, white pepper, and about one-third of the cut-up red pepper and onion. Cover and blend till smooth. Add another one-third of the cut-up vegetables to mixture in blender; cover and blend till smooth. Repeat with remaining cut-up vegetables. Transfer mixture to mixing bowl. Let stand, covered, at room temperature for at least 2 hours. Place pureed vegetable mixture in sieve, pressing gently to drain off excess liquid. In mixing bowl combine cream cheese, mayonnaise, and hot pepper sauce. Stir in pureed vegetable mixture. Cover and chill. Spoon into the two hollow pepper shells. Place filled peppers in center of serving platter; surround with tortilla chips. Makes about 2 cups dip.

ARTICHOKE SPREAD

1 14-ounce can artichoke hearts
½ cup mayonnaise *or* salad dressing
¼ cup grated parmesan cheese
1 clove garlic, minced
Assorted vegetable dippers

Drain artichokes thoroughly, pressing to remove excess liquid. In mixing bowl mash artichokes; stir in remaining ingredients *except* vegetable dippers. Cover and chill several hours. Sprinkle with paprika, if desired. Serve with assorted vegetables. Makes 1⅓ cups dip.

BLUE CHEESE MOLD

1 envelope unflavored gelatin
¼ cup cold water
1¼ cups buttermilk
1 cup dairy sour cream
½ teaspoon garlic salt
¼ teaspoon onion salt
½ cup crumbled blue cheese (2 ounces)
Assorted crackers

In small saucepan combine gelatin and cold water. Add buttermilk. Stir over low heat till gelatin is dissolved. Remove from heat. Stir in sour cream, garlic salt, and onion salt. Fold in blue cheese. Pour into a 3-cup mold; chill till firm. Unmold onto plate. Garnish with snipped parsley, if desired. Serve with assorted crackers. Makes about 3 cups spread.

PHONY BOLOGNA PÂTÉ

1 pound unsliced bologna, cut up
½ of small onion, cut up
½ cup creamy Italian salad dressing
1 teaspoon dry mustard
1 teaspoon prepared horseradish
½ teaspoon worcestershire sauce
⅛ teaspoon pepper

• • •

3 hard-cooked eggs
Assorted crackers

Grind bologna and onion through fine blade of food grinder or in food processor. In mixing bowl combine bologna-onion mixture, Italian dressing, mustard, horseradish, worcestershire, and pepper. Turn *half* of the bologna mixture into bottom of well-oiled 7x3x2½-inch baking pan. Place 2 of the eggs end-to-end lengthwise down center of pan. Top with remaining bologna mixture, spreading evenly. Cover and chill several hours or over-

continued

Ask your husband what he prefers here...



Most men prefer Stove Top® stuffing instead of mashed potatoes.



GF
GENERAL FOODS

In a recent consumer test, over 62% of the husbands polled preferred Stove Top® Stuffing Mix to mashed potatoes with their chicken dinners.

No wonder. Toasty bread crumbs, real chicken flavor and the delicious balance of celery, onion, parsley and herbs make Stove Top irresistible.

We bet your husband will also agree.

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Stove Top is a registered trademark of the General Foods Corporation

continued

Big bash ideas

night. Turn out onto serving platter. Chop remaining egg; sprinkle over top of pâté. Garnish platter with parsley, if desired. Slice and serve with assorted crackers. Makes about 3 cups.

KIR SPRITZER

You can substitute blackberry brandy, sloe gin, cranberry liqueur, or raspberry liqueur for the crème de cassis—

1 gallon dry white wine, chilled
3 cups crème de cassis
4 28-ounce bottles (about 7 cups) carbonated water, chilled
Ice

In large pitcher combine 4 cups of the wine and ¾ cup of the crème de cassis. Gradually add 1 bottle carbonated water, stirring gently to mix. Add ice. Serve over ice cubes in wine glasses. Mix additional Spritzers as needed. Makes 33 cups.

MINT JULEP PUNCH

You'll need two gallons of crushed ice for this slushy punch—

Crushed ice
1 cup instant tea powder
8 cups water
2 pints bourbon
1½ cups white crème de menthe
Mint leaves (optional)

Fill ice bucket or pitcher with *1 gallon* crushed ice. In large container dissolve tea powder in water. Add bourbon and crème de menthe. Pour *half* the mixture over crushed ice in ice bucket. Refrigerate remaining tea mixture. Garnish bucket with mint leaves, if desired. Replenish with ice and punch as needed. Makes 35 cups.

ITALIAN MELON APPETIZERS

Choose the best-priced melon—

2 large honeydew melons or cantaloupes
1 3-ounce package very thinly sliced chopped pressed ham
1 head bibb lettuce
1 lime, cut into wedges (optional)

Halve and seed melons; scoop out melon balls. Remove remaining fruit, leaving hollow melon shells (chill fruit and use another time). Cut ham into strips about one inch wide. Wrap one or two strips of ham around each melon ball; fasten with wooden pick. Line melon shells with lettuce leaves; fill with melon balls. Garnish with lime wedges, if desired. Makes about 60 appetizers.

IMITATION ESCARGOTS

For easier slicing roll, wrap, and refrigerate these appetizers up to 48 hours ahead, then slice and bake for 12 to 14 minutes—

1 package refrigerated crescent rolls (8 rolls)
3 tablespoons anchovy paste
2 tablespoons butter or margarine, softened
Dash garlic powder

Unroll dough on lightly floured surface; pinch perforations together to form 4 rectangles. Blend together anchovy paste, butter or margarine, and garlic powder; spread ¼ of the mixture over each rectangle. Roll up, beginning at narrow end. Slice each roll into seven ½-inch-thick pieces. Place, cut side down, on ungreased baking sheet. Bake in 350° oven for 11 to 12 minutes. Serve hot. Makes 28. ■

AFTER ALL THESE YEARS OF PEANUT BUTTER, CHEESE AND TUNA FISH,

What America needs today is a lunch that's got some meat in it. Real, good-tasting meat.

Underwood meat spreads have it—so good, even the kids will make their own sandwiches.

Deviled ham, chunky chicken, hearty roast beef—they all deliver that good, wholesome change of pace a great sandwich needs.

Underwood meat spreads. They're real good, because they're real meat.

HOW 'BOUT SOMETHING MEATY.






Dole Pineapple in its own juice.
No extra heavy syrup,
no sugar added–just juice.
Dole
sliced
pineapple
IN UNSWEETENED PINEAPPLE JUICE
IN ITS OWN JUICE
NO SUGAR ADDED
(And what other
canned fruit can make
a creamed cheese and ham
sandwich a natural?)
CASTLE & COOKE, INC.



IT'S GOOD, BUT IT'S NOT DESSERT.

—Sara Tucker

To me, it's just not dessert without the great fresh taste of Cool Whip.®

When people think of dessert, it's easy to think of me, Sara Tucker. And when I think of dessert, I always think of Cool Whip.

I wouldn't use anything else.

Cool Whip's fresh taste makes any dessert even better. Try it yourself. See if people don't think of you when they think of dessert.



GF
GENERAL FOODS KITCHENS

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File under Desserts

Buying information, page 181

FRESH BERRY DESSERTS

Blueberry-Sour Cream Torte

Serve wedges of this top-rated torte at your next dinner party—

1 recipe Crust
4 cups fresh blueberries
½ cup sugar
¼ cup quick-cooking tapioca
½ teaspoon finely shredded lemon peel
½ teaspoon ground cinnamon
⅛ teaspoon ground nutmeg
1 recipe Topper

To make Crust: Cream ¾ cup *butter or margarine* and ¼ cup *sugar*. Add 2 *egg yolks;* beat till fluffy. Stir together 2 cups all-purpose *flour*, 1 teaspoon *baking powder*, and ½ teaspoon *salt*. Blend into creamed mixture. Press *two-thirds* of the mixture on the bottom of a 9-inch springform pan. Bake in 400° oven 10 minutes. Cool. Reduce oven temperature to 350°. Press remaining crust mixture 1½ inches up sides of pan. In saucepan combine berries, sugar, tapioca, peel, and spices; let stand 15 minutes. Cook and stir till bubbly. Turn into crust. *Make Topper:* Blend 2 slightly beaten *egg yolks*, 2 cups *dairy sour cream*, ½ cup *sugar*, and 1 teaspoon *vanilla*. Spoon over fruit. Bake in 350° oven 45 minutes. Cool, then chill. Makes 10 to 12 servings.

Shanna Breen, Detroit, Mich.



Photographs: Dieter

File under Soups and sauces

SUMMER SOUPS

Chilled Pea Soup

This first-place soup whirls together in a flash with a blender or food processor and makes a great summer meal starter—

2 cups fresh peas *or* 1 10-ounce package frozen peas
2 cups shredded lettuce
1 13¾-ounce can chicken broth
⅓ cup water
¼ cup tomato juice
¼ cup finely chopped green onion
1 tablespoon snipped parsley
½ teaspoon salt
¼ teaspoon white pepper
¼ teaspoon dried thyme, crushed
½ cup whipping cream
Parsley (optional)

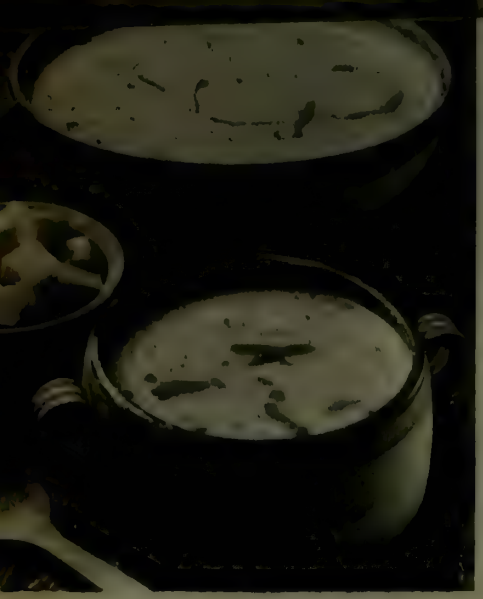
In saucepan combine peas, lettuce, chicken broth, water, tomato juice, green onion, the 1 tablespoon parsley, salt, pepper, and thyme. Bring to boiling. Reduce heat; simmer, covered, 20 minutes. Cool slightly. Turn into a blender container or food processor. Cover; blend till smooth. Stir in whipping cream. Cover and chill. Garnish with sprigs of parsley, if desired. Makes 4 servings.

Mary Blackwell, Royal Oak, Mich.



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Caldo Con Queso

You can prepare this Mexican-style cheese soup in 15 minutes—

2½ cups water
1 medium tomato, peeled and chopped
2 canned green chili peppers, seeded, rinsed, and cut in strips
½ teaspoon garlic salt
¼ teaspoon pepper
1 13-ounce can (1⅔ cups) evaporated milk
1 can condensed cream of potato soup
1 can condensed cream of onion soup
8 ounces monterey jack cheese, cut in small cubes (2 cups)

In 3-quart saucepan combine water, tomato, chili peppers, garlic salt, and pepper. Bring to boiling. Reduce heat; cover and simmer 5 minutes. Blend in evaporated milk and soups; heat through. Divide cheese evenly among soup bowls; spoon hot soup over cheese. Serve at once. Makes 8 servings.

Mrs. Gloria Thomasson, Douglas, Ariz.



Zucchini-Tomato Soup

For added flavor snip a little fresh dillweed atop each serving of this chilled soup—

1 medium onion, chopped (½ cup)
½ cup chopped green pepper
¼ cup water
1 18-ounce can tomato juice
2 medium zucchini, quartered lengthwise and sliced (2 cups)
1 8-ounce can whole kernel corn, drained
¼ teaspoon salt
2 cups buttermilk

In medium saucepan cook onion and green pepper in water, covered, about 5 minutes or till tender. Add tomato juice, zucchini, corn, and salt. Simmer, covered, 30 minutes. Cool; stir in buttermilk. Cover and chill. Makes 6 servings.

Mrs. Shakrunthala Nambiar, E. Brunswick, N.J.



Strawberries and Snow

4 cups fresh strawberries, sliced
¼ cup sugar
1 6-ounce package strawberry-flavored gelatin
1 envelope unflavored gelatin
⅔ cup sugar
3 tablespoons brandy
2 tablespoons orange liqueur
1 4½-ounce container frozen whipped dessert topping, thawed

Combine sliced berries and the ¼ cup sugar; set aside. Dissolve strawberry gelatin in 2½ cups *boiling water*. Chill till partially set. Fold in berries. Pour into a 12½x7x2-inch dish. Chill till *almost* firm.

Meanwhile in saucepan combine unflavored gelatin and the ⅔ cup sugar. Add 1 cup *water*. Heat and stir till gelatin is dissolved. Cool slightly. Stir in brandy and liqueur. Chill till partially set. Fold dessert topping into brandy mixture. Carefully pour over strawberry layer. Chill till firm. Serves 6 to 8.

Ruth S. Webster, Portales, N. Mex.



Raspberry Sherbet

6 cups fresh raspberries
1 teaspoon finely shredded lemon peel
2 egg yolks
1 tablespoon lemon juice
1 tablespoon vanilla
2 cups sugar
4 cups buttermilk
2 egg whites

Place *half* of the berries in blender container or food processor. Cover; blend till smooth. Strain puree. Repeat with remaining berries. (Puree should total 2½ to 3 cups.) Add lemon peel. In large mixer bowl beat together egg yolks, lemon juice, vanilla, and ⅛ teaspoon *salt*. Gradually beat in *½ cup* of the sugar. Blend puree and *1 cup* of the sugar, beating till sugar is dissolved. Stir in buttermilk. In small mixer bowl beat egg whites to soft peaks. Gradually add the remaining sugar, beating to stiff peaks. Fold egg whites into fruit mixture. Freeze in 4-quart ice cream freezer according to manufacturer's directions. Makes 2 quarts.

Jan Roberts, Carbondale, Colo.

Cooool summer salad with Creamettes and SPAM.

In just minutes you can serve up this deliciously cool salad. Seven minutes to cook the Creamettes—the macaroni that never sticks together, never tastes starchy. And the special meatiness and flavor of SPAM make this easy salad hearty eating, too. Why not make it tonight for tomorrow's lunch or dinner.

7-oz. pkg. Creamettes Macaroni (2 cups dry)
2 tbsp. salad oil
2 tbsp. vinegar
1 tbsp. minced onion
½ tsp. seasoned salt
¼ tsp. seasoned pepper
1 cup diced cheddar cheese
1 can (12-oz.) SPAM Luncheon Meat
⅓ cup mayonnaise or salad dressing
1 cup diced or sliced celery
10-oz. package frozen or 17-oz. can of sweet peas, drained

Cook Creamettes according to package directions. Drain, do not chill. While still hot drizzle with oil and vinegar. Add onion, seasonings and cheese; toss well. Gently mix in SPAM and remaining ingredients. Chill thoroughly; serve on salad greens.



2 Scrumptious Suppers for a cool day.

Fruity Summer Salad

7 oz. pkg. Creamettes Macaroni (2 cups uncooked)
1 tbsp. butter or margarine
2 tbsp. brown sugar
1 can (12-oz.) SPAM Luncheon Meat, cubed
1½ cups pineapple chunks. Drain juice and save
½ cup process American cheese, cubed
¼ cup mayonnaise
¼ cup dairy sour cream
2 tbsp. reserved pineapple juice
½ teaspoon salt
Lettuce
Red grapes, or apple wedges dipped in lemon juice

Prepare Creamettes according to package directions for salad use. Drain. Melt butter and brown sugar. Add SPAM and cook 'til brown. Combine macaroni, SPAM, pineapple, and cheese. Blend mayonnaise, sour cream, pineapple juice and salt. Toss macaroni mixture with mayonnaise dressing. Chill. Serve in lettuce-lined bowl. Garnish with grapes or apples. 6 servings.

Spaghetti Italiano

1 can (12-oz.) SPAM Luncheon Meat
3 tbsp. butter or margarine
1 medium onion, chopped
½ green pepper, chopped
1 can (1-lb. or 2 cups) whole tomatoes, cut up
1 can (6-oz.) tomato paste
1 can (6-oz.) water
1 can (4-oz.) mushroom stems and pieces, undrained
2 tsp. Worcestershire sauce
1 bay leaf
1 tsp. salt
¼ tsp. oregano
¼ tsp. pepper
7 oz. package Creamette Spaghetti
Parmesan cheese

Brown SPAM, onion and green pepper in 1 tablespoon butter or margarine. Add all ingredients except spaghetti, remaining butter and cheese. Simmer uncovered for 30 minutes. Remove bay leaf. Prepare Creamette Spaghetti according to package directions. Drain. Toss with butter. Serve sauce over spaghetti with Parmesan cheese. 4 servings.

SPAM is a registered trademark for a pork product packed only by Hormel

YOU CAN COUNT ON GENERAL ELECTRIC FOR GREAT IDEAS IN COOKING.

THE GENERAL ELECTRIC MICROWAVE COOKING CENTER.

At General Electric, we know what makes America cook, as you can see from all the cooking versatility we've built into one superb appliance.

The Microwave Cooking Center combines the speed and convenience of microwaving with the traditional benefits of conventional cooking. Both ovens have a see-through window door and interior light. And the Cooking Center is designed to fit comfortably into your current kitchen space.



The surface units are engineered to give you an infinite choice of heat settings. The cooktop is available with either the Calrod® units shown or a smooth, ceramic glass cooking surface. And the controls are conveniently placed at eye level in the panel next to the upper oven.





The upper microwave oven features the General Electric Micro-Thermometer™ control. Just insert it into meats, soups, sauces, and many other foods, and set the desired temperature. Then sit back and expect to enjoy the goodness of meals cooked just the way you want them. The oven even shuts off automatically when foods are cooked to your selected temperature. It also has digital time control and gives you the cooking flexibility of multiple power levels.



The conventional oven not only gives you the convenience of General Electric's P-7® self-cleaning system, but an automatic oven timer. There are also settings for bake, time bake, broil and clean, in addition to temperature control.

THE APPLIANCES AMERICA COMES HOME TO.

GENERAL ELECTRIC

begins on page 114

Great salads

Creating attractive and tasty salads is easier if you have the right tools, like the ones featured on pages 115 through 120. You can buy the items shown at kitchen specialty shops and department store sections, or order from gourmet cookware catalogs, manufacturers and importers, or the *Better Homes and Gardens* Family Shopping Service. (Only those items with a product number are available through Family Shopping Service.)

THE GREENERY GUIDE (page 115)

As we've pointed out, getting greens completely dry is an essential step in salad making. These three new dryers do the job quickly and efficiently.

(*Front*) The traditional method—patting greens dry with a soft towel—works even better when supplemented with this handy bag. Put the just-washed greens inside the bag, tie it shut, then roll it up and place it in the refrigerator for at least one hour before making salad. *Salad Greens Dryer, available from A Matter of Taste, 514 North La Cienega, Los Angeles, Calif. 90048.*



(*Left*) Pretty, bright, and useful is the Triumph essorette à salade. Turn the crank to start the inside basket spinning; the outer bowl collects the water. No mess! *Essorette à salade, available from HOAN Products, Ltd., 615 East Crescent, Ramsey, N.J. 07446.*

(*Right*) This Swiss-made spinning dryer is made of high-impact plastic with an enclosed base to prevent spilling. The dryer is available in two sizes. Place wet leaves inside basket; pull the string and unit spins like a top. *Rotor Drier, Bloomingdale's, 1000 3rd Avenue, Dept. 679, New York, N.Y. 10022.*



HOW TO PRODUCE A PRODUCE SALAD (page 116)

1. The slicer and grater, both of high-impact plastic, work efficiently on cheese and vegetables. The slicer has a sharp stainless steel blade to make paper-thin vegetable slices; the plastic grater is kinder to fingers than metal is. *Copco Slicer and Grater, Copco Inc., 11 East 26th, New York, N.Y. 10010.*

2. This French-made machine takes the finger-filing risk out of grating. The upper arm of the unit holds the food and protects your fingers from the sharp cutting drum. The metal drum is removable for easy cleaning. *Mouli-Grater, HOAN Products Ltd., 615 East Crescent, Ramsey, N.J. 07446.*

3. Food processors chop, slice, grate, shred, mix, blend, and puree in seconds. The processors are available from a variety of both foreign and domestic manufacturers. The one shown is made by Waring. *Product Division, Dynamics Corp. of America, New Hartford, Conn. 06057.*

4. The Swiss-made Zyliss chops food in next to no time. As you tap the plunger, the sharp rustproof blades turn automatically. The machine disassembles for easy cleaning. *Zyliss, HOAN Products Ltd., 615 East Crescent, Ramsey, N.J. 07446.*

5. A turn of the dial on this slicer adjusts the stainless steel cutting blade to make thick or thin slices. Stainless platform blades cut perfect julienne strips or cubes. The dome fits over food for smoother slicing. *Bruno Slicer, Reston Lloyd, P.O. Box 2302, Reston, Va. 22090.*

6. Core and wedge apples or pears all in one motion with this metal wedger. Available in housewares departments.

7. Freshly grated lemon or lime peel is a snap with this mini, but mighty, stainless steel grater. It's made in Sweden and is available in gourmet shops.

8. This simple stem pincher puts an end to strawberry-stained fingers. It hulls without fuss or muss. *Strawberry*

continued

"THIS LITTLE GE MINI-BASKET® TUB CAN SAVE YOU A BUNDLE."



GE GIVES YOU THE ECONOMICAL MINI-BASKET TUB: 2 WASHERS IN 1.



Save money and energy with this GE washer within a washer: the Mini-Basket Tub. It washes up to 2½ lbs. with 30% less hot water and detergent than the low water setting of the washer's big tub. And does a beautiful job of it.

Use it for baby clothes or your lingerie. It's the way to do small loads you care about. The Mini-Basket Tub: it's a clean savings from General Electric.

And it's backed by the care you get with GE Customer Care® service.

THE APPLIANCES AMERICA COMES HOME TO.

GENERAL ELECTRIC

continued

Great salads

huller, Etamco Industries, Kenberry Division, 1 Montgomery Street, Belleville, N.J. 07109.

9. This wooden chopping bowl has its own curved carbon steel chopper that's ideal for chopping small items such as parsley, shallots, and fresh herbs. Available in gourmet shops in a variety of styles.

10. This beechwood lemon reamer will extract a few drops from a lemon half or completely hollow it out. Various styles are available in gourmet shops.

11. Melon balls are fun and easy to make with this wood-handled baller. The two sizes of scoops let you pick the size you want for fruit salads. Available in housewares departments.

12. This ceramic juicer dispenses the pulp as well as the juice so you can give homemade salad dressings an interesting texture. Available in housewares departments.

Steamed foods retain natural flavors, save vitamins, and save you time. This



stainless steel vegetable steamer has self-adjusting sides to fit most pots and pans up to 9½ inches wide. The removable retriever handle simplifies lifting and cleanup. *Trend Vegetable Steamer, Trend Products Co., 5301 Laurel Canyon Blvd., North Hollywood, Calif. 91607.*

TURNING OUT A MOLDED SALAD (page 118)

The actual molds used to make the featured salads are unavailable through mail order. However, similar numbered molds can be purchased in a ten-piece set 0 through 9. These seamless aluminum molds work as well for shaping salads as baking cakes. *Molds by Wilton. To order product number 05042 and 05044-05052, see page 28.*



THE DRESSING DIRECTORY (page 120)

1. This egg wedger and slicer make perfect garnishes every time with no crumbling. An egg-shaped depression holds the egg securely while the wire slices neatly and evenly through the egg. Available in most housewares departments.

2. These modern see-through salt and pepper mills grind salt crystals and peppercorns and let you identify the right seasoning at a glance. *Tempo-C Mills, William Bounds Ltd., P.O. Box 1547, Torrance, Calif. 90505.*

3. This wooden mortar and pestle demonstrate that the traditional way to grind flavor from herbs and spices is still a good one. *Wooden Mortar and Pestle, H. E. Lauffer Co., Inc., Belmont Dr., Somerset, N.J. 08873.*

4. Gourmet Grater turns hard cheese and nuts into finely grated finishes to top your salads. The stainless steel grater in the plastic hopper quickly fills the glass measuring jar. *Acme Metal Goods Manufacturing. To order product number 05040, see form on page 28.*

5. This Swiss-made cast-aluminum garlic press produces a flavorful puree of garlic to mix with dressings or press directly into salad bowl. *Rowoco. To order product number 05039, see form on page 28.*

6. Here are two of a wide variety of oil and vinegar cruets available for storing and serving oil and vinegar. You can use them to make and store your own dressings, too.

7. Flavored croutons for topping salads will stay fresh longer in this glass storage jar. The tight-fitting lid keeps croutons crisp even in humid summer weather. Most housewares departments carry such jars in many sizes and shapes.

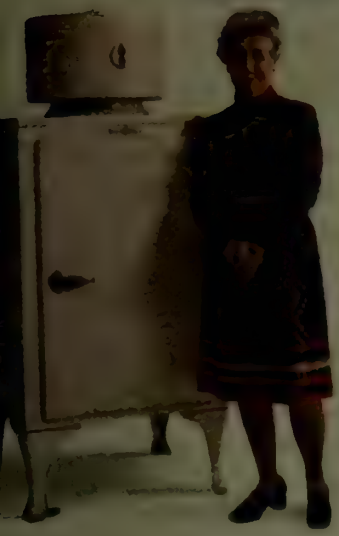
8. This modern clear-plastic grinder churns flavor from a variety of herbs and spices to add interest to your salad creations. *Spice Mill, Cole & Mason Ltd., London.* Available in housewares departments.



The Mayo Machine lets you mix and store homemade mayonnaise to use for dressings or spread on sandwiches. The concave lid on the mixer allows oil to trickle down the stem of the plunger for smoother mixing. *Mayo Machine, Lee Bailey Inc., P.O. Box KKKK, Southhampton, N.Y. 11968.*

continued

"THE BEST REASON FOR BUYING A NEW GE REFRIGERATOR IS AN OLD GE REFRIGERATOR." —The Steele Family.

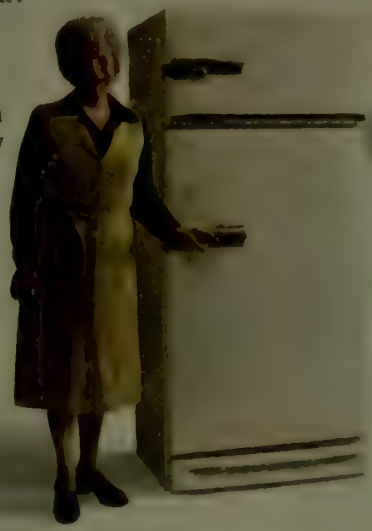


Jane Steele
Verona, New Jersey

GE refrigerators are really built to last. And my old "Monitor" is lasting proof!

Talk about a great investment! I got it in 1957, when it was 23 years old. And it still works like a charm.

Of course, it doesn't have all the improvements and innovations General Electric's added over the years. But it shows how dependable GE refrigerators are. As I told my daughter Mary Ellen, they just can't be beat!



Great Aunt Agnes Spina
West Orange, New Jersey

I've spent nearly half a century depending on GE refrigerators.

We bought one of these in the mid-fifties, after giving away the faithful "Monitor" Jane has now.

What a workhorse! Soda was always cold, ice cream was hard, and it never needed any service.

So naturally when we modernized again five years ago, we went right back to GE for a big, beautiful side-by-side.

General Electric refrigerators really hold up. We've had enough of them to know!



Mary Ellen Steele Burns
Totowa, New Jersey

General Electric is a name you grow up with. You know it's dependable.

So we felt confident that our lower-priced GE refrigerator would give us the same quality and reliability as the most expensive model.

My mother told me GE refrigerators were the best kind, and of course we did a lot of shopping around.

No other brand had the features GE did for the same money. Or was as nice-looking, inside and out.



Suzanne Steele Walsh
Morristown, New Jersey

Having had GE refrigerators in the family for so long impressed me more than any brochure or sales talk.

So when we buy our new refrigerator, it won't be a question of "whether GE," but of "which GE."

And I think I know which—this gorgeous dream of a side-by-side!

It has plenty of space, important with our five children. And adjustable glass shelves, great for cleaning up spills.

Separate temperature control for the meat pan. Automatic defrosting. And the GE dispenser that gives you chilled water, ice cubes, even crushed ice. I love the 'New Naturals™ colors, too—so soft!

The reliability General Electric's been building into their refrigerators since Great Aunt Agnes bought hers makes me feel really confident.

Maybe some day *my* GE refrigerator will become a family heirloom too!

THE APPLIANCES AMERICA COMES HOME TO.

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His or Her Recipes



Learn the simple base. Then make these barbecue sauces.

The "His or Her Recipes" method of cooking was developed by the TABASCO sauce people to help you learn sauce bases, then easy and tasty variations. For example, if you learn this red sauce base, you can vary the flavor of your own home made barbecue sauce by adding a few extra ingredients as outlined below. And remember, TABASCO sauce is fundamental to barbecue. It's the special process of aging the ripe, red peppers in oak barrels that accounts for the unique aroma and flavor.

RED SAUCE BASE

1 chopped medium onion, 2 tablespoons oil, 1 6-ounce can tomato paste, 1 cup water, 1 tablespoon sugar, ½ teaspoon salt, 1 teaspoon TABASCO pepper sauce. Saute onion in oil until clear. Stir in remaining ingredients. Simmer 15 minutes.

CHILI BARBECUE SAUCE

Make Red Sauce Base. Add 3 tablespoons chili powder. Mix well. Simmer 5 minutes. Serve over chicken, or use as a baste while cooking.

FREE "His or Her Recipes" folder. Learn White, Red and Brown Sauce Bases then variations for seafood sauce, spaghetti, stew, casseroles, you name it. Color photographs. Write McIlhenny Company, Avery Island, Louisiana 70513. Department BH-7.

Our new product, TABASCO brand Bloody Mary Mix, "The Fresh One", is a neat companion with your barbecue dinner.

TABASCO®

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continued

Great salads



Shake things up with this quick-to-mix, screw-top jar. It's terrific for making homemade salad dressings, sauces, and drinks, and for whipping cream. Chill and store the salad dressing right in this bold-colored mixing jar; then shake before using. *Rustica Mixer by Hammerplast. To order product number 05038, see form on page 28.*

SALAD NICOISE

A sophisticated main dish salad—

- **1 head bibb lettuce, torn (2 cups)**
- **3 cups torn romaine**
- **1 7-ounce can tuna, drained and broken into chunks**
- **1 10-ounce package frozen cut green beans, cooked, drained, and chilled**
- **1 cup cherry tomatoes, halved**
- **1 small green pepper, cut in rings**
- **1 small onion, sliced and separated into rings**
- **3 hard-cooked eggs, chilled and cut into wedges**
- **1 medium potato, cooked, chilled, and sliced**
- **½ cup pitted ripe olives**
- **1 2-ounce can rolled anchovy fillets, drained**
- **Oil and Vinegar Dressing (see recipe below)**

Combine salad greens in large salad bowl. Add tuna, beans, tomatoes, pepper, onion, egg, potato, olives, and anchovies. Add desired amount of dressing; toss to coat vegetables. Makes 6 to 8 servings.

OIL AND VINEGAR DRESSING

You'll find the formula for this dressing on page 120—

- **1 cup salad oil**
- **⅓ cup vinegar**
- **⅓ cup lemon juice**
- **2 to 3 teaspoons sugar**
- **1½ teaspoons salt**
- **1½ teaspoons paprika**
- **1½ teaspoons dry mustard**
- **½ teaspoon dried oregano, crushe**
- **Dash cayenne**

Combine all ingredients in screw top jar. Cover and shake. Chill. Shak again just before serving. Makes 1 cups dressing.

FRUIT STRATA SALAD

Use any combination of fresh fruit available and your favorite flavore yogurt—

- **2 cups shredded lettuce**
- **2 cups melon balls**
- **1 small pineapple, cut in chunks (2 cups)**
- **1 pint strawberries, halved**
- **1 medium banana, sliced**
- **1 8-ounce carton (1 cup) flavored yogurt**
- **½ cup shredded gruyère or Swiss cheese (2 ounces)**

Place *half* the lettuce in the botton of a large glass bowl. Layer fruits ato lettuce. Top with remaining lettuce Spread yogurt over top; sprinkle wit shredded cheese. Cover and chill for to 3 hours. Garnish with additions strawberries, if desired. Toss gently t serve. Makes 12 servings.

GAZPACHO SALAD

- **2 envelopes unflavored gelatin**
- **½ cup cold water**
- **2 10¾-ounce cans condensed tomato soup**
- **⅓ cup white wine vinegar**
- **Several dashes bottled hot pepper sauce**
- **2 medium tomatoes, seeded and chopped**
- **1 cup cucumber, finely diced**
- **1 cup chopped green pepper**
- **½ cup snipped parsley**
- **¼ cup minced onion**
- **1 medium avocado, pitted, peeled, and cut in wedges**

In saucepan soften gelatin in cold water. Blend in soup, vinegar, and ho pepper sauce. Heat and stir till gelati dissolves. Chill till partially set. Fol in tomato, cucumber, green pepper parsley, and onion. Arrange avocad slices in bottom of 6-cup mold; care fully pour in partially set gelatin mix ture. Chill till firm. Unmold. Garnis with lettuce leaves. Serves 8. ■

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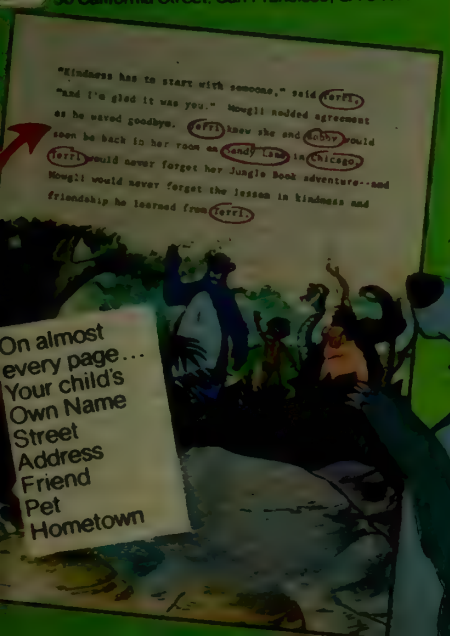
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Last Name _____ Girl ☐
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City _____
State _____ Zip _____
Birthday _____ / _____ / _____
(Mo) (Day) (Year)
Name of friend or brother or sister _____ Boy ☐ Girl ☐
Pet's name _____
Grown-up's name to appear on gift nameplate _____

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DOJ4

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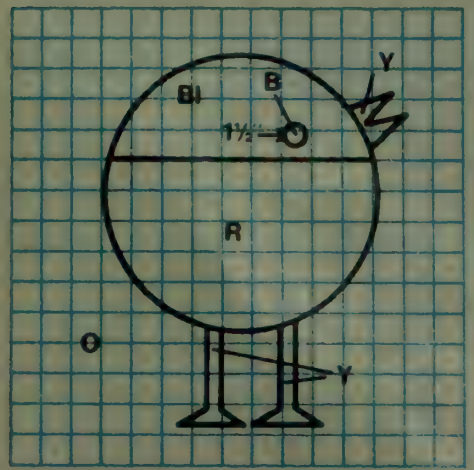
begins on page 97

100 ideas under $100

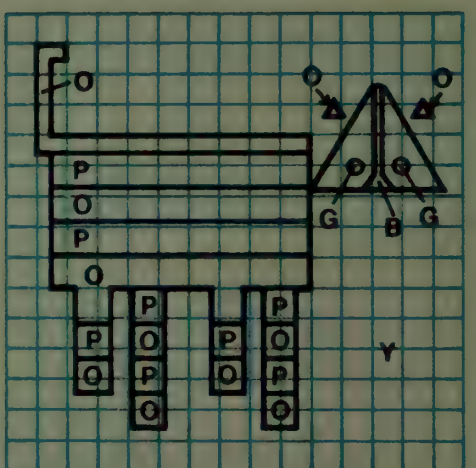
46. PUNCH-IT ANIMAL RUG, page 97

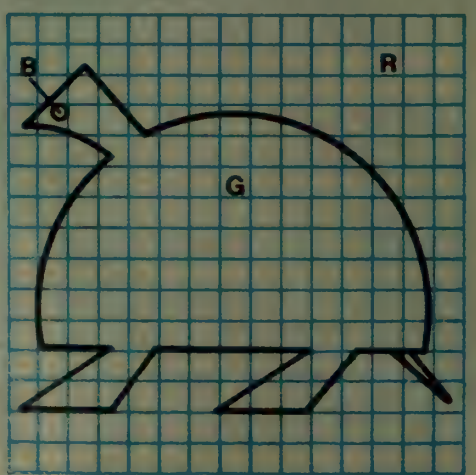
(Finished rug size = 60 square inches.)

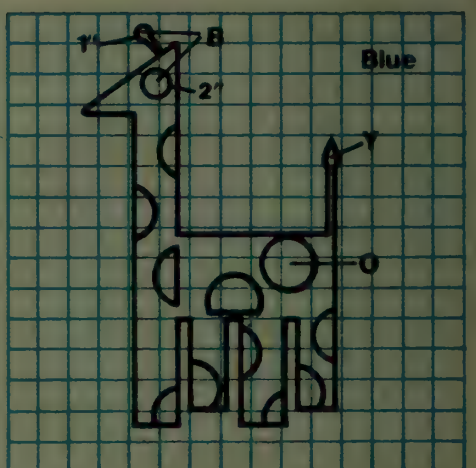
Materials: 4-ounce skeins of 4-ply acrylic yarn in the following amounts and colors: 3 skeins orange, 3 skeins yellow, 2 skeins scarlet, 1 skein emerald, 3 skeins blue, 1 skein black, 1 skein purple; 4 yds. burlap for backing; punch rug needle; lengths of 1x2s; liquid latex; carpet thread.



1 Sq. = 2 Inches







Instructions:

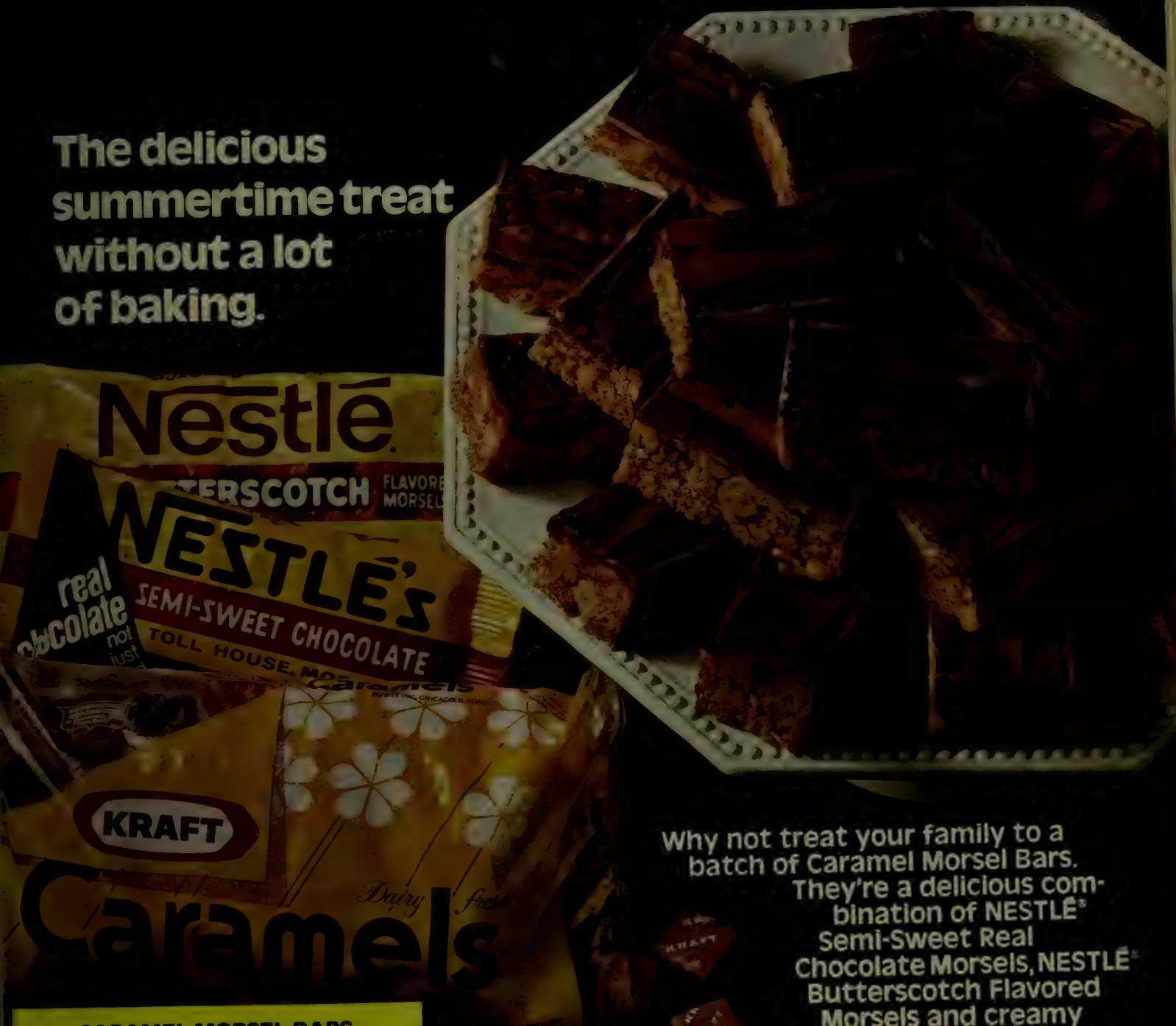
1. Cut burlap into four 32-inch squares. Enlarge patterns and transfer designs onto the burlap squares.

2. Cut and nail 1x2s to form a 30x30-inch frame. Stretch one burlap square over the frame and thumbtack it in place on the frame's back. Following color designations given on animal patterns, thread punch rug needle with

continued

Introducing Caramel Morsel Bars

The delicious summertime treat without a lot of baking.



CARAMEL MORSEL BARS

49 (14-oz. bag) KRAFT Caramels
3 tablespoons water
5 cups crisp rice cereal or toasted oat cereal
1 cup peanuts
One 6-oz. pkg. (1 cup) NESTLÉ® Semi-Sweet Real Chocolate Morsels
One 6-oz. pkg. (1 cup) NESTLÉ® Butterscotch Flavored Morsels

Melt Caramels with water in saucepan over low heat. Stir frequently until sauce is smooth. Pour over cereal and nuts; toss until well coated. With greased fingers, press mixture into greased 13 x 9-inch baking pan. Sprinkle morsels on top; place in 200°F. oven for 5 minutes, or until morsels soften. Spread softened morsels until blended to form a frosting. Cool; cut into bars.

Why not treat your family to a batch of Caramel Morsel Bars. They're a delicious combination of NESTLÉ® Semi-Sweet Real Chocolate Morsels, NESTLÉ® Butterscotch Flavored Morsels and creamy KRAFT Caramels. KRAFT Caramels give the recipe chewiness and body.

NESTLÉ Morsels add the rich taste of real chocolate and the exciting flavor of butterscotch.

Caramel Morsel Bars are easy to make. Just combine the six basic ingredients and bake for only five minutes. It's a great idea when you don't feel like spending a lot of time in a hot kitchen.

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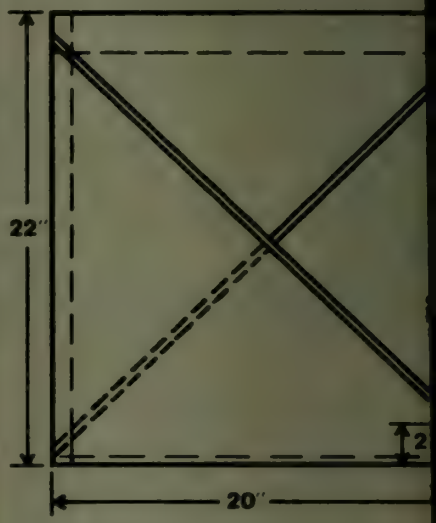


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continued

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headboard. Our finished piece m
sures 22x40 inches. To make the p
ect you'll need a 26x42-inch piec
heavy fabric and a second piece
measures 35 inches square.



Cut the 35-inch square in half di
onally to form 2 triangles. Cover
raw edges of *1* of the triangles with
bias tape. Center this triangle, p
up, on the large fabric rectangle.
the second triangle in half to form
smaller triangles. Bind the longest s
of each of these triangles with gr
bias tape.

Position these 2 triangles on top
the larger one (see photo, page 9
Using ½-inch seams, machine ba
around the outer edge of the ent
headboard to keep the triangles
proper position. Turn the headboar
raw edges under and machine topsti
all around the outer edge.

Form a casing at the top of
headboard; then run a lath throu
the casing. Add hooks to the lath ba
and hang in place above the bed.

52. FABRIC-COVERED LIGHT

To determine how to cut your pi
of fabric to cover your purchased li
fixture, follow these instructions.

The center portion equals the dim
sions of the fixture's bottom—leng
and width. The long fabric sides
equal to the length of the fixture w
the width equal to the distance fr
the bottom to the top edge. The en
equal the height of the fixture en

continued

Sears National Home Lighting Sale.

Save 10% to 30% July 2 - 29, 1978.



















You can save money now on every kind of lighting at Sears Lighting Boutique. Chandeliers, swag lamps, fluorescents, even utility fixtures are reduced during this great sale. Check the values like the ones pictured here, available now at most Sears retail stores. Prices and dates may vary in Alaska and Hawaii.

Sears Lighting Boutique

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continued

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and the width measured at both the bottom and top edges.

Use a white fabric that the light will show through. Once the dimensions are determined, cut out the fixture's covering. Bind the edges with red seam binding leaving 5-inch-long ties at all 8 corners.

54. CHILD-SIZE CHAIR

For this kid-size chair you'll need to build the sides, seat assembly, and the bases. From ¾-inch plywood cut 2 side pieces that measure 33x8 inches. Cut off a 45-degree angle at the top of each and round off the sharp angle. Make the seat 18 inches wide and 15 inches deep, then cut 8x¾-inch notches to receive the sides. Cut 2 wedge-shaped plywood seat supports that measure 1 inch short in the back and attach them to the seat bottom and the 8-inch sides. For extra support, cut a board to fit between the legs (and under the seat) across the back of the seat. Nail board in place. For each base cut one 1x3 to measure 15 inches long. Then laminate another 7-inch-long 1x3 to the front to fit around the sides. Round the front corners. Assemble as shown in our photo (page 98). Add a seat cushion and fabric back.

55. FRAMEFUL OF BUTTERFLIES

Enlarge the half-butterfly pattern on page 147. Using a coping saw or jigsaw, cut 42 butterflies from ⅛-inch hardboard. Cut 42 wood blocks that measure 1x1x¾ inches; glue 1 block to the back of each butterfly with the ¾-inch dimension protruding. For the background, cut a 26x36-inch piece of ½-inch AD grade fir plywood. Paint all pieces white. Spray the plywood lightly with red, blue, yellow, and green paint in a random design. When paint dries, glue butterflies into position—6 horizontal rows of 7 butterflies each. Trim the excess plywood. Frame with 1⅜-inch lattice molding.

continued



DON'T BUY A SIDE-BY-SIDE REFRIGERATOR UNTIL YOU COMPARE IT TO THIS ONE.

You're probably going to do some comparison shopping before you buy your new refrigerator. We hope you do. Compare other refrigerators to this Hotpoint no-frost Food Center (Model CSF24MW). And look at more than just price tags. Compare features. Compare service. Compare the total value you get for your money.



1. Water and ice without ever opening the freezer door. Hotpoint's Food Center puts the convenience of chilled water and ice at your fingertips. The ice bin fills itself automatically and holds over 10 pounds of ice cubes—enough for a good-sized party.

2. A freezer that will save you trips to the store. The freezer capacity is 8.6 cu. ft.. Deep door racks, 4 separate freezer shelves and a removable freezer basket mean you'll have plenty of room to take advantage of money-saving specials. And, of course, you'll never have to defrost the freezer or fresh food section.

3. A large fresh food section with extra flexibility. The fresh food section is almost 15 cu. ft.. It has 4 adjustable tempered glass shelves plus deep adjustable door shelves, so you can load it with everything from an over-sized turkey to half-gallons of milk. There's also an Energy Saver switch. Covered butter and cheese bins. And a meat conditioner to help keep cold cuts fresh.

4. Don't forget to compare service. Dependable service is important. And Hotpoint's Customer Care® service puts you a phone call away from professional service in over 800 cities, coast to coast. So before you buy your new refrigerator, stack it up against this one. Or any of our other refrigerators. We think a Hotpoint will end up in your kitchen.



A LOT OF APPLIANCE FOR YOUR MONEY

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These recipes use General Foods trademarked products. Granted, you could use other similar products when you make them, but our trademarks are your *guarantee of quality.* Your proof is in the eating.

CLIP AND SAVE

TRADEMARK RECIPES 1

This is the first in a series of recipe ideas. Look for more in later issues of this magazine.

Each page will give you a whole set of recipes. Economical ways to add variety to your dinner table.

One of the many reasons these recipes work so well is that we used General Foods brand name products.

General Foods products are tested, retested and tested again to ensure they're the best value that they can be.

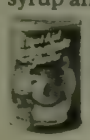
Please look for JELL-O® Brand Desserts. And SHAKE 'N BAKE® Seasoned Coating Mixes. KOOL-AID® Soft Drink Mixes. And SANKA® Brand Decaffeinated Coffee.

Our brand names are your *guarantee* of quality.

SUNDAE SAUCE

3 tablespoons KOOL-AID® Orange, Raspberry, or Lemonade Sugar-Sweetened Soft Drink Mix
¾ cup light corn syrup
2 tablespoons water
Ice Cream

Combine soft drink mix, corn syrup and water in a saucepan and heat until mix is dissolved. Serve over ice cream. Makes about 1 cup.





CHICKEN ROMA

2½ to 3 pounds frying chicken pieces
1 envelope SHAKE 'N BAKE® Seasoned Coating Mix for Chicken—Italian Flavor
¼ pound sharp cheddar cheese, finely grated
¼ cup mayonnaise
4 slices bacon, chopped
½ green pepper, chopped

Coat chicken with seasoned coating mix as directed on package and arrange in a single layer in ungreased shallow baking pan. Bake at 400° for 40 to 50 minutes or until tender.

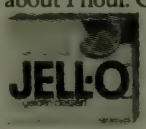


Meanwhile, combine cheese, mayonnaise, bacon and pepper, blending well. Spread over baked chicken and broil 5 minutes. Makes 4 servings.

GLAZED FRUIT DESSERT

1 package (4-serving size) JELL-O® Brand Vanilla Flavor Instant Pudding and Pie Filling
1 package (3 oz.) JELL-O® Brand Orange Flavor Gelatin
1 cup boiling water
¾ cup cold water
1 cup sliced bananas

Prepare pudding mix as directed on package. Pour into 8 dessert glasses; chill. Dissolve gelatin in boiling water. Add cold water. Chill until slightly thickened. Stir in bananas, and gently spoon over pudding in glasses. Chill about 1 hour. Garnish with prepared DREAM WHIP® Whipped Topping, if desired. Makes 4 cups or 8 servings.



COFFEE NEAPOLITAN

⅓ cup SANKA® Brand Decaffeinated Freeze-Dried Coffee
¼ cup sugar
1 quart boiling water
¾ cup brandy
¾ cup (about) prepared DREAM WHIP® Whipped Topping
Ground cinnamon

Place coffee and sugar in a coffeepot or heatproof carafe. Add water and stir; add brandy. Hold at serving temperature. Do not boil. Pour into demitasse cups. Top with prepared whipped topping and sprinkle with cinnamon. Makes 4¾ cups or 12 demitasse servings.



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center them vertically. Cut the slot *down* from the top in 1 piece, *up* from the bottom in the other. Paint the wood white and then slip the 2 pieces together. Add knobs for hanging.

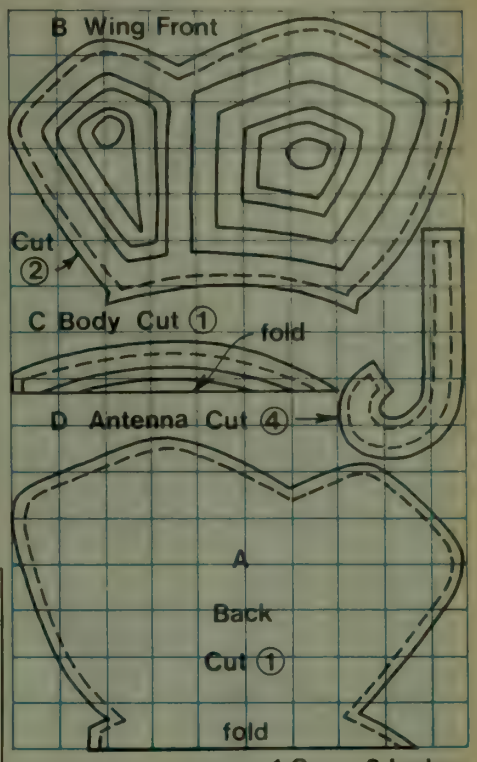
57. LIVELY BUTTERFLY PILLOW

(Finished size = 18x22 inches.)

Materials: ¾ yd. cotton fabric for main body; polyester fiberfill for stuffing; fabric scraps for appliqués; tissue paper.

Instructions:

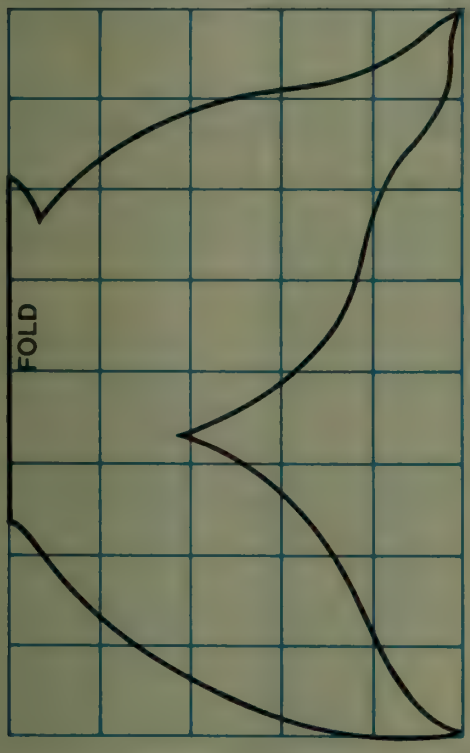
1. Enlarge pattern pieces *right* and transfer to tissue paper. Cut A, B, and C from the large piece of fabric. Cut D from fabric scraps.



continued

100 ideas under $100

55. FRAMEFUL OF BUTTERFLIES



56. EASY NOTCH-TOGETHER CLOTHES RACK

This project has 2 basic pieces—2 16¾x60-inch sections of ¾-inch plywood. On each piece mark a 7¼-inch-radius semicircle at the top and cut with a saber saw. The next step is to saw a ¾-inch side slot in each. Make both slots 26⅜ inches in length and



2. Stitch C in place between the two Wing Fronts (B).

3. Make tissue patterns of the appliqué pieces shown on patterns B and C. Cut appliqués from fabric scraps. Machine appliqué the pieces—from the smallest to the largest. Then, appliqué the entire inner wing section to the butterfly front.

4. Stitch the 2 antennae, leaving the bottom edges open. Stuff each firmly with fiberfill. Pin the antennae in position on the right side of the butterfly front, matching raw edges. With right sides facing, stitch the front to the back. (Leave a few inches unstitched for stuffing.) Stuff the pillow with polyester fiberfill. Then, slip-stitch the opening closed.

66. GREAT-LOOKING BED FRAME, page 102

Use ⅜-inch-thick plywood for all parts of this bed. For the support pieces, follow the pattern on page 148 and cut 3 of the long pieces and 4 of the short ones.

Mark the centers of the ¾-inch-wide slots, then cut them carefully with a saw and chisel. Assemble the base by slipping the pieces together.

For the box, cut out two 27x75-inch pieces for the bottom, two 7½x75-inch

continued



The frost won't bite!

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Smooth Gilbey's

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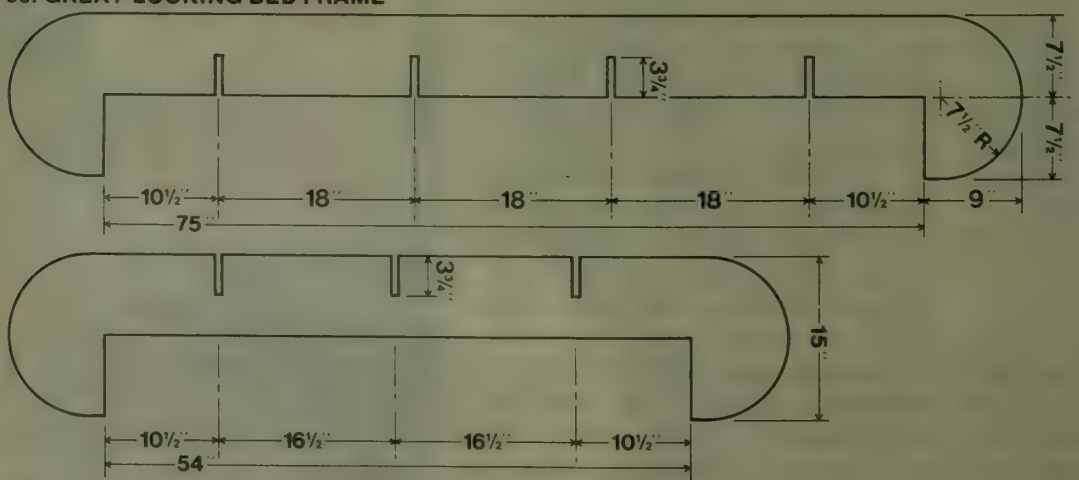
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100 ideas under $100

pieces for the sides, and two 7½x54-inch pieces for the ends. For best results, miter the joints. Assemble the box within the base, driving screws up through the box parts and into the supports.

Apply veneer tape to exposed edges. Add a clear varnish like ours or a coat of high-gloss paint.

66. GREAT-LOOKING BED FRAME



76. CONVERTIBLE WORKTABLE, page 105

Begin by building the base. Cut the 4x4 legs to a 29-inch length; at the top, notch them on 2 adjoining sides to receive the 1x4 skirt pieces. Make this notch 2¾ inches high because the skirt protrudes to cover the edge of the plywood top you add later.

Next, notch for the 1x2 stretchers on 3 sides, 3 inches from the bottom. Cut the skirt and stretcher pieces so the base measures 36x48 inches overall. Assemble with glue and countersunk wood screws. Cut the ¾-inch plywood top to fit inside the protruding skirt lip and install with glue and countersunk finishing nails. For the left-hand storage, build a 4x4x36-inch box from ⅜-inch plywood, adding dividers as needed. Screw to the table.

For the removable sloping top, cut a 40-inch-long 1x6 for the back support. Cut two 30-inch 1x6s for the sides, tapering them to 2 inches in front. Assemble in a U shape, then add plywood cut to fit flush inside the U. For both work surfaces, glue on a drafting vinyl surface (available at drafting supply stores).

77. TAKE-APART, PUT-AWAY TABLE, page 106

Cut out the table pieces as shown in the diagram on page 150. Note that the parts marked "D" go together to form 1 of the base parts. To make this joint,

continued

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Celebrate the delicious rainbow of California Summer Fruits...fresh peaches, plums, nectarines and Bartlett pears, tastefully joined together by a real 'mint' of a dip made with KRAFT Real Mayonnaise.

CELEBRATE CALIFORNIA SUMMER FRUITS WITH A RAINBOW FRUIT PLATTER AND PEPPERMINT DIP.

Plums
Peaches
Nectarines
Bartlett Pears
Lemon juice
½ cup KRAFT Real Mayonnaise
1 cup heavy cream, whipped
½ teaspoon peppermint extract or 1 teaspoon finely chopped mint leaves
Lettuce

Cut fruit in wedges; toss with lemon juice. Chill. Combine mayonnaise, whipped cream and flavoring. Arrange fruit on lettuce-covered platter. Serve with mayonnaise mixture. Garnish with mint, if desired. 2⅓ cups dressing





KRAFT

CALIFORNIA SUMMER FRUITS



For your fine feathers, nothing's better than dry cleaning.

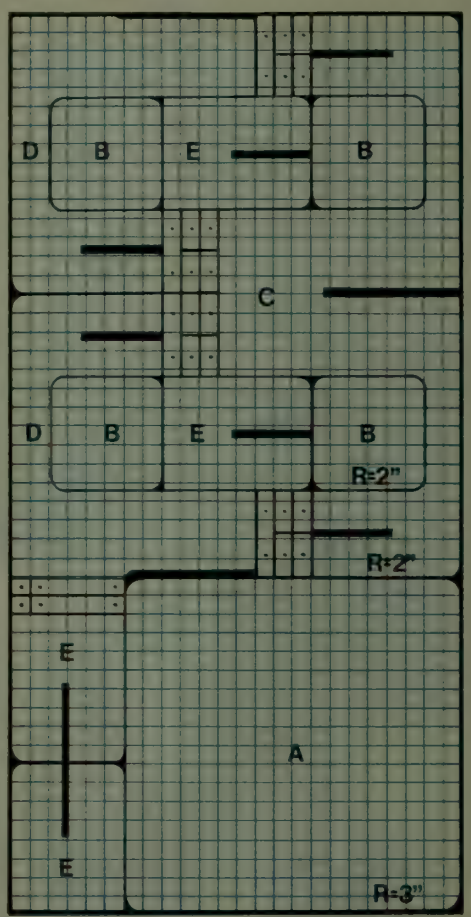
Your neighborhood Martinizing dry cleaner can make you proud as a peacock. When your clothes are fresh and clean, you know you look your best. Your family's clothes deserve the special touch of Martinizing dry cleaning.

"MARTINIZING."
The name in dry cleaning.

continued

100 ideas under $100

use metal straps, mortised into the surface. After all of the pieces are cut, saw the ¾-inch notches as shown and assemble all of the base parts. Nail the small strips to the undersides of the tabletop and seats, then put these in place. If you want to be able to dismantle the table for storage, drill for bolts and wing nuts through these reinforcing strips into the top edges of the base. Take the table apart to finish and then reassemble. Or, you can simply nail the tops in place for permanent assembly.



1 Square = 2 inches

79. A LADDERFUL OF STORAGE, page 106

Determine the amount of "drop" you'd like your storage bags to have. Our bags consist of 3 pieces: 1 length of fabric to hang from one rung to the next and 2 side pieces to form the individual compartments. Each bag is joined to the next by a fabric strip which covers the top of the rung. Be sure to double-stitch and topstitch your seams for extra support. Add a rectangle of scrap cardboard to the bottom of each bag as a base. Either hang the finished ladder by chains from the ceiling, or nail each end of the ladder to a U-shaped arrangement of fir strips which rests on the floor.

80. RAINBOW SLEEPING BAG, page 107

(Finished open size = 60x68 inches.)

Materials: ½ yd. (45-inch-wide) cotton/polyester fabric in 15 different colors; polyester quilt batting; 96 inches of hook and loop fastener tape; clear nylon thread; grommets for hanging; yardstick; tailor's chalk.

Instructions:

1. Preshrink and press all fabric. Using the yardstick and tailor's chalk, mark off and cut eight 5x18-inch strips on each of the 15 fabric pieces. Cut fifteen 4½x68-inch pieces of batting.

2. Starting with red, use ½-inch seams to sew 4 fabric strips together side by side. Sew the second set of 4 red strips together; you now have 2 long strips of red that *each* measure 5x69 inches. Place right sides of the 2 red strips together; using a ½-inch seam, stitch the 2 ends and 1 long side together. Turn right side out. Place a strip of batting into the resulting "pocket." Pin the open side closed.

3. Repeat this same procedure for the orange through purple strips. But, sew right sides of orange strips to the red strip's right sides along pinned edge using a ½-inch seam. Stitch both ends of the orange strip, being careful not to catch the red row in your stitching. Turn the orange strip to the right side; stuff with a batting strip. Proceed with colors through the next-to-last row (purple). (If necessary, refer to color photo, page 107.)

4. For final row (burgundy), stitch pieces together to form 2 strips; stitch the ends and 1 long side. Turn to right side. Stitch the right side of the opened fabric strip to the pinned edge of the purple strip; insert a piece of batting. Blindstitch the opening closed.

5. Machine- or hand-quilt along the seam lines where each strip is joined. This holds the batting in place.

6. Sew the strip of fastener tape to the side and lower bag edge. Then, attach the metal grommets to the top of the sleeping bag for hanging.

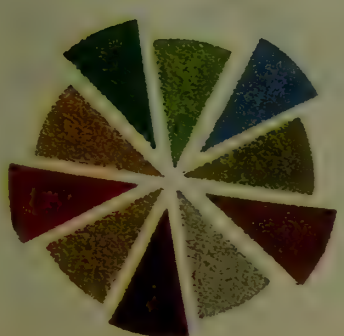
continued

Autumn Spice

Sale $6.99 sq. yd.



Just one of the ten warm, tone-on-tone colors that make Subtle Reflections carpeting so irresistible.



Cover your home with the durable beauty that is Subtle Reflections. Made of 100% nylon (the longest wearing carpet fiber made), Subtle Reflections is an irresistible combination of tone-on-tone color and deep shag plush texture.

Subtle Reflections is backed by the Sears Label of Confidence, the label behind every piece of Sears floor covering. It reveals important information like fiber content, construction and wearability...and most everything else you need to know before you make that all important purchase.

See what an important difference Subtle Reflections can make in your home. It's available in most larger Sears retail stores.

Prices may vary in Alaska and Hawaii.

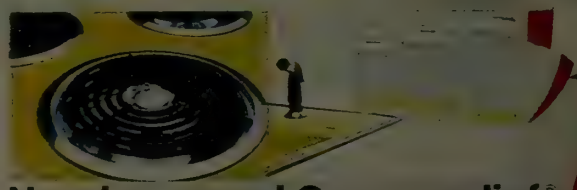
Only at Sears

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Sale $6.99 sq. yd. Reg. $8.99. On Sale June 25 through July 22, 1978.

EVER WONDER WHERE
THE COOKING GREASE GOES?

EVERYWHERE!



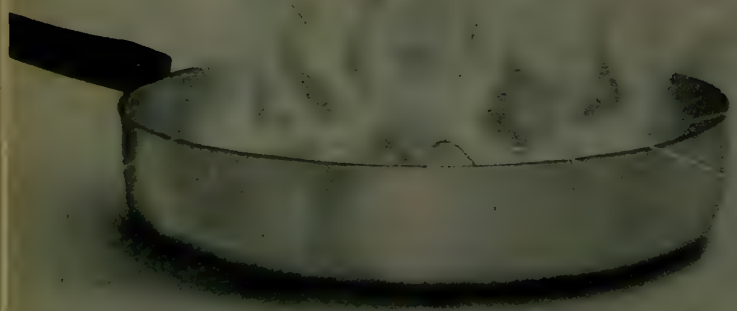
New Improved Grease relief®
for the grease that goes everywhere.

Almost every time you cook, grease particles fly through the air and land everywhere. Worse yet, grease attracts dirt.

New Improved Grease relief® gets rid of grease and dirt. Not all products do. Some only clean up the dirt and leave a greasy film behind. Grease relief dissolves away grease. It actually degreases your whole kitchen.

Plus, Grease relief even gets rid of greasy dirt on your clothes.

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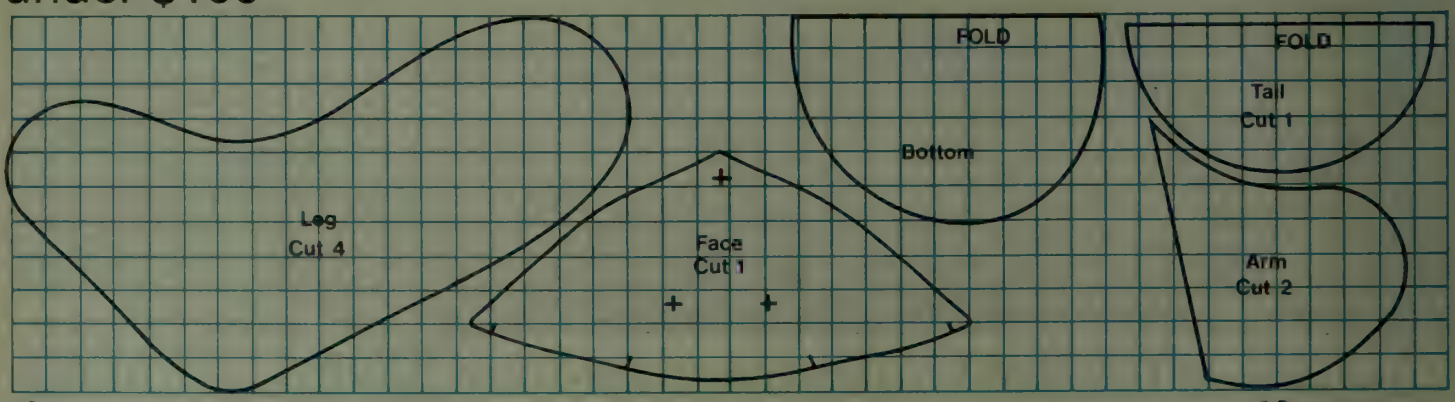
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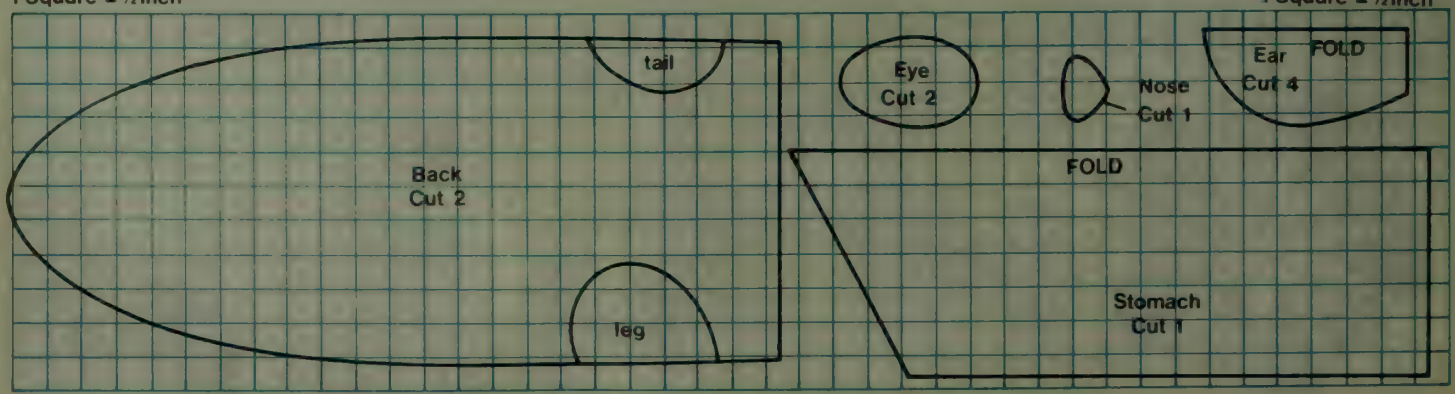
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86. PANDA TOOTHBRUSH HOLDER

(Make this project in wipe-clean vinyl as we did, or choose a softer, washable type of fabric for a more huggable stuffed toy.)

continued





For dogs who love hamburger.



©G.F.C. 1978

Top Choice® is better for them.

dog food

Top Choice® chopped burger for dogs sure looks like hamburger. It's moist and meaty and holds together like hamburger. But Top Choice is better for your dog. It has three delicious varieties and gives your dog 100% complete nutrition. For the burger he loves and the nutrition he needs, serve your dog all three Top Choice varieties.

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TOP CHOICE®

Chopped Burger for Dogs

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Materials: ¼ yd. (54-inch-wide) blue vinyl "slicker" fabric; ½ yd. (54-inch-wide) white vinyl "slicker" fabric; two ½-inch buttons for eyes; polyester fiberfill for stuffing; tissue paper; 2 toothbrushes.

Instructions:

(Note: Because vinyl is heavy, most seams in this project are stitched on the outside, or wrong sides facing. If the panda is made with lighter weight fabric, stitch the seams in the usual manner, right sides facing.)

1. Enlarge pattern pieces on page 152 and transfer them to tissue paper. Cut Back, Face, Stomach, and Bottom from white fabric; cut Eye, Nose, Ear, Leg, Arm, and Tail from blue vinyl. (Except for Eye and Nose pattern pieces, add ¼-inch seam allowances before cutting.)

2. Mark positions for Legs, Tail, Eyes, and Nose on vinyl's right side.

3. With *right* sides facing, pin and stitch pointed Face edge to pointed edge of Stomach. (Use ¼-inch seams.) Pin 2 Back sections together, *right* sides facing, and stitch along one long side. Stitch Tail in place on lower panda Back.

4. Position wrong side of Arm pieces to right side of panda Front. Stitch around perimeters of Arms, leaving an open vertical casing in each Arm to accommodate each toothbrush.

5. Stitch Eyes and Nose onto Face. Sew buttons in place on blue Eye patches. Make 2 Ears by stitching wrong sides of fabric together. Pin Ears in place on wrong side of Front piece. Stitch Front to Back, wrong sides facing and leaving bottom edge open. Stitch 2 Legs wrong sides facing and stuff with fiberfill. Attach Legs to either side of the panda.

6. Stitch Bottom onto body, leaving a small opening for stuffing the panda toy. Fill the panda body with polyester fiberfill and stitch the opening closed.

continued



It's no accident our cereals are an excellent nutritional complement to milk.

97% of all ready-to-eat cereals get teamed up with milk. And nutritionally, they make great partners.

Take a look at the chart below. You will see that, in a typical serving of Kellogg's Corn Flakes® cereal and milk, it's the milk that supplies the most calcium, phosphorus and magnesium. But it's the cereal that provides virtually all the iron, and most of the vitamins, while they both contribute protein.

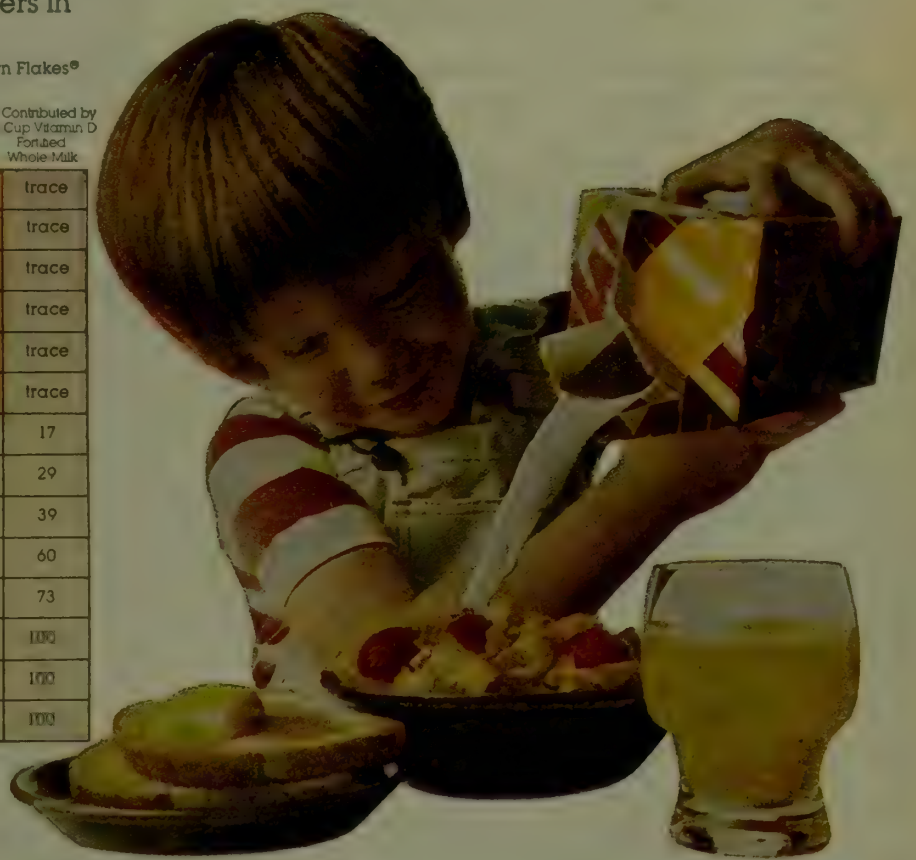
That two foods should complement each other so well is no accident. We fortify our cereals with essential nutrients milk alone does not supply.

Kellogg's cereal and milk. Great partners in nutrition. A very smart start.

Relative contribution of the nutrients in a serving of 1 oz. Kellogg's Corn Flakes® cereal and 4 oz. Vitamin D Fortified Whole Milk:

Nutrient	% U.S. RDA	% Contributed by One Ounce Kellogg's Corn Flakes	% From Cereal / % From Milk	% Contributed by ½ Cup Vitamin D Fortified Whole Milk
Iron	100	100		trace
Folic Acid	25	100		trace
Niacin	25	100		trace
Vitamin B_6	25	100		trace
Vitamin C	25	100		trace
Thiamin	25	100		trace
Vitamin A	30	83		17
Riboflavin	35	71		29
Calories	*	61		39
Vitamin D	25	40		60
Protein	15	27		73
Magnesium	4	trace		100
Phosphorus	10	trace		100
Calcium	15	trace		100

*U.S. RDA for Calories not established.



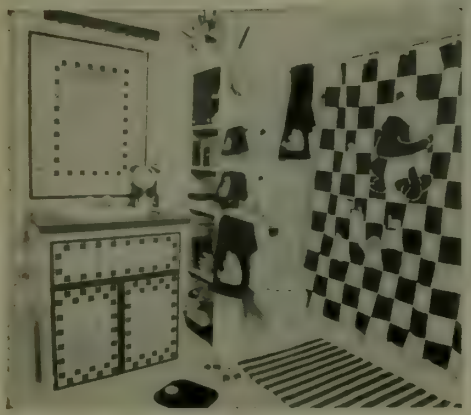
Kellogg's®

A very smart start.

® Kellogg Company ©1978 Kellogg Company

continued

100 ideas under $100



85. SUPER EASY CROCHETED RUG, page 109

(Finished size = 30x42 inches)

(*Note:* Rug width may be increased or decreased by adjusting the number of beginning chain stitches. Length may be altered by increasing or decreasing the number of stripes worked.)

Materials: 7 skeins (2-oz.) of any heavy acrylic craft yarn in white; 8 skeins (2-oz.) heavy acrylic craft yarn in blue; size I crochet hook; 100 ft. of cotton clothesline.

Gauge: 3 sc = 1 inch; 2 rows = 1 inch.

Instructions:

With first color, ch 75.

Row 1: Sc in 2nd ch from hook, sc in each ch made, ch 1, turn.

Row 2: Sc over clothesline in each sc of previous row. Ch 1, turn; drop clothesline. (Note: Do *not* cut clothesline as it will be picked up later.)

Row 3: Sc in each sc, ch 1, turn.

Row 4: With 2nd color, sc in each sc across row, ch 1, turn.

Row 5: Leaving a ¾-inch loop, pick up clothesline and sc over it in each sc of previous row, ch 1, turn.

Row 6: Drop clothesline and sc in each sc, ch 1, turn. Rep from Row 1, continuing the pattern and changing yarn color every 3 rows until you have 29 *stripes* (not rows) of 3 rows each.

87. PANDA SHOWER CURTAIN, TOWELS

For shower curtain, piece together a checkerboard pattern of 6-inch finished fabric squares into a 6x6-foot curtain. Add an extra square of fabric on *top* of many of the checks to form outer pockets for storage. Enlarge mama and baby panda pattern below. Cut the panda pair from white fabric. Cut the detail pieces from blue fabric and machine satin stitch them in place on the white cutout (see photo, page 109). Zigzag stitch the eyes.

continued



1 Square = 2 Inches

Hidden Valley Ranch® now gives you two ways to enjo the same delicious taste.

With Milk.



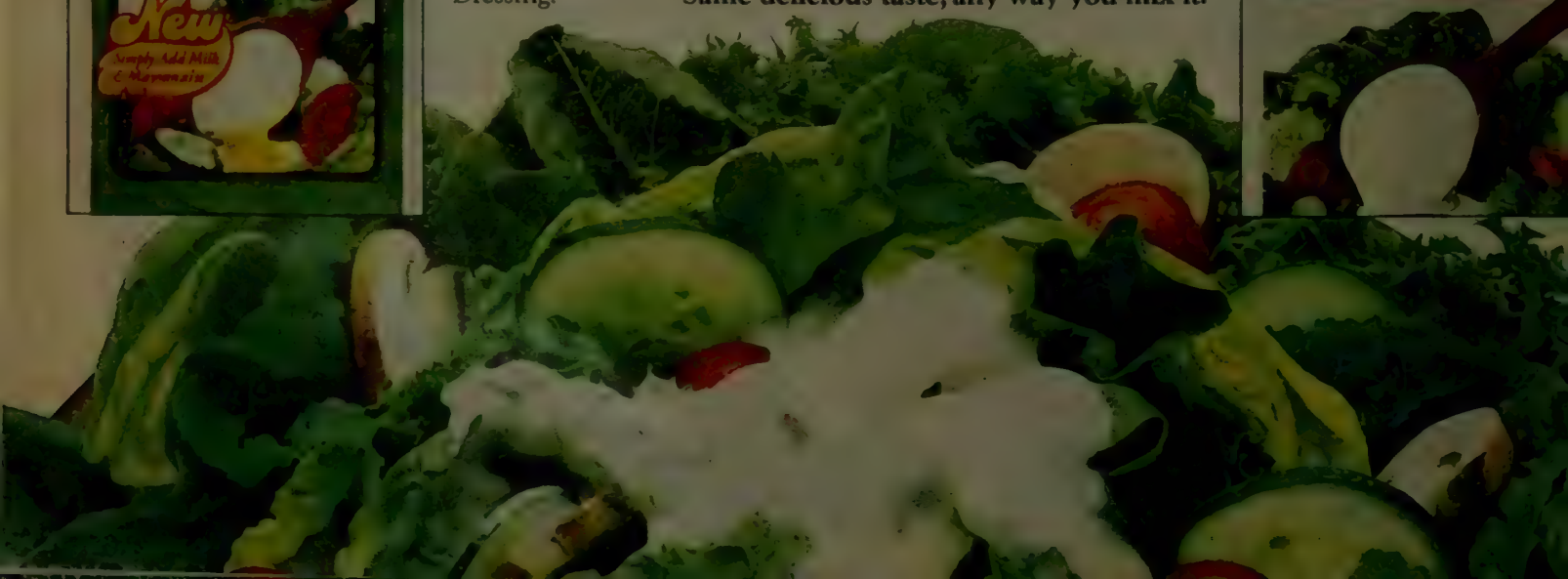
The New Way. Just take our secret blend of herbs and spices and mix it up with mayonnaise and milk. You'll wind up with that same fresh, creamy, delicious-tasting salad dressing people have enjoyed for years. And you don't have to buy the buttermilk because it's already in the package.

The Original Way. This is what made us famous. Take our Original flavor blend of fixin's and combine it with mayonnaise and good old buttermilk. The special flavor of Original Ranch Dressing is unusually delicious. And only Hidden Valley Ranch makes Ranch Dressing.

Same delicious taste, any way you mix it.

With Buttermil





Q. Does JCPenney pack a coupon for Tide in every new automatic washer?

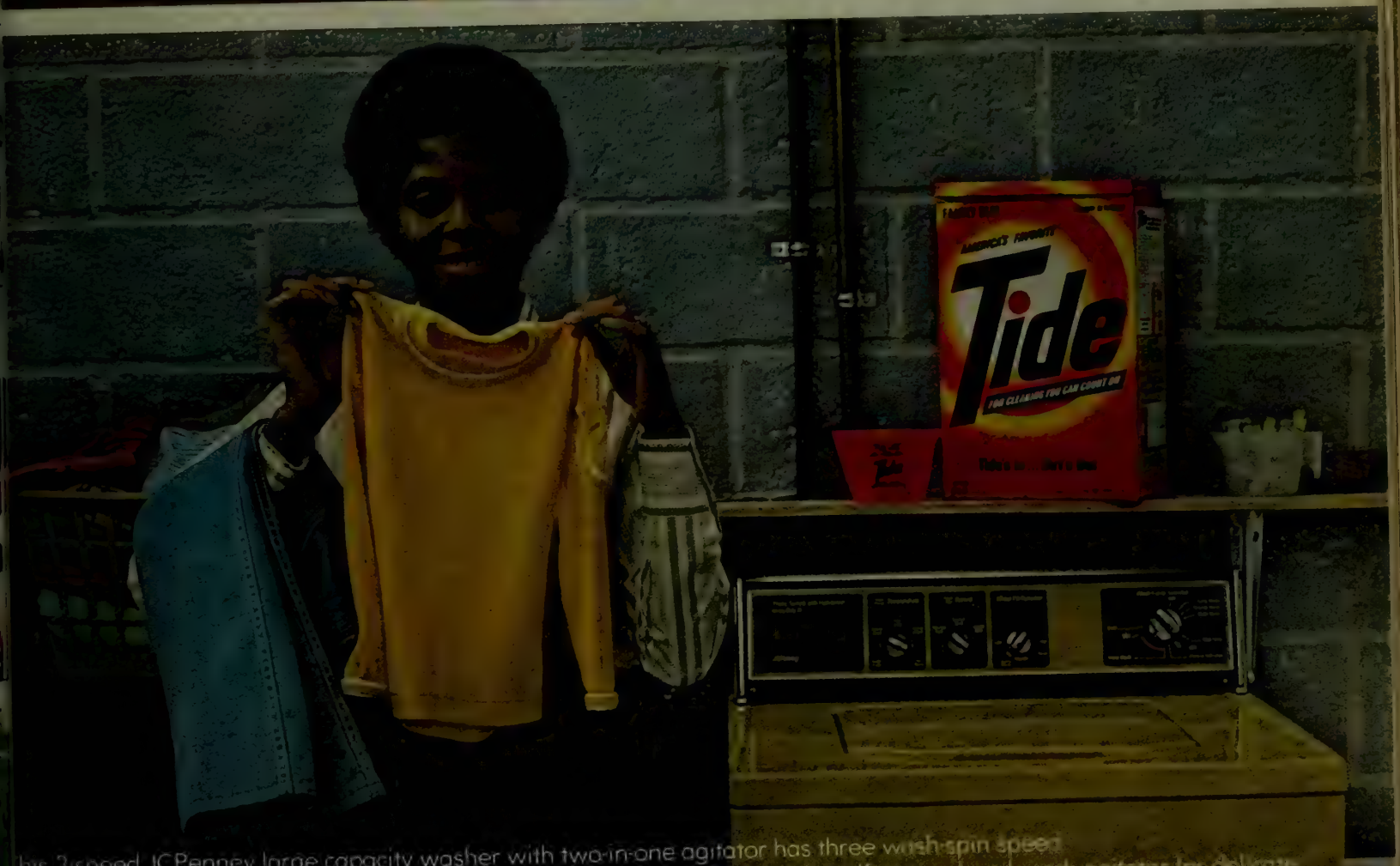
A. Do little truckers ever spill grape juice?



You bet they do. And that means you can end up with a truck load of tough laundry jobs. Like grape juice on top of ground-in dirt. To help, you'll find a 40¢ off coupon for Tide in every JCPenney automatic washer.

Try Tide...and prove to yourself that it really does get out that grape juice and ground-in dirt your little truck driver comes home with. In fact, count on Tide to get your entire wash beautifully clean.

When you need to count on cleaning, you can put your trust in Tide.



his 3-speed JCPenney large capacity washer with two-in-one agitator has three wash-spin speed ombinations. Other features include a high vane agitator for regular loads, self-storing hand wash agitator for delicate oads and soak setting to let you pre-treat heavily soiled articles in the machine.

ide has agreed with washer makers to supply Tide coupons packed by them and feature their washers in Tide advertising. he makers of 15 washers pack Tide coupons in every top-loading automatic.

continued

100 ideas under $100

Position the pandas on the curtain, placing a layer of quilt batting in between. Machine zigzag stitch around the pandas, using both blue and white thread to distinguish the bears from the checkerboard. Stitch over the design lines to hold the batting in place. Then attach grommets across the top of the finished curtain. (Use a purchased liner as a placement guide.)

Towels: Decorate purchased towels by enlarging the panda pattern *right* and transferring it to white fabric. (The design shown here is for a bath towel. Adjust size to fit hand towels and washcloths.) Before cutting out the panda, machine zigzag stitch around each outline with blue thread. Adjust the width of the zigzag stitch when sewing the inner details—make the design stripes fairly wide and the eyes narrow. Cut out the panda appliqués just *beyond* the blue outline stitching. Pin and machine appliqué one panda to each towel using a satin stitch and blue thread.



1 Square = 1 Inch

88. TOWERING BATHROOM STORAGE

Place the 2 side panels next to each other and drill for 1½-inch dowels. Glue and nail the sides in place; add the 16½-inch-wide shelves.

Build a 4-sided box with sliding doors front and back (made from ⅛-inch hardboard) for the closed compartment and set in place; nail at top and bottom to secure in unit. Cut wooden dowels to 26-inch lengths for wherever you plan to hang towels. Then paint the dowels and nail them in place.

89. BATHROOM LIGHT FIXTURE

To hang light, drill for 2 eyebolts in the top of the pipe and drive corresponding screw eyes into the ceiling. Connect with small chains. For the ends, cut plywood plugs and just insert. To complete the wiring you may be able to use a no-longer-needed wall fixture receptacle—or you can weave the wires through 1 chain for a ceiling connection.

90. PANDA MIRROR AND VANITY TILES

To order a complete set of panda rub-on transfers to make tiles like those shown in our bathroom, turn to page 28.

Before beginning our ceramic tile project, practice drawing your chosen designs on scratch paper. Then, draw your finished designs on loose 4⅜-inch-square ceramic tiles using a ballpoint paint tube (available at craft stores). Place the tiles in a 275-degree oven for

continued

HAIRCOLOR CLINIC

"Dear Barbara Britton..."



Coloring Gray Hair! Did you know there's a hard way and an easy way?

Everyone remembers Barbara Britton, the lovely star of TV's Mr. and Mrs. North. Recently she discovered a simple new way to color gray hair that many women have asked about.

• *Dear Barbara:* **My gray hair has been getting me down. But I'm afraid of the dull dyed look if I color it. I read you were really pleased with Lady Grecian Formula so I looked for it, but there was no color chart. How do I pick my shade?**

Mrs. V.M., Fredrickstown, Ohio

There's no confusing color chart with Lady Grecian. The one clean clear liquid works whatever your original color was. Just comb it through daily until the gray disappears. Then once a week or so keeps your beautiful natural looking color. And no dyed look because Lady Grecian works with the natural chemistry of your hair to retain a natural blend of shades.

• *Dear Barbara:* **I've used haircoloring, about 10 years—all kinds. They look fake, dry my hair and split the ends. And I hate those messy touch-ups. Can I switch without waiting til the old color grows out?**

Mrs. L.D., Hallstead, Pa.

Yes indeed. Lady Grecian Formula is compatible with any haircolor you may have been using. It's gentle because it has *no damaging peroxide* so your hair will be softer, healthier. Dry split ends begin to disappear and switching's really easy. Just use Lady Grecian on the gray root area til it blends in. And *no more tiresome touch-ups.*

• *Dear Barbara:* **I'm just beginning to get gray, but I don't want to get into complicated haircoloring. Will Lady Grecian work on just a little gray?**

Mrs. B.D., Bowie, Md.

Oh, it's especially good for early gray, because it colors only the gray...And it's so simple, no messy dye. Just comb a few clear drops through the gray til it blends with your natural color. Or, you can even make highlights.

• • •

The uniquely easy way to color gray hair—Lady Grecian Formula, a practically clear liquid that's totally different from ordinary haircolor. Just comb a few drops through daily until you have the color you want. No mixing, no mess *and no peroxide*, so you know it's gentle. No tiresome touch-ups either.

Once you have the color you want, (usually about 10 days), a quick comb-through once a week or so will keep it naturally lovely with no gray roots ever. Available at toiletry counters everywhere.

• • •

Ask Barbara Britton about your haircoloring problem. Write: Barbara Britton, Box 328 EA, White Plains, N.Y. Questions may be used in a future column.

To find out how Lady Grecian Formula will work for you, just send $1 with your name and address to the above address.

Combe Inc.

Get a $60 icemaker at no extra cost

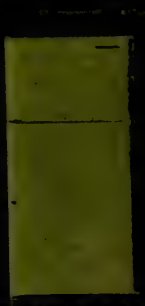


Thirsty kids? Company coming? Never run short of ice again with a JCPenney icemaker. And right now we'll include one worth $60 at no extra cost to you* when you buy one of our most popular refrigerators.

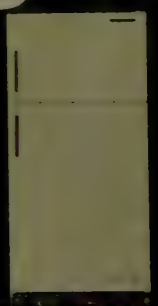
Choose from top-mount, bottom-mount, side-by-side and 3-door models. From 14 to 20 cu. ft. capacity. All with great features like Power Economizer that can help cut operating costs.
*Water line and hook-up provided at extra cost.

You can depend on JCPenney Product Service. When you buy it from us we keep it working. And for additional service ask about our Assured Performance Plan. Unlimited service by trained technicians for one low yearly charge. At JCPenney stores with major appliance departments.
Use our convenient Time Payment Plan.
Prices slightly higher in Alaska, Hawaii and Puerto Rico.
Not all refrigerators available in all colors shown.

in 9 popular JCPenney refrigerators.



Model #0614
Imperial 14 cu. ft.
top-mount



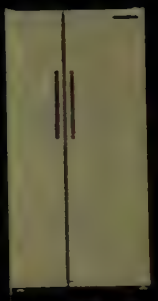
Model #0216
Custom 16 cu. ft.
top-mount



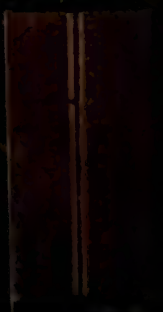
Model #0616
Imperial 16 cu. ft.
top-mount



Model #0818
17.6 cu. ft.
bottom-mount



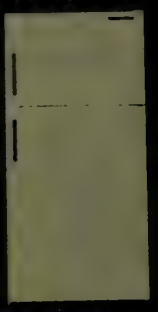
Model #0119
18.6 cu. ft.
side-by-side



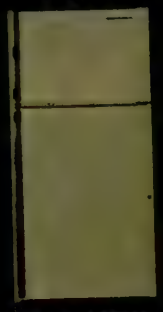
Model #0719
19 cu. ft. 3-door
side-by-side



Model #0618
Imperial 18 cu. ft.
top-mount



Model #0220
Custom 20 cu. ft.
top-mount



Model #0620
Imperial 20 cu. ft.
top-mount

$50 off this 10 cu. ft. compact chest freezer.

The freezer you want at the savings you want. With foam insulation, spring loaded hinges and a woodgrain vinyl top.
Model #6910 Reg. 269.95. Sale 219.95
Sale prices effective
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This is JCPenney

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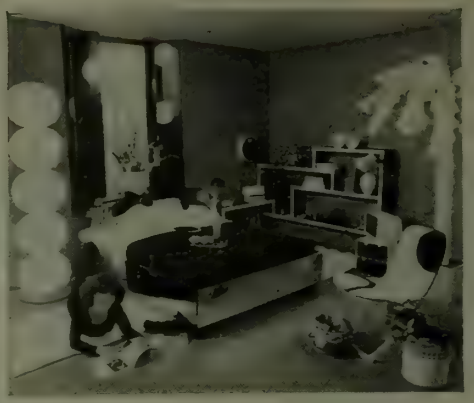
100 ideas under $100

20 to 25 minutes. Allow the tiles to cool slowly. For extra protection spray several coats of polyurethane onto the baked tile fronts.

To make our mirror, cut a 26⅜x35-inch piece of ¾-inch plywood. Cut a 14¾x23⅜-inch rectangle from the center. Rout out the back to receive a purchased ¼-inch plate glass mirror. Alternate blue and white cap tiles (1⅜x 1⅜x¼-inch) around the inner edge using mastic. Next add your large hand-painted tiles. Nail a mitered-edge ¾x1-inch pine border to the plywood backing. Paint the frame. Extrude silicone rubber into the grout joints. To decorate vanity doors, measure and mark the areas for the large tiles, then press them in place with mastic. Add the smaller tiles. Apply silicone rubber.

91. VERSATILE CANVAS RUGS/ MATS, page 110

These match-anything canvas rugs can double as hardworking exercise



mats when pulled out from under the bed—perfect for those bedtime sit-up sessions. Each finished rug measures 36x54 inches and is padded with 4 layers of quilt batting. Just cut out 2 pieces of canvas (allowing for seams), place right sides together, add the batting, stitch along 3 sides, and turn to the right side. Slip-stitch the fourth side closed. To complete, machine stitch nine 4-inch-wide channels down each mat for a cushiony tube effect.

92. PAPER LANTERN TOWER OF LIGHTS

To make our light structure you'll need: 5 large Japanese paper lanterns, an 18-inch-diameter disk made from ¾-inch plywood; 2 L-shaped metal brackets; 5 light sockets; 5 clear light bulbs; wiring cord; 1x1s.

Use the 1x1s to make a U-shaped structure that's as tall and as wide as the 5 opened lanterns. Fasten this 1x1 structure to the plywood disk with the L-brackets. Construct a string of 5 lights so that a bulb will hang in the middle of each lantern. Attach this light string to a hook placed at the top of the 1x1s. Paint the plywood disk.

93. FOLDING SHUTTERS WITH YARN "APPLIQUÉS"

The 4-piece folding shutters are fashioned from 1x12 plywood boards. The height of the window determines the length of the 1x12s. Paint the boards and join them with loose-pin hinges. For a decorative effect, wrap and glue lengths of acrylic rug yarn into circles and apply to the shutters.

94. EASY BED FRAME

Build a frame to surround your box

continued

When pain grips you, grab Ben-Gay.®



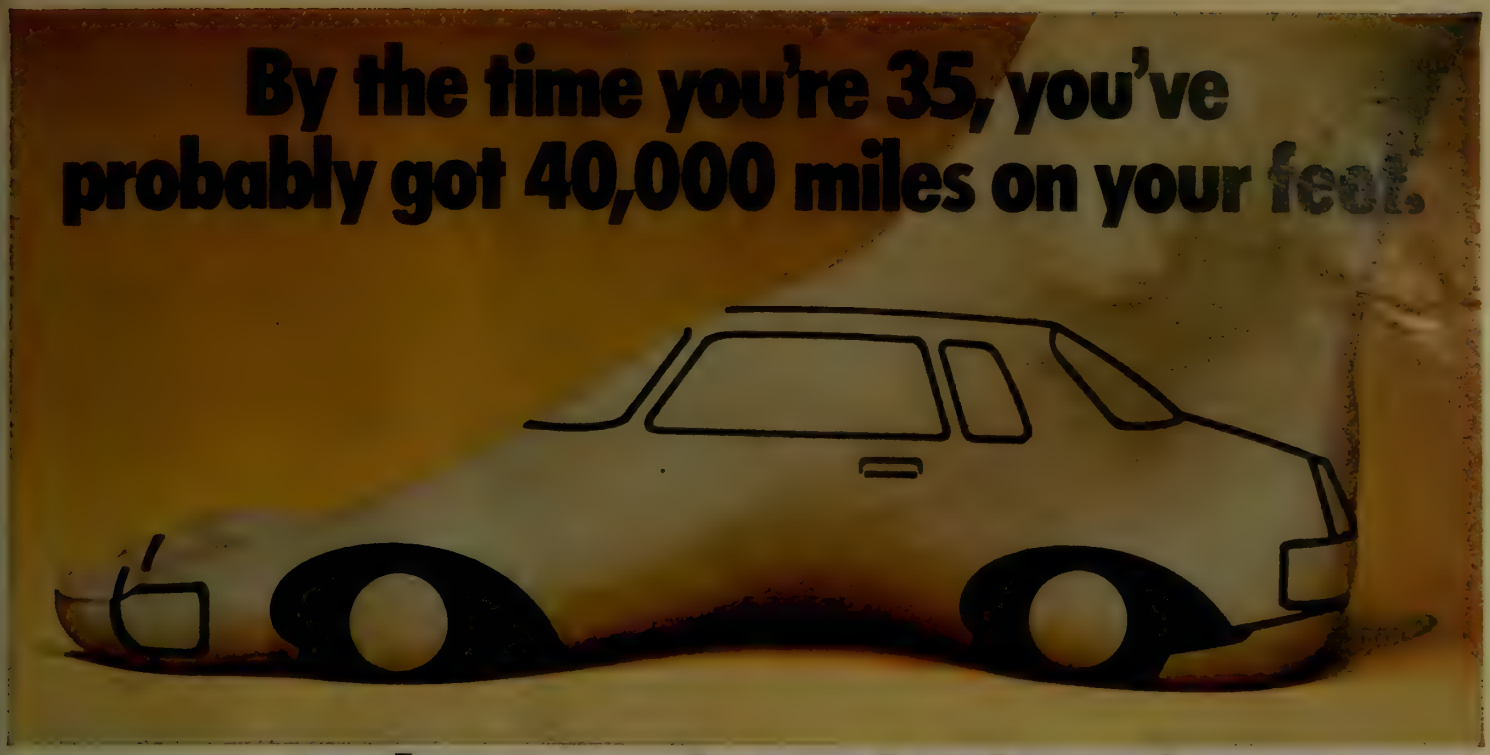
Don't suffer when minor arthritis pain flares up. Or when muscles ache from overexertion. Do what millions do. Rub in Ben-Gay for hours of relief. Ben-Gay's soothing warmth goes to work fast. To break up nagging pain and its stiffness where it lives—deep down in your muscles and joints. That's why Ben-Gay is America's No. 1 pain relief rub.

Use only as directed. © Pfizer Inc. 1978

GREASELESS • STAINLESS
Ben-Gay®
PAIN RELIEVING OINTMENT

BREAK THE GRIP OF PAIN

By the time you're 35, you've probably got 40,000 miles on your feet.



And you can't trade them in.

The average American puts over 1,200 miles a year on his feet.* And they are one means of transportation that have to last you a lifetime. So you better take care of them.

Eight potential signs of trouble.

1. Do you have thick, hardened areas of skin on the soles, sides, or heels of your feet?
2. Are there bumps of hard, dead skin on the tops of your toes?
3. Is there itching or cracking of skin between your toes?
4. Do the arches or insteps of your feet ever ache?
5. Are your feet generally fatigued at the end of the day?
6. Do your feet ever feel hot or tender?
7. Are you embarrassed by foot perspiration or odor?
8. Do your feet, knees, or elbows show signs of rough, dry or hard skin?

If you answered yes to any of the above, here are a few of the ways Dr. Scholl's can help.

1. *Callouses.* Zino® callous pads with medicated disks for removal. Kurotex® moleskin for protection of sore tender areas.



2. *Corns.* Zino® corn pads with medicated disks for removal, or "2"-Drop® liquid as directed for fast removal of hard corns. Also, non-medicated Foam-Ease® pads for protection.
3. *Athlete's Foot.* Dr. Scholl's Solvex® helps keep you on your toes by killing athlete's foot fungi on contact, while controlling the itching and burning.
4. *Weak Arches.* Flexo® Foam Arch provides comfort and soft cushioning support.



5. *Foot Fatigue.* Dr. Scholl's Air-Pillo® Insoles will help put the spring back in your step when you're on your feet all day.
6. *Hot Tender Feet.* Dr. Scholl's Foot Powder, when used daily, soothes, cools and reduces shoe friction.
7. *Perspiration.* Dr. Scholl's Foot Deodorant Spray helps feet stay odor-free.
8. *Rough Dry Skin.* Scholl Rough Skin Remover gently smooths away rough skin on feet, knees and elbows. Scholl Softening Lotion smooths and helps restore moisture balance.



Preventive maintenance for feet.

Daily attention to your feet helps keep trouble from starting up. Not only will your feet feel good, chances are you'll feel good all over. But if a problem persists, see your physician or podiatrist.

Where to go for service.

There's a Dr. Scholl's Foot Care Center near you offering the relief, comfort or beauty product that best meets your individual needs.

So when you think about foot care, go to the Dr. Scholl's display. The best way to get maximum mileage from your feet.



Dr. Scholl's

The Service Station for feet.

*Estimated average based on information received from the American Podiatry Association.

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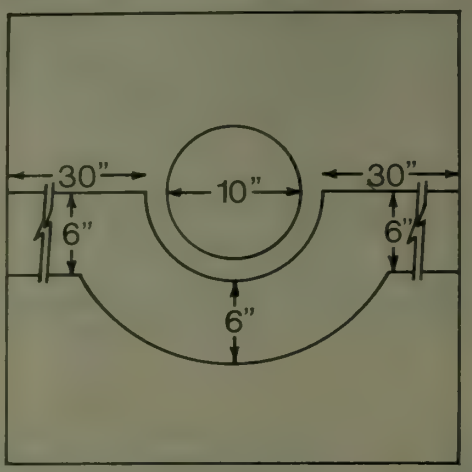
100 ideas under $100

spring and mattress from 1x12 plywood boards. Sand the finished frame. Carefully apply lengths of metallic-colored self-adhesive plastic to the frame. The bun feet are made from 4-inch-wide sections of cedar fence post. Cover each of the 4 "feet" with 1-inch foam padding. Stitch together tubes of fabric equal to the diameter of the posts. Gather the fabric at the top and bottom to completely cover the bun feet.

95. QUILTED COVERLET AND PILLOWCASES

For this project you'll need 2 yards each of black, brown, and white 45-inch-wide fabric, 2 purchased white pillowcases, and 1 full-size white sheet for backing. (Note: The project will require *less* than 2 yards of black fabric if you choose to piece the material instead.) Preshrink all fabrics.

Finished coverlet size is 88x71 inches. Appliqué the large black circle to the brown and white fabric for the coverlet front (see diagram *above right* for placement). Sandwich a layer of quilt batting between the front and the sheet backing, using a ½-inch seam allowance. Starting parallel to the black design strip, either machine- or hand-quilt lines of white at 1-inch intervals. (The lines should repeat the line of the black strip and break in increasing concentric semicircles.) Continue quilting at 1-inch intervals until the stitching covers ⅓ of the white section. Then increase intervals to 1¼ inches for the second ⅓ of the quilt. For the last ⅓, increase intervals to 1½ inches.



Quilt the brown section beginning parallel with the underside of the black strip. *All* quilting in the brown section is at 1½-inch intervals.

96. CONTEMPORARY WOVEN PILLOWS

Our 14-inch-square pillows can be woven as a set on either a frame loom or a 4-harness table or floor loom. Warp the loom 18 inches wide and 3 yards long (to allow for loom take-up and finishing) with 2-ply white cotton warp. Use bulky-weight wool or acrylic yarns in off-white (12-oz.), brown (8-oz.), and charcoal (2-oz.) for the weft.

All 3 pillows are worked in basket weave (over 2 threads, under 2, repeat), with 1 inch of tabby weave (over 1, under 1, repeat) at the beginning and end of each pillow pattern. Back with muslin and add tassles.

To order a free (except for 50¢ postage and handling) set of instructions for our three pillows, see page 28.

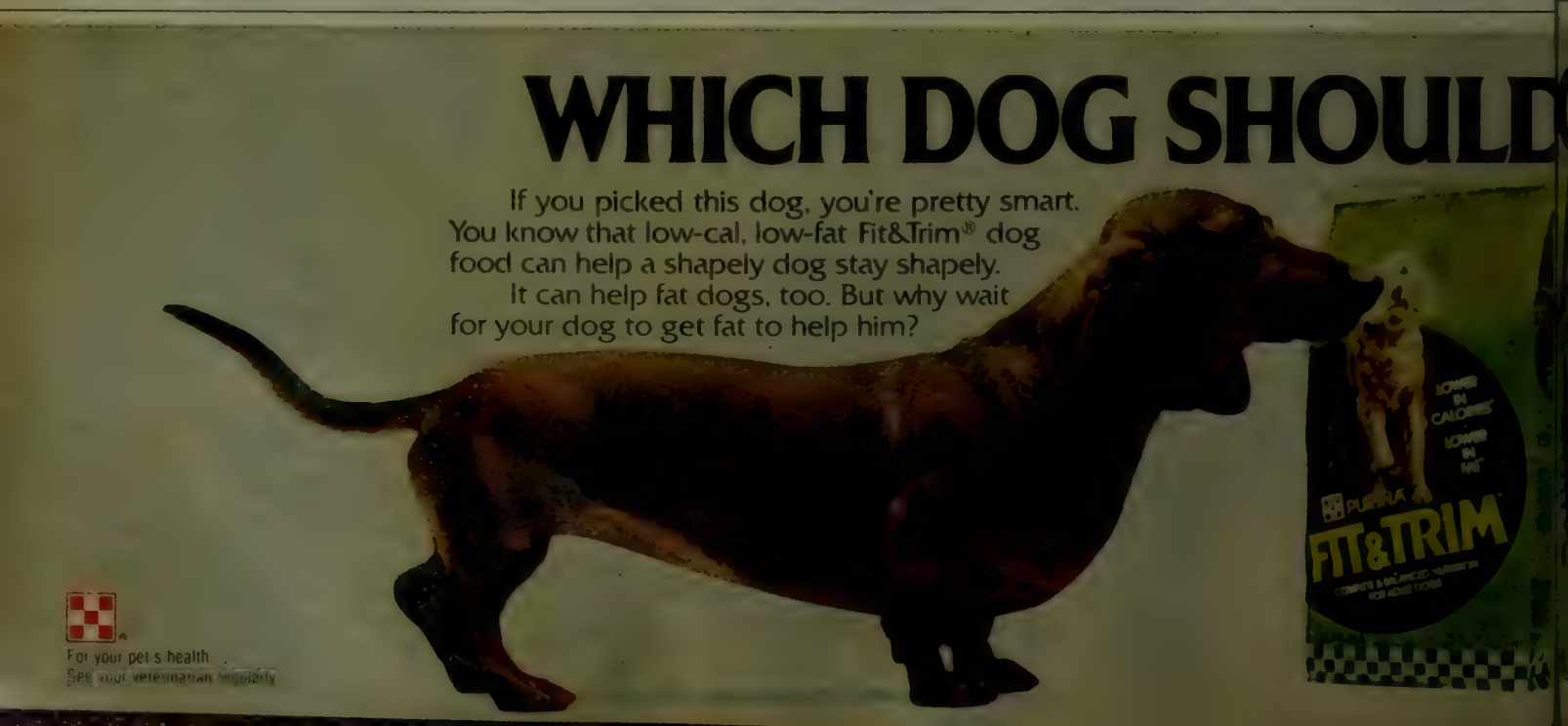
97. AROUND-A-CORNER SHELF UNIT

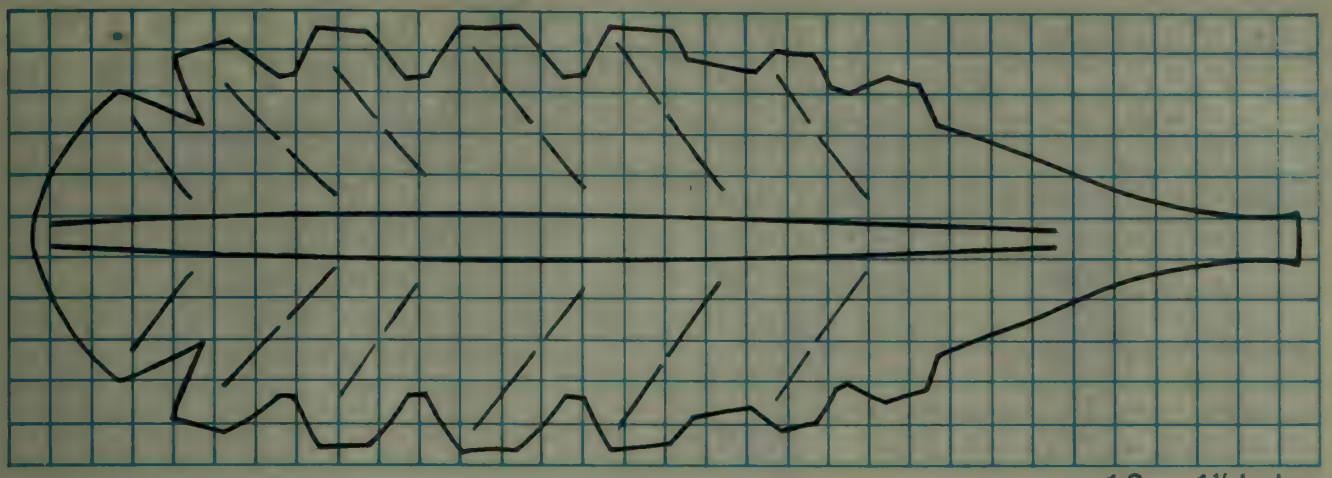
Great for a corner—or as a partial room divider—this shelf system can be altered to fit the space you have. Use 2x10 poplar or redwood and plan miter joints for all the outside corners, butt joints elsewhere. Work out the dimensions you want (our shelves are 48 inches high on the right, 20 inches on the left) and assemble all parts with glue and countersunk finishing nails. To guarantee square corners, use a pair of framing clamps to hold each joint as you assemble the pieces. Finish with a coat of polyurethane, or paint with latex semigloss as we did here.

98. SOFTLY SWAYING PALM TREE

To make our tree you'll need: a 6-foot cardboard carpet roll (check with your local carpet store for empty rolls), a 1-foot particleboard cube, polyester batting, cotton duck, 12 wire coat hangers.

Enlarge the pattern above, add a ½-inch seam allowance, and transfer to tissue paper. This pattern makes the largest palm leaf. To make medium- and small-size leaves, adjust the pattern. Our tree requires 12 leaves: 3





1 Sq. = 1½ Inches

large, 3 medium, and 6 small.

Cut 2 fabric pieces for each leaf; sandwich batting in between. Machine topstitch along the outer leaf edge. Insert a straightened coat hanger into the center of each leaf, topstitching around the wire to hold it in place.

Wrap fabric-covered batting around the carpet roll "trunk" and secure it at the top and bottom. Cut a hole in the top of the cube to accommodate the trunk. Wire the coat hanger ends of the leaves into a bundle. Insert this bundle into the trunk top and arrange the leaves. Insert trunk into cube.

99. FOLDING CHAIR WITH NEEDLEPOINT SLING

This indoor/outdoor chair (see Buying Guide, page 181) features a mesh nylon cover. Choose a simple design and use a half cross-stitch to needlepoint the design in tapestry wool or any good-quality yarn. When it rains, be sure to move the chair indoors.



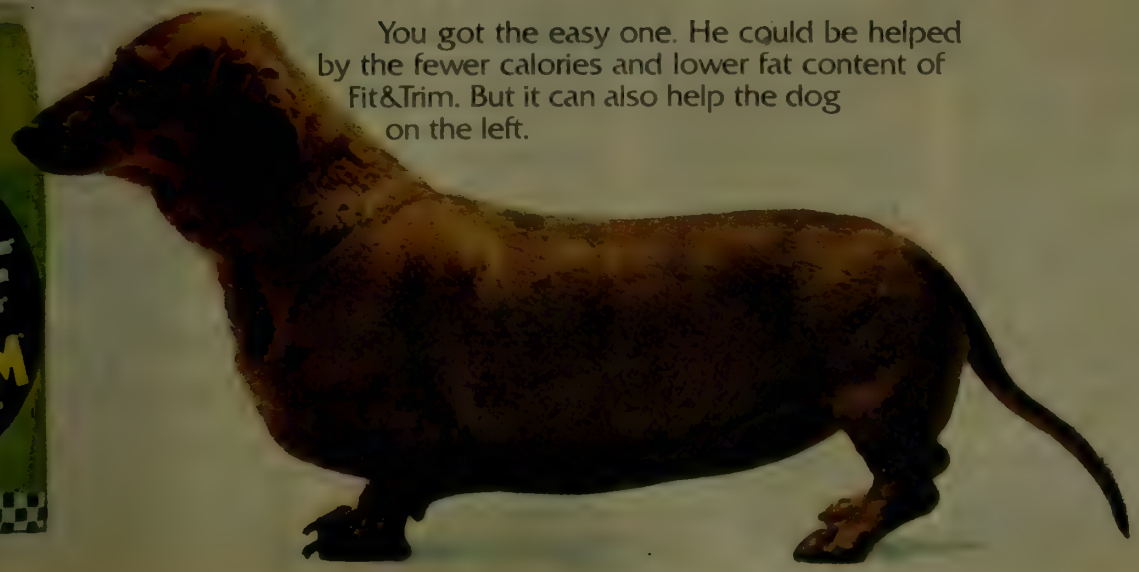
100. SIMPLE-TO-MAKE LEATHER FLOWERS

Scraps of supple leather in soft, natural shades are the basis of this stunning, long-lasting bouquet. Cut simple petal and leaf shapes from the leather. Add dimension by soaking the shapes in water, then stretching, pleating, and gently molding the leather with your fingers. Use rolled, fringed strips of leather for flower centers, and 24-gauge wire to tie petals and centers together. For details and shading, use oil paints thinned with turpentine. Incise veins on leaves and petals with a clay modeling tool and use glued-on lengths of wire to support larger leaves and petals.

To order a free (except for 50¢ postage and handling) set of instructions for our leather flowers, see page 28.

GET FIT&TRIM?





You got the easy one. He could be helped by the fewer calories and lower fat content of Fit&Trim. But it can also help the dog on the left.

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Here come the hits! 11 tapes



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277954 STEELY DAN AJA
280545* DONNY & MARIE WINNING COMBINATION
279133* MEAT LOAF BAT OUT OF HELL
262071 MANTOVANI THE GREATEST GIFT IS LOVE
280677* Johnny Rodriguez JUST FOR YOU
277491* BILLY JOEL THE STRANGER
252478* STEVE MILLER BAND THE JOKER
277285* LYNN ANDERSON I LOVE WHAT LOVE IS DOING TO ME HE AIN'T YOU
275735* MIRACLES BY ENGELBERT HUMPERDINCK
271809 JIM CROCE Time In A Bottle
282129* CONWAY TWITTY I'VE ALREADY LOVED YOU IN MY MIND
219477 SIMON & GARFUNKEL'S GREATEST HITS
270553* KANSAS LEFTOVERTURE
281550 CHICAGO SYMPHONY ORCH SOLTI COND TCHAIKOVSKY SYMP #6 PATHETIQUE
276428 JAMES TAYLOR JT
273912* Kris Kristofferson SONGS OF KRISTOFFERSON
260638 CHICAGO IX CHICAGO'S GREATEST HITS

275933* STYX The Grand Illusion
280784* KENNY ROGERS Ten Years Of Gold
280669* EDDIE MONEY
277152* DAVID SOUL PLAYING TO AN AUDIENCE OF ONE
269209* BOSTON More Than A Feeling
274043* ANNIE ORIGINAL CAST
275784 KISS LOVE GUN
215061* THE BEST OF ROGER MILLER Little Green Apples
274852 CAT STEVENS IZITSO
272195 JETHRO TULL Songs From The Wood
261933* JANIS IAN AFTERTONES
280651* CHERRY LINDY, DEBBY, LAURY THE BOONE GIRLS
277426* MOE BANDY COWBOYS AIN'T SUPPOSED TO CRY
259895 BARRY MANILOW TRYIN' TO GET THE FEELING
273151 LOU RAWLS Unmistakably Lou
239525 BARBRA STREISAND THE WAY WE WERE
282111* Billy "Crash" Craddock THE FIRST TIME
277830* THE KENDALLS HEAVEN'S JUST A SIN AWAY

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281576* Grover Washington, Jr. LIVE AT THE BIJOU
275297 275298 STAR WARS Original Soundtrack
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254821† 254822 FRANK SINATRA MY ONE & ONLY LOVE SENTIMENTAL JOURNEY

277913* ART GARFUNKEL WATERMARK
270660* ORIGINAL SOUNDTRACK SATURDAY NIGHT LIVE
278473* The Charlie Daniels Band MIDNIGHT WIND
252387* THE BEST OF NAT KING COLE
274811* RITA COOLIDGE Anytime...Anywhere
271759* LORETTA LYNN WHEN THE TINGLE BECOMES A CHILL
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272229 Captain & Tennille COME IN FROM THE RAIN
266049* STEVE MILLER BAND FLY LIKE AN EAGLE
FREDDY FENDER IF YOU DON'T LOVE ME

279695* ELVIS COSTELLO MY AIM IS TRUE
259184 PAUL SIMON STILL CRAZY AFTER ALL THESE YEARS
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279323* TAMMY WYNETTE ONE OF A KIND
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nply mail the application card together with your check money order for $1.86 as payment (that's $1.00 for your t 11 selections, plus 86¢ for shipping and handling).

Every four weeks (13 times a year) you'll receive the ub's music magazine, which describes the Selection of e Month for each musical interest...plus hundreds of ernates from every field of music. In addition, up to six nes a year you may receive offers of Special Selections, ually at a discount off regular Club prices. (And you'll so have an opportunity to examine the Club's compre-nsive annual—"The Year In Music." We'll notify you nen it's ready, and if you wish to receive it, do nothing—it ll be shipped automatically for 15-day free trial, with no bligation to buy.)

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You will always have at least 10 days in which to make our decision. If you ever receive any Selection without aving had at least 10 days in which to decide, you may turn it at our expense, for full credit.

The records and tapes you order will be mailed and lled at regular Club prices, which currently are $6.98 or 7.98—plus shipping and handling. (Multiple unit sets and ouble Selections may be somewhat higher.)

After completing your enrollment agreement (by buying selections within 3 years), you may cancel membership t any time. If you decide to continue, you'll be eligible for ur generous money-saving bonus plan.

What's more, if you are not satisfied for any reason, just turn your introductory shipment within 10 days for a rompt and full refund. Your membership will be cancelled nd you will owe nothing. So you risk absolutely nothing y acting now!

Columbia House
1400 North Cunningham Avenue
Terre Haute, Indiana 47811

If the application is missing, please write to Columbia Record & Tape Club, Dept. BHT/BC, Terre Haute, Ind. 47811

*Selections marked with a star are not available in reel tapes

Action shots! Shade shots!

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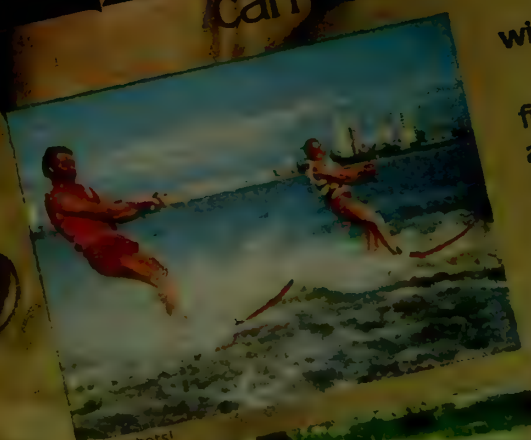
cameras

Get more pictures, more places, more often with the new Kodak Ektra 2 camera.

Load a Kodak Ektra 2 camera with super-fast film (such as Kodacolor 400 film) and take outdoor action shots, indoor action shots (with electronic flash), shade shots—even shots in brightly lighted arenas—without flash!

The Ektra 2 camera's fast lens and quick shutter freeze action at 1/500 of a second outdoors and 1/1000 of a second with electronic flash. Switch to the "EX" position and capture bright, colorful pictures on overcast days—even in dark shade.

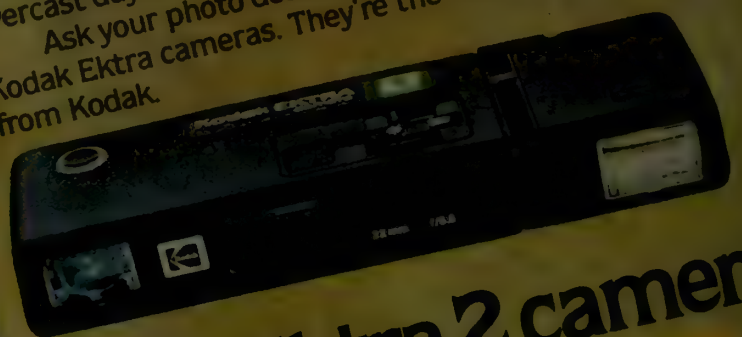
Ask your photo dealer about the new line of Kodak Ektra cameras. They're the Can-Do cameras from Kodak.



Action shots!



Shade shots!



New Kodak Ektra 2 cameras.

© Eastman Kodak Company, 1978

INDIAN COUNTRY VACATIONS



What's new about vacationing in Indian country? You might say everything. Lately, the original Americans (Indians and Eskimos alike) have begun to capitalize on their natural assets—from timbered territories in the East to sunstruck stretches of the Southwest up into Alaska's chillier climes—by offering a variety of unique vacation adventures.

Especially enticing times to visit are during powwows, tribal fairs, and ceremonials, when Indian country is at its colorful best. Celebrations are mainly spring through fall, but whenever you go, wondrous countryside awaits. As a bonus, state and national parks and some of the nation's finest scenic wonders are near Indian lands.

Accommodations range from super-deluxe to familiar motel to primitive. First-class Indian resorts compare with fine resorts anywhere: luxurious accommodations, fine dining, and all the amenities, including golf and tennis. For more modest tastes, there are comfortable lodges and motels, along with rustic cabins and scenic campgrounds. The designs of many Indian country lodgings reflect the unique culture of their tribal owners, and restaurants often feature authentic Indian fare. Still more options in accommodations are usually available in communities close by.

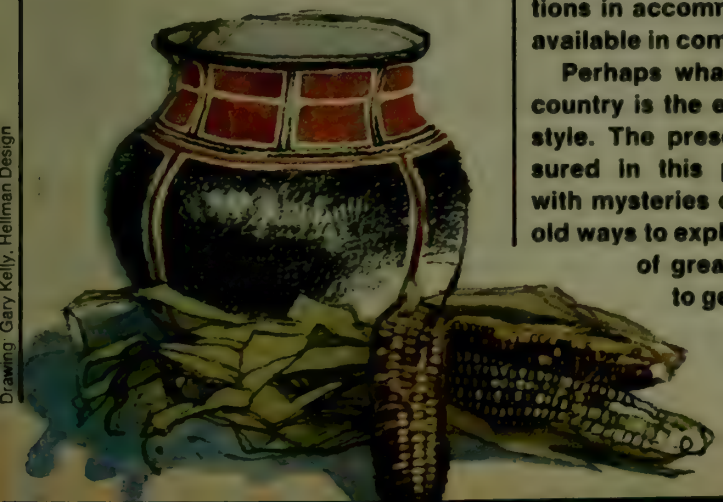
Perhaps what's best about Indian country is the easygoing vacationing style. The present seems less pressured in this peaceful countryside with mysteries of the past to ponder, old ways to explore, and descendants of great chiefs and warriors to get to know.

You'll get a closeup view of a proud people and the rich customs and traditions that are their heritage. Lost ways of life flourish at re-created Indian villages. Museums brim with history. Arts and crafts centers glow with colorful displays of authentic Indian work—much of it for sale.

Outdoor recreation rates among the country's best. Fishing and hunting are tops. Water sports of all kinds usually abound, along with horseback riding and hiking.

The following pages present just a sampling of Indian country vacation adventures. For more information, you can write the American Indian Travel Commission, 10403 West Colfax Avenue, Lakewood, Colorado 80215.

continued



Drawing: Gary Kelly, Hellman Design

Sunny realms of the Warm Springs tribes



Beyond Portland, on the other side of the snow-capped Cascade Mountains, lies a high, hilly grassland rimmed with pine and juniper and aproned by sun-soaked sage. This land of warm mineral springs is home of the Paiute, Wasco, and Warm Springs tribes.

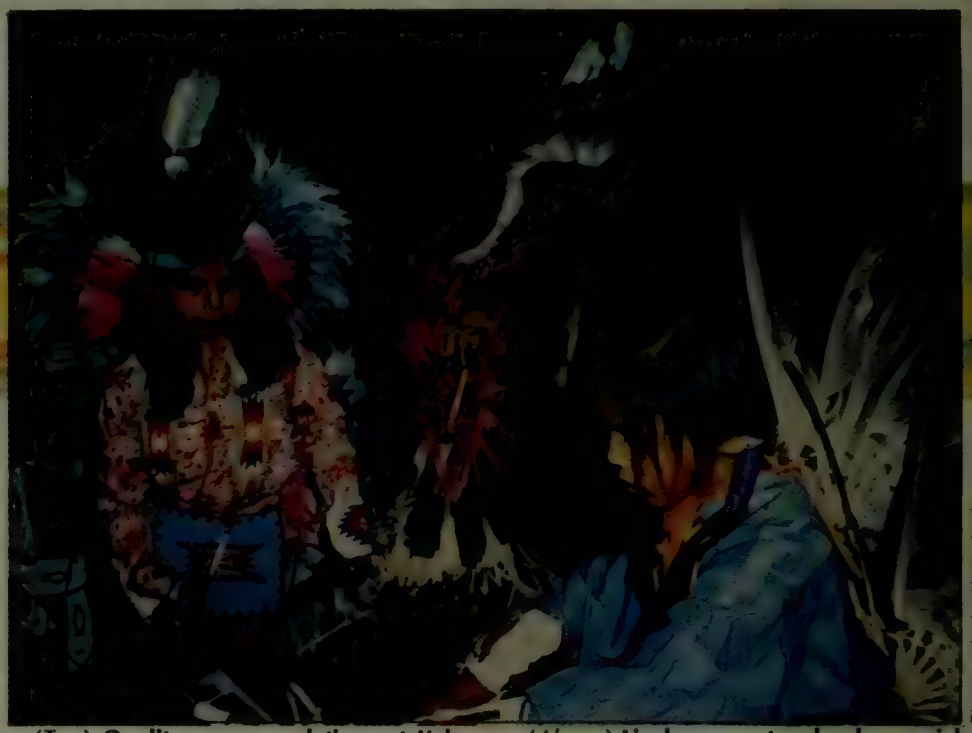
The Warm Springs Reservation sprawls over some 625,000 acres of Oregon backcountry, 120 miles southeast of Portland via US-26. Not only does the area boast year-round "Indian-summer" weather, it offers super scenery and a top Indian resort.

The resort, called Kah-Nee-Ta, is a complete vacation center. Kah-Nee-Ta Village includes a restaurant and shops, campsites and cottages, an Olympic-size pool warmed by hot mineral springs, stables, and an 18-hole golf course in a peaceful river valley. Kah-Nee-Ta Lodge sits majestically on the crown of a high hill overlooking the valley and the town of Warm Springs (11 miles south).

One experience you won't want to miss is a visit to Macy's general store. This tribal trading post of sorts houses a collection of artifacts and documents important to tribal history.

Kah-Nee-Ta Lodge offers luxurious accommodations and scrumptious gourmet fare. Among other lodgings is an Indian Tepee Village, where you can add an Indian flavor to camping ($15 a night for a tepee that sleeps up to ten people). Or stay at a modern campground ($4 to $6 a night) or a pleasant cottage ($30 a night double; $45 for two bedrooms with kitchen). Rooms at the Kah-Nee-Ta Lodge run $35 a night double.

Every year, the Warm Springs Reservation revs up for some colorful celebrating, including the rousing festival called Pi-Um-Sha that's scheduled for June 23 through 25 this year.



Photographs by Harry Jarvis

(*Top*) **Quality accommodations at Kah-Nee-Ta Lodge attract Reservation visitors.** (*Above*) **Lively youngsters lend a special enchantment to tribal celebrations.**

Especially popular vacation pastimes are fishing in mountain or lowland lakes, the Deschutes and Warm Springs Rivers; and soaking in mineral baths. You'll also enjoy trail riding and exploring via hiking trails.

For more information about the Warm Springs area and Kah-Nee-Ta, contact Kah-Nee-Ta Vacation Resort, Warm Springs, Oregon 97761, or the Travel Information Office of the Oregon Department of Transportation, Room 101, Transportation Building, Salem, Oregon 97310.

The Cherokees' picturesque "Green Country"

Hub of the Cherokee nation lies in eastern Oklahoma's "Green Country" a scenic region of hills, woods, and sprawling meadows. Though there's no reservation, visitors are welcome at Tsa-La-Gi Village, five minutes from the town of Tahlequah.

At this re-creation of a 17th-century Cherokee Village, Indians demonstrate the labors, crafts, and games of their ancestors (open May till early September, except Mondays; adults $2 and kids 50 cents). Next door is the heritage-rich Cherokee National Museum (50 cents).

In the evenings, Cherokee history comes to life at a nearby amphitheater from June to mid-August (adults $3.50 to $4.50; kids half price).

Accommodations include the tribe's modern Tsa-La-Gi Inn in Tahlequah (doubles $25). Adjacent to the Inn is the Cherokee Arts and Crafts Center (free). Tahlequah also celebrates the Cherokee National Holiday, the first weekend in September this year.

Western Hills Lodge, a rustic resort on Fort Gibson Lake, and Fort Chickamaugua, the country's only horse cavalry training center, are within a half-hour's drive. The nearby Illinois River, state parks, and Lake Tenkiller offer outdoor fun.

For details, contact Tsa-La-Gi Village, Box 515, Tahlequah, Oklahoma 74454, or the Tahlequah Chamber of Commerce, 311 South Muskogee, Tahlequah, Oklahoma 74464.

continued



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Money aside, a letter can't make you (or your relatives) feel good the way talking together can.

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19 MG TAR	18 MG TAR	18 MG TAR	17 MG TAR	17 MG TAR	12 MG TAR	11 MG TAR	11 MG TAR
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Only 10 mg tar.



Taste Kent Golden Lights 100's.

As low as you can go and still get good taste and smoking satisfaction.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

The Navahos' vast sun-slashed domain



Bordered by Grand Canyon National Park on the west and Petrified Forest National Park on the south, the lands of the great Navaho nation stretch northward from Arizona into Utah and eastward into New Mexico. This vast, arid terrain is cut by deep, shadowed canyons, broken by buttes and mesas, and painted with searing slashes of color. But the beauty and tranquillity of this seemingly ageless land add a special quality to vacationing. And to make sure visitors enjoy their stay, the Navahos have set up a tribal park system, including campgrounds, accommodations, information centers, and other amenities.

The area's number one scenic attraction and one of the country's most spectacular landscapes lies in the reservation's upper reaches along the Arizona-Utah border: a wind-worn wonderland of eroded sandstone cliffs, columns, and monoliths called Monument Valley Tribal Park ($1 entrance fee). Though no pavement scars the floor of the Valley, you can reach most of the Park's highlights by threading slowly in your own car along a 14-mile graded loop road from the entrance visitors center and campground ($1.50 a night, no hookups). Guided tours in four-wheel drive vehicles also can be arranged at nearby Gouldings' Lodge ($80 minimum for up to three people; $24 each for four or more). Lodge rooms run about $25 double; campsites $4.50 to $6.

A few Navaho families still make their homes in Monument Valley, shepherding sheep and goats. The Indians' colorful costumes and casual ways add to the enchantment.

So far, the Navahos have shunned the living Indian village concept. But Navaho women demonstrate rug weaving at the Hubbell Trading Post in Ganado, Arizona. This unique national historic site is both a museum and active trading post. The Indians still sell rugs and turquoise-studded jewelry there, just as their grandparents did. And you can mingle with shoppers buying everything from horse collars to bolts of velvet.

You'll want to stop by the tribal arts and crafts center in Window Rock, Arizona, next door to the Indian-owned Window Rock Motor Inn (doubles $22). Window Rock is the capital of the Navaho nation and also the site of the Navajo Nation Fair, which gets under way September 8 this year. Nearby Gallup, New Mexico, a town of some 18,000 just across the state line, is considered the gateway to Indian reservations in the area, including lands of the Zuni and Hopi tribes. Gallup also hosts outstanding Indian Ceremonials in August.



(*Top*) **Sculptured sandstone forms rise up from the earth in Monument Valley.** (*Above*) **The Navahos weave beautiful rugs as their ancestors did ages ago.**

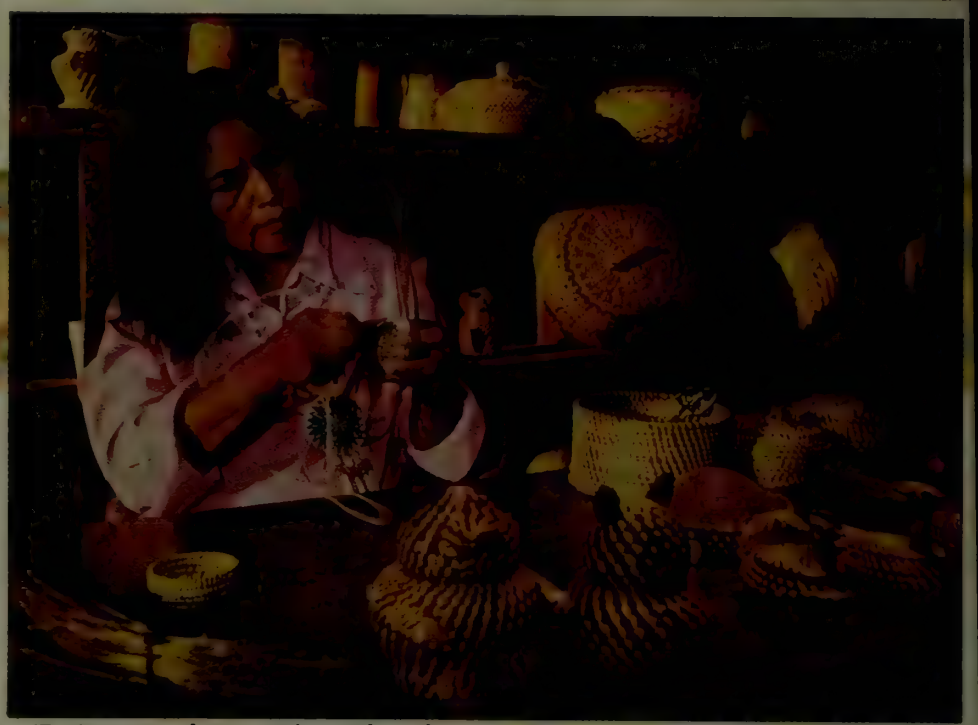
Three of the best places to delve into the area's past are sheer-sided Canyon de Chelly, the Navajo National Monument, and nearby Three Turkey Tribal Park—all noted for prehistoric ruins. Since the Tribal Park is almost unknown, ask directions before you start out. There's a campground at Canyon de Chelly and at the Navajo National Monument. Accommodations are also available at the Thunderbird Lodge at Canyon de Chelly ($25 double), as well as tours (half day, $10; full day, $22)

Two sources for more information are the Parks and Recreation Department, Navajo Tribe, Box 308, Window Rock, Arizona 86515, and the Arizona Office of Tourism, 1700 West Washington, Phoenix, Arizona 85007.

continued

Big Thicket: land of the Alabama-Coushatta





(*Top*) **A young brave performs the colorful hoop dance for Reservation visitors.** (*Above*) **Basketry is among the handicrafts of the Alabama and Coushatta tribes.**

The wondrous Big Thicket wilderness once overshadowed more than three million acres. Today, its remnants endure in the East Texas woodlands. In fact, there are areas almost as primitive and mysterious as they were back in 1816, when the Alabama and Coushatta Indians fled to the Big Thicket with the advance of the white men. Dark and eerie pine-walled niches hide wolves, armadillos, and meat-eating plants; orchids, magnolia, and dogwood flower in the wild; swamps and bogs harbor alligators and snakes.

The Alabama and Coushatta Reservation borders the second largest of the 13 different sections of wilderness designated the Big Thicket National Preserve, about 90 miles northeast of Houston between Woodville and Livingston, Texas, along US-190. Admittedly, the tourist complex on this 4,600-acre Reservation is a bit more commercialized than its counterparts on some Indian lands.

The Reservation's Indian Village is fascinating fun for visitors ($5 for adults and $3 for kids, including all the attractions and tours; or you can buy tickets at 60 cents to $1 for individual attractions). Unlike nomadic tribes of the plains and mountains, the Alabama and Coushatta Indians never lived in tepees. They built homes of logs and clay and grew corn and other crops. At the Indian Village, you can visit several structures and see craft demonstrations. Indians weave baskets from fallen pine needles and rugs from Spanish moss. Clay, dug from a nearby river bank, is turned into pottery. Bowls and baskets are painted with dyes made from berries and other plants.

Several times a day, chanting voices and the rhythmic beat of tom-toms sound from the Tribal Dance Square to signal the start of ceremonial dancing. The Na-Ski-La dancers in full regalia step and spiral their way through ancient, intricate routines.

Besides other Indian-oriented attractions, like a free tribal museum and arts and crafts shops, there's a fascinating reptile garden, which several monstrous alligators, a huge snapping turtle, and an assortment of snakes call home. You'll want to drop by for a look.

One stop-off just east of the Reservation on the way to Woodville should be the Heritage Garden Village, an OK-to-touch complex of artifacts and old East Texas frontier buildings. There you also can feast family-style on delicious East Texas specialties at the Pickett House ($1 and 50 cents admission for adults and children, respectively; all-you-can-eat meals cost $3 to $4, children pay half price).

Hardly anyone visits the Reservation without taking the Big Thicket Tour that leaves from the Village. Though this open-air bus ride through fringes of the wilderness hardly compares to hiking or canoeing inner reaches of the Big Thicket, it's a good opportunity to sample and appreciate some of what the area has to offer. For more ambitious treks, contact local guides and outfitters.

From June 23 to August 26 this year, the dramatic musical pageant *Beyond the Sundown* is staged every night except Sunday in the Village's big amphitheater. This colorful Indian drama portrays the folklore and history of the peace-loving Alabama and Coushatta and the romance of the Texas revolution, complete with vigorous battle scenes and tender partings. Tickets cost $4.50 for adults; $2 for kids. The Reservation's lively annual Indian Powwow takes place the first week in June.

Though no hotels or motels are on the Reservation, there are two modern pine-sheltered campgrounds with hookups ($2 to $3.50 a night), and Lake Tombigbee is convenient for fishing and swimming. An assortment of motels, including the comfortable Sands, is available in the nearby towns of Livingston and Woodville. Rates run about $20 a night double.

For more details, contact the Alabama and Coushatta Indian Reservation, Route 3, Box 640B, Livingston, Texas 77351.

continued

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The mountain cradle of the Cherokees



Just as Williamsburg, Virginia, pays tribute to colonial America, Oconaluftee Indian Village—deep in North Carolina's Smoky Mountain range—is a living memorial to the Cherokee nation.

In May, 1838, the highly civilized Cherokees were herded from their homes at bayonet point and shipped west to Oklahoma. The handful of adventurous Indians who escaped this caravan became the forebears of the Eastern Band of Cherokees.

Oconaluftee Indian Village is an authentic settlement depicting Cherokee life more than two centuries ago. Women in tribal dress grind corn with mortars and pestles, weave baskets, string beads, and mold ropes of clay into pottery; men build dugout canoes, sharpen and feather hunting arrows, artfully fashion blowguns and test them with chilling skill. In the Village's seven-sided council house, you can witness the rituals of medicine men and learn about Cherokee tribal history and customs.

The Village is open daily mid-May till late October, and guides are on hand for tours. Adults pay $3; children six through 12, $2.

Nearby is the Mountainside Theater where from mid-June through late August the rousing outdoor drama *Unto These Hills* is performed. The play tells the Cherokees' story from the advent of white invaders to the beginnings of the new Eastern Band. There are performances nightly, except Sunday. Tickets sell for $5.

Also under tribal auspices is the Museum of the Cherokee Indian, housed in a stunningly modern structure complete with six multimedia theaters and hundreds of beautifully displayed artifacts. The Museum opens daily at 9 a.m. and closes at 8 p.m. in the summer; 5:30 p.m. fall through mid-June. Admission is $2; children six to 13, $1.

Every year, the Eastern Band holds a Fall Festival. This year's dates are October 3 through 7. At the celebration, you'll get a chance to watch a Cherokee stickball game, the rough-and-tumble ancestor of modern lacrosse. Archery and blowgun competitions are on tap, too, along with a horse show, Indian feasts and dances, greased-pole-climbing contests, and an especially good crafts show noted for its fine wood and stone carvings. The admission price to the Festival hadn't been set when we went to press.



(*Top*) **The intricate craft of finger weaving is used to fashion sashes and headbands.** (*Above*) **The seven-sided council house recalls the days of the early Cherokees.**

Photographs by Ross Chapple

Some of the Cherokees' crafts are always on view at the Reservation's Qualla Arts and Crafts Center. But for sheer profusion of crafts, the Festival is the best time to visit.

Scenery alone at the Cherokee Reservation—largest in the East—is spectacular. You can follow trails that snake up some of the Appalachians' highest summits. More than 30 miles of trout streams meander through the preserve, where fishing is top-notch. The best campground is at Mingo Falls ($3 to $4 for up to four persons.)

Motels in the area include the tribe-operated Boundary Tree Lodge and the local Holiday Inn, owned by two tribe members (doubles about $30).

Cherokee, the Reservation's main town, is located on US-441, 68 miles south of Knoxville, Tennessee, and within a day's excursion of Smoky Mountain National Park. For more details, contact the Cherokee Tribal Travel Promotion Office, Box 455, Cherokee, North Carolina 28719.

continued

PPG Solarcool® Bronze glass tames the blazing summer sun. And air conditioning costs.





With all of its windows and sliding glass doors glazed with PPG Solarcool Bronze reflective glass, this Florida home looks perfectly beautiful.

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If Solarcool can tame air conditioning costs in Florida, think what it can do for the home you're going to build or buy. Why not write for a free copy of our Solarcool idea book: "Best Glass Under the Sun." PPG Industries, Inc., Dept. BH-278, One Gateway Center, Pittsburgh, Pa. 15222.

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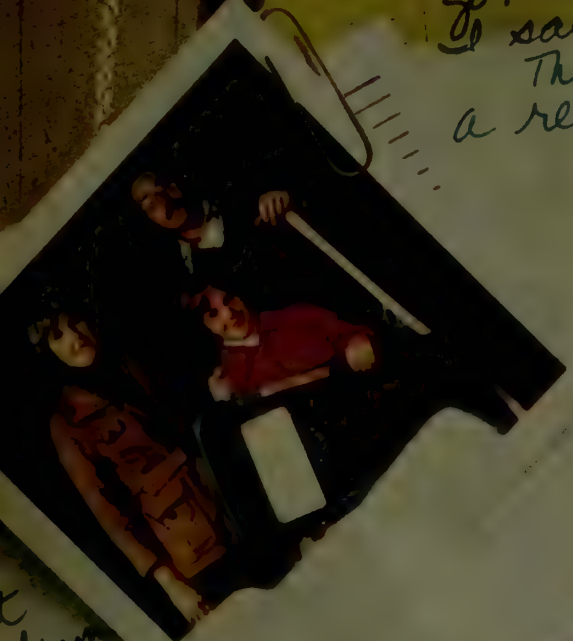
Dear Sirs,

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Boy was I surprised. Cheer really worked — even in ~~hot~~ cold water! Cheer not only got my clothes clean, but I saved energy too.

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Sincerely,
Kathy Gosnell





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Three temperatures, one detergent.

The Seneca nation's sylvan territories



Photograph by George Bush

Families lodge in roomy, rustic cabins on the Senecas' Allegany Reservation.

In the wedge of western New York state between Lake Erie and the Pennsylvania state line, the Seneca Indians of the Iroquois Confederacy live on three small reservations—a fraction of their once vast lands. Thanks to immigrants from Europe who coveted the area's arable valleys, the Indians were left with what now turns out to be the finest lands: forested hills teeming with wildlife and sparkling waters flashing with fish. This superbly unspoiled countryside is a splendid vacation haven for outdoor-loving families.

On their Allegany Reservation, the most scenic of the trio, the Senecas recently built a holiday enclave of cabins and campgrounds perched on a bluff overlooking Kinzua Lake, a wide dammed-in section of the elsewhere turbulent Allegheny River. The Lake encompasses about 10,000 acres with 90 miles of shoreline—plenty of room to roam. Fishing for bass, muskies, pike, and perch is a popular sport, along with swimming and boating. (Canoes rent for $2 an hour plus a $5 deposit, but it's safer to bring your own craft since rentals are limited.)

There are 50 rustic but roomy and comfortable cabins, plus 188 campsites (about half with electric hookups). Cabins go for $15 to $20 a day; $80 to $100 by the week, regardless of the size of your family. But if there are more than two in your group, bring along your sleeping bags and air mattresses. For all but a few of the cabins, you'll need an ice chest, gas lantern, and other camping gear. Only stoves are furnished. Toilets, showers, and laundry facilities are all in separate buildings.

The same amenities are available to campers. Sites without hookups cost $3.50 a day; with hookups, $5 and $6, depending on location. Firewood costs 75 cents a bundle, and there's a general store where you can buy groceries and other basics. You also can shop in Jamestown, 19 miles west, or Salamanca, which is a little closer right on the Reservation.

On the outskirts of Salamanca, the annual Allegany Indian Fair swings into action around Labor Day weekend—this year, September 2 and 3—in the Haley Complex, headquarters of the Seneca nation. You can watch ceremonial harvest dances and fill up on Indian foods like corn soup and fried bread. Throughout the year, you can learn about Iroquois culture at a small museum in Salamanca, where beadwork (an Iroquois specialty) and other Indian handicrafts are displayed and sold.



Salamanca and the Reservation's "Highbanks" on the Lake are accessible via exit 17 from State-17, New York's southern expressway (most of which is now complete). The Reservation is within half a day of the busy Binghamton, New York, area to the east, and Ohio's industrial belt around Cleveland to the west.

For more information about vacationing with the Senecas, write to the Travel Office, Box 231, Salamanca, New York 14779. To make cabin or campsite reservations, contact the Highbanks Campground, Box C, Steamburg, New York 14783.

MORE INDIAN COUNTRY VACATIONS

To find out more about vacationing in Indian country, contact any of the following information sources, as well as tourism bureaus in states you plan to visit. New Mexico in particular publishes a good brochure called *Indians of New Mexico*. Write the New Mexico Tourist Division, Battan Memorial Building, Santa Fe, New Mexico 87503. *Note: The parenthetical listings of indian reservations aren't part of the mailing addresses.*

- Penobscot Nation Reservation
  Indian Island, Maine 04468
- Seminole Indian Village
  6073 Sterling Road
  Hollywood, Florida 33024
- Devils Lake Chamber of Commerce
  (Fort Totten Indian Reservation)
  Box 879
  Devils Lake, North Dakota 58301
- Four Bears Motor Lodge
  (Fort Berthold Reservation)
  New Town, North Dakota 58763
- Tribal Chairman

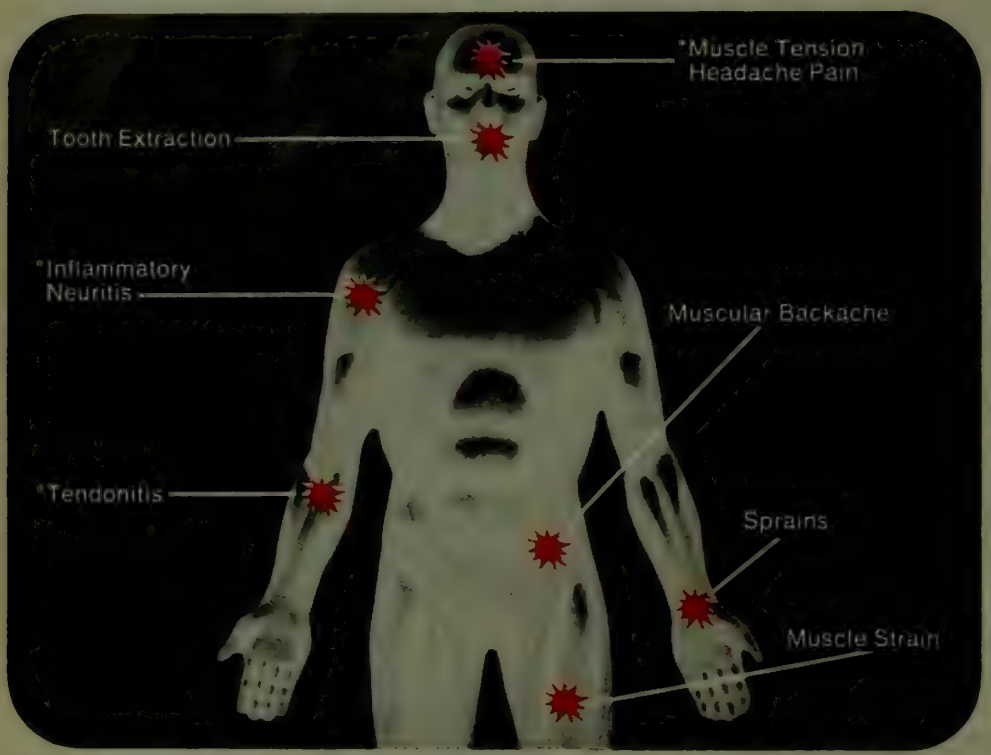
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Indian country vacations

Edward Driving Hawk
Box 38
Rosebud Sioux Tribe
Rosebud, South Dakota 57570

- Indian City U.S.A.
  Box 695
  Anadarko, Oklahoma 73005
- Tigua Indian Reservation
  Box 17579
  Ysleta Station
  El Paso, Texas 79917
- Sun Lodge Motel
  (Crow Indian Reservation)
  Box 352
  Crow Agency, Montana 59022
- Southern Ute Tourist Center
  Box 277
  Ignacio, Colorado 81137
- Eight Northern Indian
  Pueblos Council
  Box 969
  San Juan Pueblo
  New Mexico 87566
- Governor's Office
  Taos Pueblo, New Mexico 87571
- Zuni RV Campground
  (Zuni Pueblo)
  Box 100
  Zuni, New Mexico 87327
- Jicarilla Apache Tribe
  Jicarilla Reservation
  Box 507
  Dulce, New Mexico 87528
- Inn of the Mountain Gods
  (Mescalero Apache
  Indian Reservation)
  Box 259
  Mescalero, New Mexico 88340
- Ute Bottle Hollow Resort
  (Uintah and Ouray
  Indian Reservation)
  Box 339
  Fort Duchesne, Utah 84026
- Hopi Cultural Center
  (Hopi Indian Reservation)
  Box 67
  Second Mesa, Arizona 86043
- Office of Tourism
  San Carlos Apache Tribe
  Box 0
  San Carlos, Arizona 85550
- Sunrise Resort
  (Fort Apache Indian Reservation)
  Box 217
  McNary, Arizona 85930
- Nul-Luk-Vik Hotel
  Box 336
  Kotzebue, Alaska 99752
- Top of the World
  Box 189
  Barrow, Alaska 99723
- Makah Tribal Council
  (Makah Indian Reservation)
  Box 115
  Neah Bay, Washington 98357
- Mid-America All-Indian Center
  650 North Seneca
  Wichita, Kansas 67203
- Sioux Indian Museum
  Box 1504
  Rapid City, South Dakota 57709
- Southern Plains Indian Museum
  Box 749
  Anadarko, Oklahoma 73005
- Indian Hall of Fame
  Box 808
  Anadarko, Oklahoma 73005
- Museum of the Plains Indians
  (Blackfeet Indian Reservation)
  Box 400
  Browning, Montana 59417
- Indian Pueblo Cultural Center
  Box 6907, Station B
  Albuquerque, New Mexico 87107 ■



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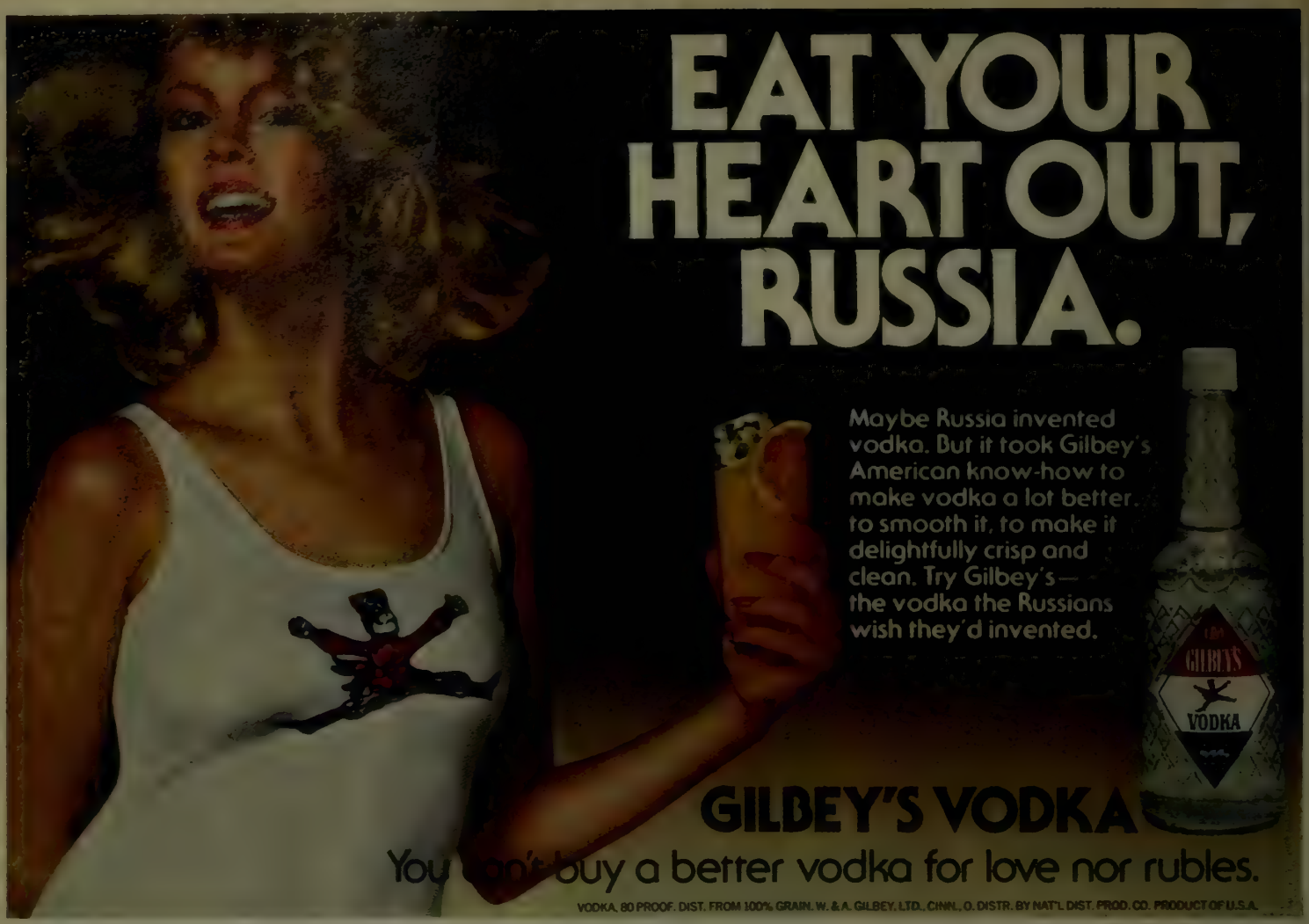
The familiar taste of graham and honey is now a cereal for the whole family: Golden Grahams. Crispy, crunchy little squares made with the graham flour of natural, golden wheat and just a touch of pure, golden honey. It's a great graham and honey taste that the whole family will enjoy.



Wholesome, too. A bowl of Golden Grahams with toast, milk and juice is a complete golden morning breakfast.

Try Golden Grahams

BETTER



Cooking with yogurt

Unflavored yogurt has a lot going for it. It's low in fat, has only one-third the calories of sour cream, and can spark up any course from appetizer to dessert. Flavored yogurt, although higher in calories, can add a delightful tang to fruits, desserts, and baked food. Here are a few helpful tips to help you cook with yogurt:

- Use unflavored yogurt in place of sour cream in dips, salads, casseroles, stroganoff, or goulash.
- Fold yogurt *gently* when blending it into a mixture. Vigorous stirring causes yogurt to become thin.
- Like sour cream, yogurt can't take the heat. Stir yogurt in at the end of cooking when you use it in a sauce. Heat through but do not boil.
- Dress up flavored yogurts with nuts, coconut, or raisins for dessert.



Photograph: Dieter

LEMON YOGURT MUFFINS

1¼ cups all-purpose flour
2 tablespoons sugar
¼ cup wheat germ
2 teaspoons baking powder
½ teaspoon baking soda
⅓ cup shortening
1 beaten egg
1 8-ounce carton (1 cup) lemon-flavored yogurt

In bowl thoroughly stir together flour, sugar, wheat germ, baking powder, soda, and ½ teaspoon *salt*. Cut in shortening till mixture resembles coarse crumbs. Combine egg and yogurt; add all at once to dry ingredients, stirring just till moistened. Fill greased or paper bake cup-lined muffin pans ⅔ full. Bake in 400° oven for 20 to 25 minutes. Makes 10 to 12 muffins.

TANGY KABOBS

1 8-ounce carton (1 cup) plain yogurt
¼ cup finely chopped green onion
3 tablespoons milk
1 teaspoon curry powder
½ teaspoon salt
½ teaspoon worcestershire sauce
1½ pounds boneless beef sirloin *or* boneless leg of lamb, cut in 1-inch cubes
Large fresh mushrooms
Small boiled potatoes
6 cherry tomatoes

In bowl combine yogurt, onion, milk, curry powder, salt, and worcestershire. Set aside. Thread meat alternately with mushrooms and potatoes on 6 skewers. Brush yogurt mixture on kabobs. Broil kabobs about 4 inches from heat for 10 to 12 minutes, brushing with yogurt mixture and giving a quarter-turn every 3 minutes. Add a cherry tomato to the end of each skewer before serving. Makes 6 servings. ■

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Meal-maker pies

What could be handier than these hearty main-dish pies? They combine meat, vegetables, and bread or pastry all in one dish—and they taste great.

ROUND STEAK PIE

Be sure the meat mixture is hot when you add the biscuit-wedge topper so it will bake thoroughly—

1 pound beef round steak, cut in ¾-inch cubes
2 tablespoons cooking oil
1 8-ounce can tomatoes, cut up
2 medium onions, chopped (1 cup)
½ cup water
1 tablespoon sugar
¾ teaspoon salt
⅛ teaspoon pepper
½ teaspoon worcestershire sauce
1 10-ounce package frozen Italian-style vegetables
1 6-ounce can sliced mushrooms, drained
½ cup dairy sour cream
¼ cup all-purpose flour
1 recipe Sour Cream Biscuit Topper



Photographs: Dieter

In large saucepan brown steak cubes, half at a time, in hot oil. Return all the beef cubes to saucepan. Stir in *undrained* tomatoes, onion, water, sugar, salt, pepper, and worcestershire sauce. Cover; simmer about 1½ hours or till meat is tender. Stir in Italian vegetables and mushrooms. Stir together sour cream and flour; add to meat mixture. Cook and stir till thickened and bubbly. Transfer meat mixture to a 2-quart casserole. Top hot mixture with Sour Cream Biscuit Topper. Bake in 400° oven for 20 to 25 minutes or till topper is done. Makes 4 to 6 servings.

To make Sour Cream Biscuit Topper: In small bowl stir together 1 cup *all-purpose flour*, 1½ teaspoons *baking powder*, and ½ teaspoon *salt*. Cut in 3 tablespoons *shortening* till mixture is the consistency of coarse crumbs. Stir in ⅓ cup *dairy sour cream* and 2 tablespoons *milk* till dry ingredients are moistened. Turn dough onto lightly floured surface; knead 10 times. Pat or roll dough to an 8-inch circle. Cut into 6 wedges.



PORK AND APPLE PIE

Lightly spiced and sweetened apples bake atop the ground pork filling—

1 pound lean ground pork
1 medium onion, finely chopped (½ cup)
½ cup fine dry bread crumbs
½ cup chicken broth
1 teaspoon salt
Dash pepper
Pastry for 2-crust 9-inch pie
2 medium cooking apples, peeled, cored, and sliced (2 cups)
2 tablespoons brown sugar
¼ teaspoon ground cinnamon

In skillet cook pork and onion till pork is browned and onion is tender. Remove from heat. Stir in bread crumbs, chicken broth, salt, and pepper. Line a 9-inch pie plate with *half* the pastry; fill with meat mixture. Combine apples, brown sugar, and cinnamon; spoon atop meat layer. Adjust top crust; seal and flute edges. Cut slits in top crust for steam to escape. Bake in 400° oven for 35 to 40 minutes or till golden brown. Let stand 10 minutes before serving. Makes 6 servings.

DILLED SALMON PIE

To keep the pastry shell from shrinking as it bakes, cover the bottom and sides of the shell with foil and fill the shell with uncooked dried beans—

1 9-inch unbaked pastry shell
2 medium onions, chopped (1 cup)
¼ cup chopped green pepper
2 tablespoons butter *or* margarine
1 tablespoon snipped parsley
¼ teaspoon dried dillweed
3 tablespoons all-purpose flour
½ teaspoon salt
Dash pepper
1 cup milk
½ cup shredded Swiss cheese
1 15½-ounce can salmon, drained, flaked, and cartilage removed
¾ cup soft bread crumbs (1 slice)



1 tablespoon butter *or* margarine, melted

Do not prick pastry. Bake pastry shell in 450° oven for 5 minutes; set aside. Meanwhile cook onion and green pepper in the 2 tablespoons butter or margarine till tender but not brown. Stir in parsley and dillweed. Blend in flour, salt, and pepper. Add milk all at once. Cook and stir till mixture is thickened and bubbly. Stir in cheese till melted. Gently fold in salmon. Pour into pastry shell. Mix bread crumbs and the remaining butter. Sprinkle atop pie. Bake in 350° oven for 30 to 35 minutes. Let stand 5 minutes before serving. Makes 6 servings. ■

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Quick and easy crocheted clutch

This stylish crochèted purse does double duty. Use it as a handy holder for odds and ends in a large bag, or as a stunning clutch bag all on its own. Ours is made of natural six-ply jute and sports a subtle ridge of accent color all around the outer edge. The finished folded bag measures a compact 7x11 inches.



Photograph: Hopkins

To crochet our clutch you'll need: about 100 yards of six-ply jute *or* 100 yards 5/32-inch macrame welt cord for main color; 5 yards second color jute *or* welt cord; size K crochet hook.

Gauge: 3 hdc = 2 inches; 2 rows = 1 inch.

Row 1: With main color, ch 14. Hdc in second ch from hook and in each ch across. Ch 2, turn.

Row 2: Hdc in each hdc, ch 2, turn. Rep Row 2 until you have a total of 34 rows. End off.

Edging:

Row 1: With second color, attach jute in corner sp of last row completed, sc in same sp, sc in each hdc along long side. In next corner sp make 2 sc, sc in each hdc along short end, 2 sc in next corner sp, sc in each hdc along long side. In next corner sp make 1 sc, sc in each hdc along short end, ending with sl st in first sc. End off.

Row 2: Attach main color where sl st was just made and rep Row 1 of edging. End off.

Finish: Having rounded corners for the flap, fold up lower ⅓ of purse (right sides facing) and sl st sides together. Turn purse to right side, fold upper ⅓ down to form flap. Attach a snap under the flap, if desired. ■



© Castle & Cooke, Inc.

KITCHEN STORAGE: What goes where?

Are you spinning your wheels in the kitchen? The next meal you fix, check how many extra steps you take because needed ingredients aren't within reach.

Getting organized is easy. There's a logical place for every kitchen and food item, and with some space-juggling, you can have a place for everything and everything in its place. Generally, it's best to store items nearest the place they're used, placing often-used items between hip and eye level. Most important, of course, is what's convenient for you. Here are some tips for organizing the three work centers.

Food preparation and cleanup center

This center, which contains the sink, disposer, dishwasher, and compactor, is the most frequently used area. For maximum efficiency, it should contain: cleaning supplies such as dishwasher detergent; scouring pad and powder; appliance, floor, and counter cleaners and polishes; dishcloths and towels; trash basket liners, paper bags, or compactor bags; dish drain if you have no dishwasher; and paper towels.

You'll need a cutlery drawer containing paring knives, grater, measuring spoons, peeler, stirring spoons, rubber spatula, etc.; mixing bowls; baking pans and cookie sheets; casserole dishes; foods requiring water, such as reconstituted dried foods; fresh vegetables and fruits; canned and boxed foods used in recipes; cake or dessert mixes; spices, flour, sugar, dry milk, and shortenings; coffee maker; blender and mixer; everyday dishes and glasses —preferably kept above the sink for quick return to cabinets.

Refrigerator center

The refrigerator area may be a secondary mix center, so the items you'll need here depend on your work habits and your kitchen's design. Near the refrigerator store these items: bread and toaster, jelly, honey, and peanut butter, cookie jar and snack crackers; cutting board if not stored in the cleanup center; ice cream scoop; ice drinks and bottle opener; dry cereal; foil, waxed paper, plastic bags, and refrigerator storage containers; and, in hard-to-reach areas, seldom-used items like the food grinder.

Cooking and serving center

The cooking center and serving area can be combined into one work area or separated, depending on which is best for your kitchen layout. The cooking area naturally centers around the stove and should contain: pots and pans; electrical appliances used here; cutlery such as stirring spoons, can opener, tongs, thermometers, turners, skewers, kitchen scissors; hot pads, canned vegetables, soups, and foods commonly used as additives, such as mushrooms and cornstarch; hot cereal, pastas, tea bags, boxed one-dish meals, and other foods requiring hot water; cooking oil; and paper towels, especially if the towels in the cleanup center aren't within reach of your range. ■



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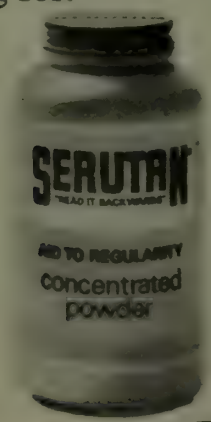
If you are, you should do something that will be of real help. Sure, you've probably been trying lots of things. Maybe even harsh chemical laxatives that can irritate your system. But they haven't given you the relief you've been looking for.

What you need is a gentle laxative that regulates your system. And that laxative is Serutan.

Serutan works by adding the roughage your system needs to retain vital moisture. Then, Serutan's bulk forms the soft stools that enable you to eliminate gently and comfortably.

There are no strong chemicals in Serutan to cause cramps or irritation. Serutan has natural ingredients for smooth, easy results.

So if you're constipated, take Serutan—you'll get the relief you've been looking for.



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KITCHENS

Kitchen thermometer tips



Photograph: Dieter

By guess and by gosh methods for judging doneness in meats, candy, or frying oil may have worked for Grandma, but today you can rely on a thermometer for accurate readings. It helps you cook a roast to just the right degree, take a candy recipe to hard crack stage and no further, and bring cooking oil to the proper temperature for your favorite fritter recipe. There are also thermometers you can use to check oven and freezer temperatures.

Thermometers are available in a wide variety of prices and styles. The price mainly depends on how well the mercury is protected.

Appliance thermometers are made for ovens and freezers.

Oven thermometers are designed to compensate for unreliability in ovens. The actual oven temperature might be 25-50 degrees off the temperature set on the dial. Also, most ovens have "hot spots" where temperatures are higher than in the rest of the oven. This explains why a cake may take ten minutes longer to bake than the directions say and why cookies may be burned on one end of the cookie sheet.

You can buy a mercury oven thermometer for about $5.50. One sold for this price is a horizontal thermometer mounted on a metal stand that can sit or hang on the oven rack. The scale on the stand measures temperatures from 100 to 680 degrees and shows the temperature ranges for a slow, moderate, hot, and very hot oven.

Also available is a mercury thermometer that comes in a folding case and costs about $12. The case protects the thermometer while it's being stored and then folds back into a stand when it is being used. This instrument measures from 100 to 600 degrees.

Because self-cleaning ovens reach high temperatures, remove the thermometer during cleaning.

Freezer thermometers are more important than you might think. If your food is not frozen solid, it can be altered by enzyme action. Temperatures above four degrees aren't cold enough for storage and will change the food's flavor, color, and texture.

About $3.50 buys a freezer thermometer in a plastic case about five inches long. Hooks on each end let you hang it on a freezer basket. The mercury measures from −40 to 80 degrees.

Another style is a thermometer that is mounted outside so you can read the freezer temperature without opening the door. The gauge is marked off in degrees as well as safe and dangerous zones. Cost: about $6.

There are two types of food thermometers: meat and candy/deep fat frying.

You should know these three rules before using any food thermometer:

1. Warm a food thermometer before plunging it into something hot.
2. Test the thermometer occasionally for accuracy. It should register 212 degrees in boiling water.
3. To get an accurate temperature reading, make sure the tip of the thermometer isn't resting on a meat bone, fat, gristle, or the bottom of the pan.

Meat thermometers are usually needle-shaped instruments with a tube of mercury in the center. The less expensive models come with a skewer to pierce the meat. A more expensive model will have a steel point and a case for storage. Prices range from $5 to $22.

Candy/deep fat frying thermometers are just like meat thermometers except the temperature range is different and the gauges are sometimes marked for special foods. The candy scale goes from 120 to 360 degrees. The deep fat frying scale ranges from 100 to 400 degrees. They cost about $1.50. ■

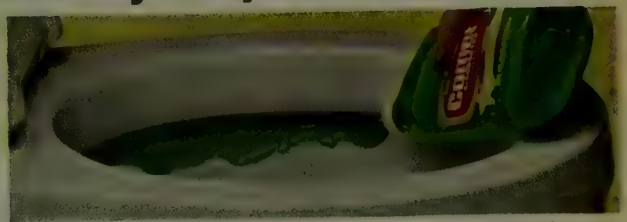
Introducing the bathroom cleanser that clings... amazing new Comet® Liquid.



It's the best way yet to clean and disinfect those bathroom jobs you hate.

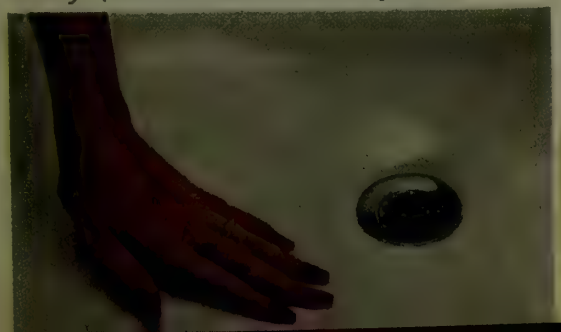


Comet Liquid clings to start loosening dirt even before you rub. On tough jobs let Comet Liquid soak as long as it needs to...up to 30 minutes. Then scrub, and even tile grout should come clean.



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Comet Liquid is easier on finishes than most powders. Its mild abrasive formula is kinder to porcelain, chrome and many of today's new surfaces.



Entrées for one

Either of these recipes can make dinner for one really special—and they're almost as easy as freezer-to-oven convenience dinners. Deviled Lamb Chop gets its simmered-in flavor in half an hour. Bake Tuna and Broccoli Casserole conventionally or in a microwave oven.

DEVILED LAMB CHOP

Round out your dinner with a fresh mixed vegetable-lettuce salad—

1 6-ounce lamb shoulder chop
1 tablespoon cooking oil
2 tablespoons water
2 teaspoons prepared mustard
½ teaspoon lemon juice
⅛ teaspoon dried thyme, crushed
Dash garlic salt
1 onion slice
1 ½-inch-thick green pepper ring

Sprinkle chop lightly with *salt* and *pepper*. In small skillet brown lamb chop on both sides in hot oil. Blend water, mustard, lemon juice, thyme, and garlic salt. Spread mustard mixture over chop. Top with onion slice. Cover and simmer 15 minutes. Spoon pan juices over meat; top with green pepper ring. Cover and simmer 15 minutes more. Makes 1 serving.



Photograph: Dieter

TUNA AND BROCCOLI CASSEROLE

A toasted slice of French bread goes great with this one-dish meal—

½ cup frozen chopped broccoli
1 3¼-ounce can tuna, drained and flaked
¼ cup water
¼ teaspoon salt
Dash pepper
¼ cup quick-cooking rice
¼ cup shredded sharp American cheese (1 ounce)

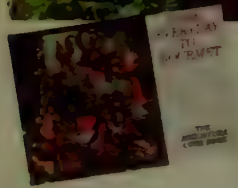
Cook broccoli according to package directions; drain. In 12-ounce casserole combine broccoli, tuna, water, salt, pepper, and uncooked rice. Bake, covered, in 350° oven about 25 minutes or till rice is cooked. Sprinkle cheese atop; bake, uncovered, 2 to 3 minutes more or till cheese melts. Serve immediately. Makes 1 serving.

For microwave oven: In 12-ounce nonmetal casserole combine chopped broccoli and 2 or 3 tablespoons *water;* micro-cook on high power, covered, 2 minutes or till nearly tender; drain. In 2-cup glass measure combine the ¼ cup water, the salt, and pepper; micro-cook, uncovered, on high power 1 minute or till boiling. Stir in uncooked rice; cover and let stand 5 minutes or till rice is tender. Stir in tuna and broccoli; return mixture to casserole. Micro-cook, covered, 1 minute or till hot through. Sprinkle with shredded cheese; micro-cook, uncovered, 30 seconds or till cheese melts. Makes 1 serving. ■



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KITCHENS

SHOPPING FOR POTS & PANS

If you're on the prowl for new pots and pans, you'll find an endless assortment of easy-care, gaily decorated finishes. But how well a pan works depends on the material underneath that pretty finish.

Aluminum for quick, even heat

Most experts agree medium-gauge (gauge refers to thickness) aluminum is a good, general-purpose material for top-of-the-stove cooking. Aluminum is lightweight, so even large-capacity utensils are easy to handle.

An aluminum utensil requires special care to keep it shiny. Wash and dry it promptly after use. Remove stains by boiling it in a solution of two to three tablespoons of cream of tartar, lemon juice, or vinegar, in one quart of water for five to ten minutes.

Stainless steel for permanent shine

Because stainless steel is a poor heat conductor, aluminum, carbon-steel, or copper is usually incorporated in the utensil bottom to reduce the 'hot spot" problem. Stainless steel is best for vegetables and soups that may require long, slow cooking.

Cast iron for slow cooking

Cast iron holds heat and distributes it well. Even though cast iron is very heavy, it's ideally suited for slow cooking, or for foods that require browning.

Cast iron is porous and subject to rust unless used often enough to keep the porous surface greased. Season the pan when new, and reseason when foods begin to stick by coating the inside surface with vegetable oil and then baking at 350 degrees in an oven for two hours.

Ceramic glass for going from freezer to oven

Ceramic glass absorbs and holds heat well. Use it for foods that cook a long time in liquid. The biggest advantage of glass ceramic is that it goes from the refrigerator directly to the cooking surface. Since glass does not absorb food flavors, it's perfect for storing leftovers.

Copper for fast and even cooking

Copper (tin lined) is ideal for gourmet foods, sauces, and foods that require quick, evenly distributed heat. Beautiful but expensive, copper requires periodic polishing. Utensils will need to be re-tinned when the coating wears thin.

Other options you can choose

Enamel is often used to coat aluminum, cast iron, and even steel utensils. It eliminates the tendency of cast iron to rust, is stain resistant, and doesn't absorb food odors.

Acrylic finishes resemble porcelain enamel but are not nearly as durable. Low heat should be used.

Low to medium heat should be used on pans with a non-stick finish. High temperatures, abrasive scouring pads, metal utensils damage the finish. ■

This ham is extra lean and that's a guarantee.

EXL Hams from Hormel are carefully selected, trimmed, boned and cooked to pink perfection in their own natural juices to bring out the full tenderness and flavor. And if you're not satisfied that this ham is extra lean, with just a minimum amount of fat for flavor, we'll refund your money. You can't beat a guarantee like that. Except maybe with a recipe like this.

CRAB APPLE GLAZE. Blend 1-cup packed brown sugar, 2½ tbl. cornstarch; add drained syrup from 28-oz. jar of crab apples. Cook over medium heat, stirring constantly until mixture clears and thickens. Brush ham with glaze before last 30 minutes of baking time. Spoon on more glaze before serving and garnish with crab apples and water cress.



A multi-functional family room addition

You can solve a number of space and storage hassles with a versatile addition like this one. It's a combination family room/dining room/guest room/entertainment area —plus extra closet space. The room can easily provide the necessary elbowroom for teen-age parties, indoors or out on the patio, and serves as a private retreat for in-laws, too. And it's just waiting to get hooked onto your home. The connecting breezeway makes the attachment much easier to accomplish than you might think, regardless of the style of your house.



Above: A breezeway opens onto a family room suite, complete with bath and mini-kitchen/bar.

Right: Birch paneling warms the walls, and the floor is completely carpeted (except in the vinyl-floored breezeway). The sliding glass doors provide an excellent view of the yard.

Privacy is maintained by the other wall, which shields out the neighbors but allows the sun to peep through the narrow strip windows. Roomy, 3x15-foot closets and a sleep sofa equip the room to serve as a guest "apartment." And with a separate furnace and air conditioning unit, the family room can be sealed off to conserve scarce energy.



Photographs: Fred Lyon. Architect: Don Davison. Interior Designer: Pat Dolan. Source: Barbara Teel

Below left: The dropped ceiling and checkerboard-like lighting delineate the kitchen/bar area. Cabinets, counter-top appliances, and a sink make it a breeze for overnight guests to fix their own breakfast. A counter overhang is just right for snacking.





Above: The exterior siding of the addition is stucco, and the Dutch gable roof is covered with cedar shakes to blend with the original home. The structure can be easily adapted to another style, however, without affecting the interior. To compensate for the two-step difference in floor levels, the roof line of the breezeway slopes slightly from the house to the addition. ■

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Mr. Boston Cocktails: From the man who wrote the book.

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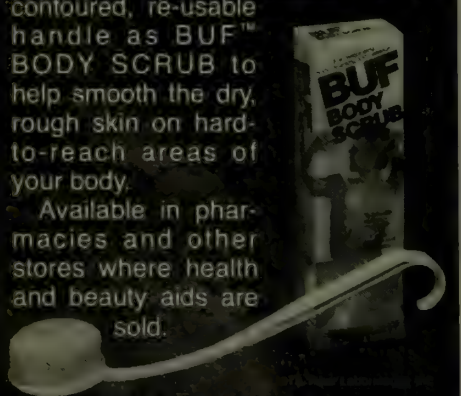


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How to buy a mattress for a platform bed

The platform bed is one of the brightest newcomers to today's bedrooms. In response to the popularity of this streamlined look, most major bedding manufacturers now offer mattresses that are specifically made for the platform bed. Here's some information about these new mattresses, plus guidelines to help you make a wise and comfortable choice.

Construction: platform vs. regular

Don't try to put a regular mattress on the rigid plywood base of a platform bed. The result will be no more comfortable than a mattress on the floor. In addition, rubbing against the hard base will cut the life of a standard bed mattress in half.

The new mattresses are designed to conform to the slim, low look of the platform bed. Because they don't have traditional box springs for support, they compensate with more resilient and durable construction than regular mattresses have.

Some platform mattresses have innersprings, or individually pocketed coils, that work as a foundation for thick layers of special-density polyfoam. Inner tufting between layers also adds durability. One mattress is made with 67 percent more wire in its coil convolutions than a typical standard mattress has.

Other platform mattresses rely on a special laminated-foam construction, with layers of different density, to make up for the lack of shock-absorbing springs. Thick, firm polyurethane layers may be sandwiched between outer layers of special high-resiliency polyurethane. Quilted covers, stitched to still more layers of foam, may be added to provide uniform support.

Cost and availability

Prices for the specially designed mattresses range from around $160 to $220 for twin sizes, $230 to $320 for queen sizes, and $360 to $420 for king sizes. If these prices seem high, remember that you're buying a foundation and mattress all in one. Most of the mattresses carry ten- to 15-year warranties.

Unfortunately, the actual purchase of a platform bed mattress may not be an easy task. Bedding companies have lagged behind bed manufacturers in production of the new mattresses. You may have to do some shopping around in your area, or have your local retailer place a special order.

Other low beds

Also new on the scene are island or sandbox beds. These freestanding beds have the platform look, and they also have recessed bases and frameworks in which box springs can be concealed. With this type of bed, you can use a standard mattress.

Checkpoints

When you shop, ask what's under the mattress cover. If the salesperson can't tell you, ask to see a catalog or brochure from the manufacturer.

Always read the hangtag and label. These will tell you if the mattress is meant for use on a platform bed.

Ask about warranties. If there is one, it should be in writing.

Test the platform mattress just as you would a regular mattress. Is it too hard or too soft? Do you roll to the middle? Don't just punch the mattress with your hand—take off your shoes and lie down. If you can feel a space between the bottom of your spine and the mattress, the unit is firm enough to keep your spine in line. Roll around a bit as you would in your sleep. Does the mattress have sag-free sitting support for the edges? Does it have handles for turning?

And finally, shop for familiar brand names in bedding. Most established mattress manufacturers will stand behind their products, as will reputable local dealers. ■

Choosing an electronic organ

As you've probably heard, the electronic music revolution has reached the living room. Advances in computer technology have resulted in electronic organs for the home that duplicate sounds from rock to Bach.

This versatility, combined with easy-to-play features and a wide variety of special effects, has made the electronic organ the favorite musical instrument of nearly six million American amateur musicians. But shopping for an electronic organ can be a bewildering experience. Full-size home models are available in prices ranging from $500 to $10,000, and the musical resources of the instruments vary as widely as the prices. If you are in the market for an electronic organ, check these guidelines from the National Association of Electronic Organ Manufacturers:

● Consider first what kind of music will be played. If you want to play Bach and other classical composers, you'll need a full-size console ($6,000 to $10,000) with two 61-note keyboards and a 32-note pedal board, and sophisticated tonal qualities. But if you want to play "just for fun" and have no intention of pursuing music seriously, a single-keyboard spinet ($500 to $1,000) might be all you need. In between is a wide range of double-keyboard spinets and smaller consoles, ideal for popular music fans.

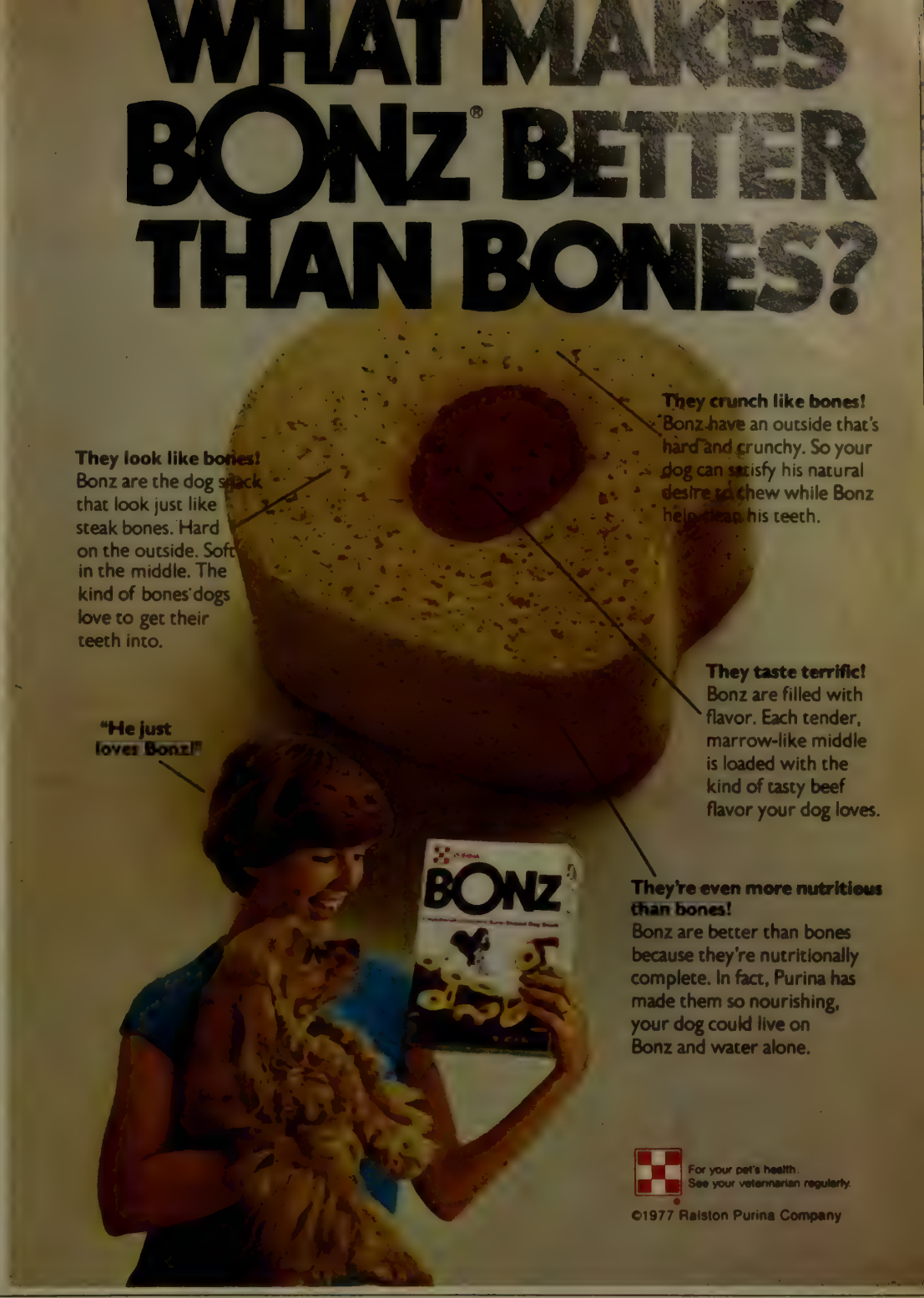
● Shop around to make sure you get the most for your money. Examine various models and select the features that fit your needs. Nearly all models have "easy-to-play" features including automatic one-finger chording, which will enable you to play fully "orchestrated" music after the first lesson. Most organs also have the capacity to sound like full string, brass, or reed sections, as well as several other individual instruments. Higher priced organs can emulate nearly all instruments and have special effects ranging from popping corn (!) to a singing voice. Many models enable you to "invent" your own instrumental sounds, and on some the sound possibilities are practically limitless.

● Buy the best organ you can afford, so you'll grow into it rather than out of it. The biggest danger in buying an inexpensive model is that you'll soon expand your musical abilities beyond the capabilities of the instrument. Keep in mind, however, that many people do trade up in models, and the trade-in value of electronic organs is quite high.

● Consider what the retailer can do for you. Can he or she repair the instrument if something goes wrong? Does the store offer lessons, or can they recommend teachers? The best dealer is a full-service dealer.

● Consider the space requirements of your home. They might determine whether you choose a small spinet or a console.

● Remember that the electronic organ is an ideal instrument for introducing children to music. Organ keys take very little strength to depress. Light pedal extenders are available for younger children. ■



SHOPPING

How to size up a used piano

A good used piano is hard to find—but it can be worth the hunt. You'll have to do plenty of comparison shopping, which means checking out used equipment at music stores and following up classified ads. Here are some guidelines to simplify your search.

On the surface

When you've found a likely piano, step back and look it over. Is it beat up or dirty? Is it afflicted with geriatric sag? Has it been painted over? Paint jobs can make keys stick.

Next, play some chords. Very off-key notes can indicate loose tuning pins and/or a bad pin block that would need an expensive restoration. A little-out-of-tune piano can be retuned. Listen for a pleasing overall tone quality. Avoid pianos with tinny or dull voices.

When you play a scale, notice if the keys stick or hang up. If they do, chances are the problem is minor, but it's inevitably going to mean more work for a piano technician. Chipped or missing key-tops mean added cost.

Under the lid

If the piano still interests you, look over the inner workings. Check the felts on the hammers and dampers. Badly grooved, missing, or hard felts will need reshaping or replacement. If the narrow straps connected to each hammer butt are missing or badly worn, they'll have to be replaced.

What about the strings and tuning pins? Make sure they aren't heavily corroded or rusty, and that there's a complete set. A new set is costly.

While playing a few scales and chords, listen to the piano's inner workings. Non-musical noises—clicking or knocking—indicate something is loose and requires service.

While checking the inside workings of the piano, look for any cracks in the sounding board or metal plate. It's difficult to see behind the action mechanism of an upright piano, so open the panel between the keyboard and pedals. Generally cracks are not worth repair, so their presence should disqualify the piano.

The foot-pedal test

Complete your checklist by trying the foot pedals. On the right is the dual-function damper-sustaining pedal. With the pedal held down, a chord should ring clearly for about 30 seconds; but if the pedal is released while the chord is held, the tone should immediately stop. Softening the tone by moving the hammers closer to the strings is the job of the left pedal. Check it out. The middle pedal is of less importance to novices (it usually sustains only bass notes), but all the pedals should function without extraneous noise. A squeak may only require lubrication, but a distinct thumping may require attention.

Even if you're still enthusiastic about the piano at the end of your inspection, don't reach for your checkbook until you call in a piano tuner-technician for a professional inspection. The modest fee is a small price to pay for a real bargain. ■



Stir-fry cooking

With or without a wok, you can enjoy the fun and flavor of Oriental stir-fry cooking. The principles behind this age-old cooking method are simple and adaptable to a variety of foods and cookware.

- The key to stir-fry cooking is to have all ingredients ready before you begin cooking. Slice or chop meats and vegetables; pre-measure seasonings. If there's a thickened sauce, combine liquids and cornstarch or other thickening agent.
- Slice foods thinly, on a slant, to expose more surface so they cook rapidly.
- Heat oil in bowl-shaped wok, an electric skillet, or a large frypan.
- Cook the ingredients in shifts. Start by stir-frying the ingredients that require the most cooking time.
- Stir foods as they cook to prevent overcooking and loss of texture.
- Remove the cooked foods to a bowl or platter and add the ones that cook more quickly in succeeding batches.
- When everything is cooked, return all foods to the pan and heat through.



Photograph: Dieter

SWEET-SOUR FISH AND PEPPERS

Red peppers add bright color—

1 pound fresh or frozen fish fillets
3 tablespoons cornstarch
1 medium sweet red *or* green pepper
1 15¼-ounce can pineapple chunks, packed in their own juice
1 tablespoon cornstarch
Dash pepper
¼ cup soy sauce
¼ cup honey
¼ cup catsup
3 tablespoons vinegar
3 tablespoons dry sherry
3 tablespoons peanut oil or cooking oil
Hot cooked rice

Thaw fillets, if frozen. Cut the fillets into 1-inch pieces; coat with the 3 tablespoons cornstarch and set aside. Cut pepper into ¾-inch squares; set aside. Drain pineapple, reserving juice; set pineapple aside. In small bowl, blend reserved pineapple juice, the 1 tablespoon cornstarch, and a dash pepper. Stir in soy sauce, honey, catsup, vinegar, and dry sherry; set mixture aside. In wok or electric skillet, cook fish pieces in hot oil about 1 minute on each side; remove from skillet. Add pepper squares; stir-fry 2 minutes. Remove peppers from skillet. Add pineapple juice mixture to pan; cook and stir till thickened and bubbly. Add pineapple to pan; stir in fish and pepper. Heat 1 minute more. Serve over hot cooked rice. Makes 4 servings. ■



You barbecue it right on top of the grill!

You can use even the smallest barbecue with the family-sized Valchris Half Turkey. Just put it directly over the coals, and cover with foil. If you have a spit or kettle-type barbecue it's easy to roast or smoke either a whole or half Valchris Turkey.

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DeKuyper.
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Club soda goes wild with Wild Strawberry

SHOPPING

BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

CREAMED SOUP FROM FRESH VEGETABLES
Page 30: Blender—John Oster Manufacturing Company, 5055 N. Lydell Ave., Milwaukee, Wis. 53217. Soup bowl—Rosenthal USA Ltd., 411 E. 76 St., N.Y., N.Y. 10021. Plate "Sunset Orange"—H. Wittur & Co., 1024-1026 Emerson St., Evanston, Ill. 60204.

LOW-SODIUM DESSERTS
Page 36: Baking dish—Anchor Hocking Corp., 5th & Pierce Sts., Lancaster, O. 43130. Luncheon plate—Noritake Company Inc., Cincinnati, Ohio 45215.

HE COOKS: AL BROWN'S LASAGNA
Page 70 (left): Baking dish—Pyrex, Corning Glass Works, Corning, N.Y. 14830.

100 IDEAS UNDER $100
Pages 74-75: Wine goblets "Festival"—Riekes Crisa Corp., 1811 W. 74th St., Chicago, Ill. 60636.
Page 76: (18) Dishes "Sienna"—Jepcor Intl. Raritan Center, Bldg. #468, Edison, N.J. 08817.
Pages 78-79: Floral dishes "Meadow Rose"—Franciscan Earthenware, Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Pewter pitcher—Oneida Ltd., Oneida, N.Y. 13421. Crockery pitcher—King Housewares Inc., 452 Broadway, N.Y., N.Y. 10013.
Pages 80-81: Cookware (32)—Cuisinart, Inc., 1 Barry Pl., Stamford, Conn. 06902. (35) Plates "Exotic Yellow"—Rosenthal U.S.A. Ltd., 411 E. 76th St., N.Y., N.Y. 10021. White plates "Sea Sculptures"—Franciscan Table Top Fashions (address above). Kettle "French Tinware"—Schiller & Asmus, Inc., 1525 Merchandise Mart, Chicago, Ill. 60654.
Page 83: Doll furniture—Pier 1 Imports, 2520 W. Freeway, Fort Worth, Tex. 76102.
Page 97: Unfinished furniture—Sears Roebuck & Co., Sears Tower, Chicago, Ill. 60684. Sheets "Boboo"—Marimekko by Dan River Home Furnishings Products, 111 W. 40th St., N.Y., N.Y. 10018.
Pages 98-99: Mailboxes—Sears Roebuck & Co. (address above). Cloth napkins "Matchstick"—A. Scott Corp., 1202 N. Main St., Ann Arbor, Mich. 48104.
Page 101: Self-adhesive plastic—Con-Tact, Comark Plastics Div. United Merchants, 1407 Broadway, N.Y., N.Y. 10018. Train toy—Kouvalias, Reeves Intl., 1107 Broadway, N.Y., N.Y. 10010. Bedspread—J.C. Penney, 1301 Ave. of the Americas, N.Y., N.Y. 10019.
Pages 102-103: (64) Muslin man—Magee's Friend Factory, Dallas, Tex. (66) Sheets—Marimekko by Dan River Home Furnishings Products (address above). (67) Stencil design "Designs and Patterns from Historic Ornament"—Dover Publications, Inc., 180 Varick St., N.Y., N.Y. 10014. (71) Canvas bags—Hello Minnesota, Butler Sq. 100 N. 6th St., Minneapolis, Minn. 55403. (74) Sheets—J.C. Penney (address above).
Pages 106-107: (78, 79) Doll—Blue Ridge Hearthside Crafts Assoc. Inc., P.O. Box 128, Sugar Grove, N.C. 28679. (82) Blocks—Playskool, Inc., Div. of Milton Bradley Co., Chicago, Ill. 60651.
Pages 108-109: Ceramic tile—American Olean Tile Co., Lansdale, Pa. 19446. (90) Ball-point paint tubes—Vogart Co., Inc., N.Y., N.Y. 10001. Scale—Terraillon Corp., 95 Q S. Hoffman Ln., Central Islip, Long Island, N.Y. 11722. Towels—Utica by J.P. Stevens, 1185 Ave. of the Americas, N.Y., N.Y. 10036. Counter top—Formica Corp., 120 E. 4th St., Cincinnati, Ohio 45202.
Pages 110-111: (99) Folding chair—Samsonite, 11200 E. 45th Ave., Denver, Colo. 80239. Wall clock—Howard Miller Clock Co., 860 E. Main St., Zeeland, Mich. 49464. White bowls—Beylerian Ltd., 305 E. 65th St., N.Y., N.Y. 10021. Shoes—courtesy I. Eugene's, 227 Valley West Mall, West Des Moines, Iowa 50265.

BIG BASH IDEAS FOR UNDER $50
Page 112: (front right) Woven tray—Fitz & Floyd, 1371 Round Table Dr., Dallas, Tex. 75247. (Middle center) Oval platter—Ceramar, Inc., 225 5th Ave., N.Y., N.Y. 10010. (Back right) Glasses—Dansk Designs, Inc., Radio Circle Rd., Mt. Kisco, N.Y. 10549. (Back) Goblets—J.C. Durand Intl., Wade Blvd., Millville, N.J. 08332. (Back center) Wooden board—Raymor/Richards Morgenthau Inc., 734 Grand Ave., Ridgefield, N.J. 07657. (Back far left) Woven tray—Camden Basket Co., Camden, Mich. 49232.

PRIZE TESTED RECIPES
Page 127 (left): Glass bowl—J.C. Durand Intl., Wade Blvd., Millville, N.J. 08332. (Right): Soup bowls and liners—Plummer-McCutcheon, 145 E. 57th St., N.Y., N.Y. 10022. Straw tray—Camden Basket Co., Camden, Mich. 49232. Spoons—H.E. Lauffer Company, Inc., Belmont Dr., Somerset, N.J. 08873. Napkin rings—Fitz and Floyd, 1371 Round Table Dr., Dallas, Tex. 75247.
Page 128 (left): Casserole/soup bowl with handles—Crate & Barrel, 1510 N. Wells St., Chicago, Ill. 60610. (Center left): Soup bowl and liner—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010. (Center right): Cup and saucer plates—Fitz & Floyd (address above). Baking dish—Pyrex, Corning Glass Works, Corning, N.Y. 14830. (Right): Glass bowls—Plummer (address above). Spoons "Needlepoint"—Oneida Silversmiths, Kenwood St., Oneida, N.Y. 13421. ■

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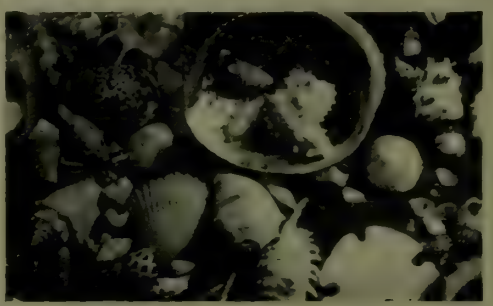
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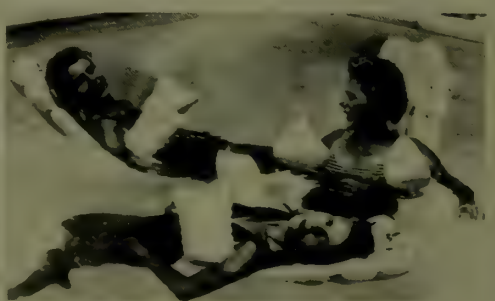
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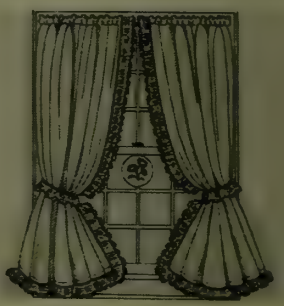
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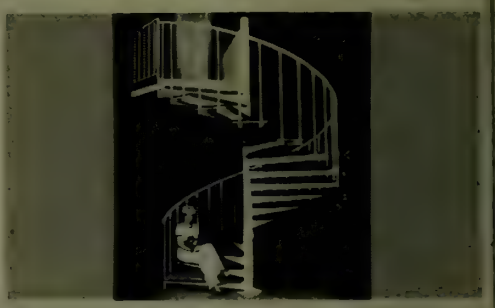
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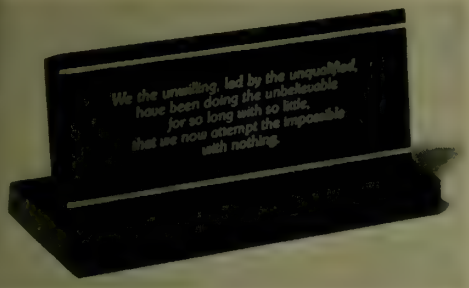


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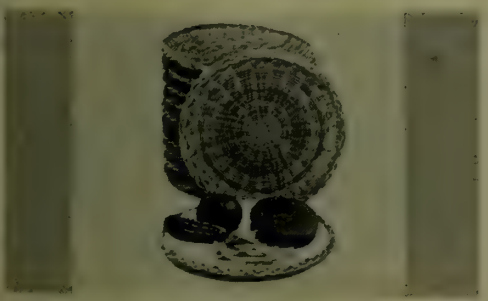
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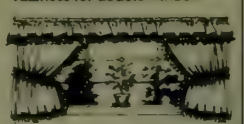
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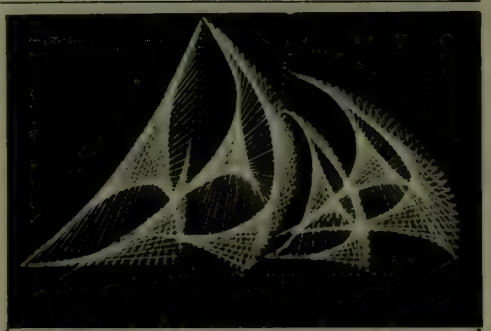


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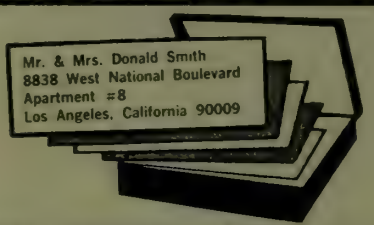
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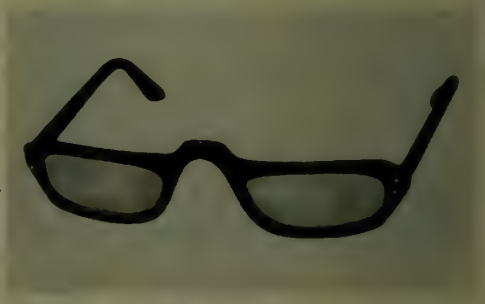
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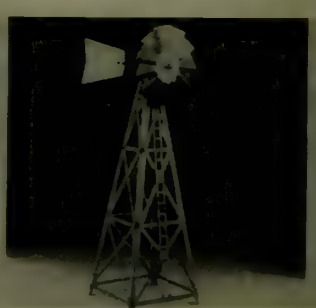
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Cores and peels a fresh pineapple with one downward pass. Made of stainless steel serrated blade, aluminum handle. For cutting & coring other fruits, too. 7½"H, $3.50; 2/$6.50 ppd. Style Q-40. Spear Eng., Dept. 3037, Box 7025, Colorado Springs, CO 80933.



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Half-frames; see fine print sharply, clearly & instantly. Look over the top of lenses for normal vision. Polished inpact-resistant lenses. Not for astigmatism or eye disease. State age & sex. $8.97 + 75¢ post. Precision Optical Co., Dept. 10A, Rochelle, IL 61068.



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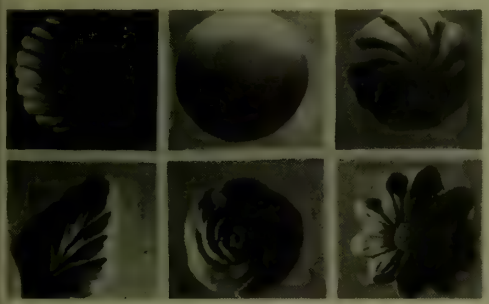
Deep drop dust ruffle ensemble

Washable, Nat. or Wht; 65% poly. 35% ctn. Dust ruffles, 14", 18" or 22" drops shirred on plateau. Tw. or Dbl. $17; Queen $19; King $21. Coverlet Tw. or Dbl. $35. Add $2 post. Free Color Catalog. Colonial Maid Curts., BH7, Lawn Ter., Mamaroneck, NY 10543.



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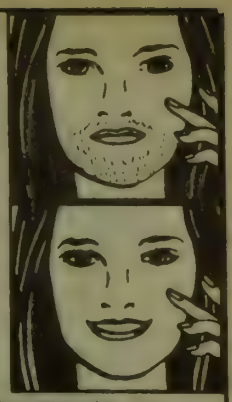
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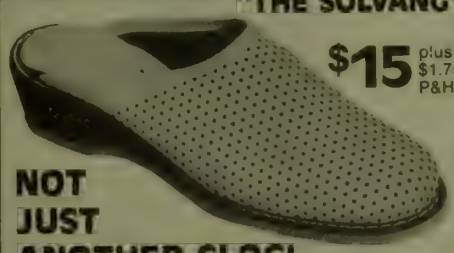


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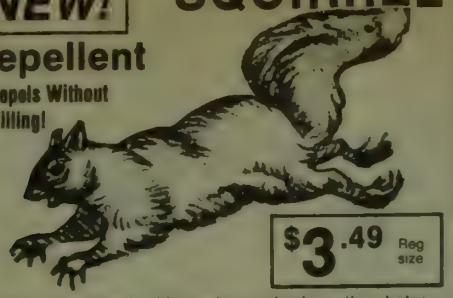
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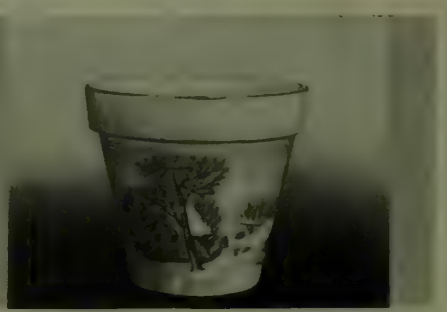
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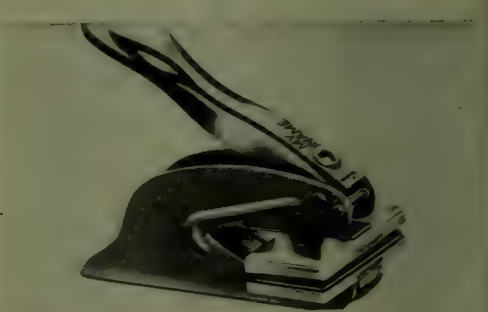
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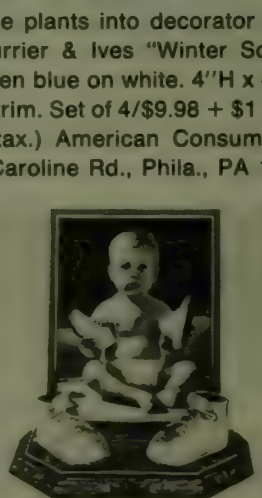
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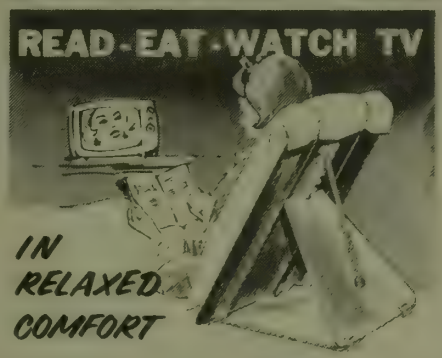


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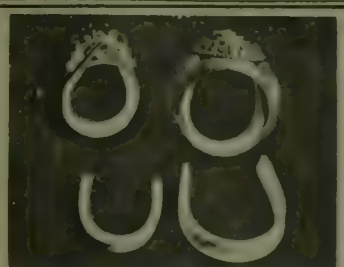
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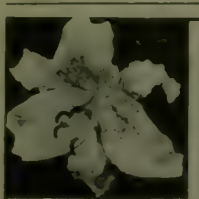
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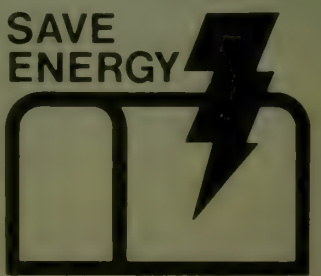
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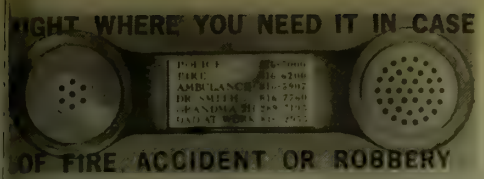
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Watch them rejoice to the natural environment. Plans for this 6' x 6' outdoor showcase includes easy to construct plans, complete material list and step by step method of construction. When autumn arrives, display your rejuvenated plants indoors. The indoor showcase will fit in any available space of 2' to 6' Outdoor Showcase **$4.95.** Indoor Showcase **$3.95.** Both for **$8.00.**

PLANWOOD MFG. CO., P.O. Box 2707, Huntington Sta. New York 11746. N.Y. State Res. add 7% sales tax.

BORDERLESS COLOR PHOTO SPECIALS

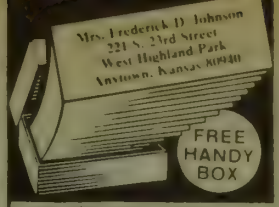
YOUR CHOICE ALL BORDERLESS
$2
FULL COLOR

16 WALLET SIZE WITH FREE 5x7 IN COLOR
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3—5x7 ENLS.
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1—8x10 ENL.
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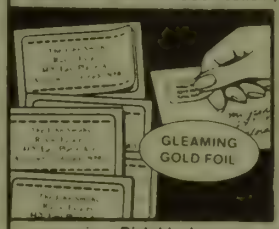
Matchless color copies on matte finish paper without borders. Brighter than original. Send any photo (8x10 or smaller) Returned. Add 35¢ per selection for postage and handling, and 50¢ extra for First Class service. Satisfaction guaranteed or money back.

RELIANCE COLOR LABS, INC.
Studio 14-7, Box 150, Port Chester, N.Y. 10573



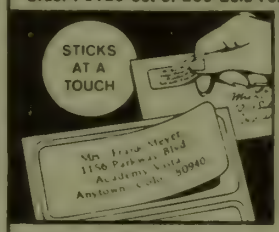
1000 RETURN ADDRESS LABELS **$1.00**

1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines
Order S717 Set of 1000 Economy Labels (boxed) . $1.00



250 Self-Stick GOLD FOIL LABELS **$1.98**

Gleaming gold foil labels stick to any clean, dry surface – need no moistening. Rich black printing, classic border.
Order P6128 Set of 250 Gold Foil Labels (boxed) . $1.98



250 Self-Stick WHITE GLOSS LABELS **$1.98**

Glossy white self-stick labels cling to any smooth surface – no moistening. Sharp black printing up to 4 lines
Order P6030 Set of 250 White Gloss Labels (boxed) $1.98

Walter Drake 3057 Drake Bldg. Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
___S717 1000 Labels @ $1 each $ _____
___P6128 Gold Foil Labels @ $1.98 each $ _____
___P6030 White Gloss Labels @ $1.98 ea $ _____
Add 20¢ per set for postage & handling $ _____
SATISFACTION GUARANTEED Total $ _____

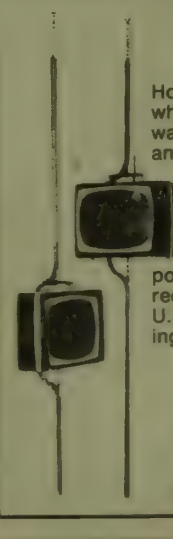


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Keep up to 10 periodicals close at hand in our solid pine Bath Reader. 2 rolls of tissue fit on plunger-dowel. 18"H11¾"W 4½"D. Finished Antique $12.95 (add $2.55 post.).

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Yield House Send For Your FREE Catalog!



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Hold your portable T.V. right where you want it, without awkward tables or stands. Takes any width, up to 14"deep. 17" high. Brass tone finish pole has spring tension rod to adjust to 7½ to 8½ ft. ceiling heights. Can be set up in Hi or Low position. Hi position is great for reclining watchers! Made in U.S.A. Extension for higher ceiling, add $2.00.

Prompt Shipment

$14.99 Plus $1.00 postage
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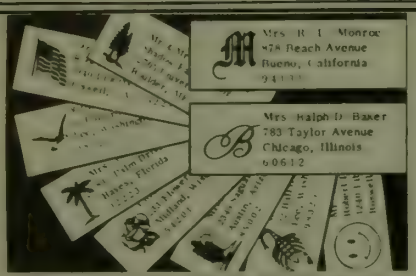
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Your STAIR-GLIDE stairway lift installs easily and in less than 2 hours. No marring walls or stairway. No special wiring required. Shipped directly from factory within 4 days. STAIR-GLIDE® . . . the nation's largest selling stairway lift! UL Listed! (Outdoor models available.) **Write for free brochure**

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ADDRESS LABELS WITH NICE DESIGNS
Any initial in Old English or Script, Pine, U.S. Flag, Gull, Palm, Rose, Saguaro, Any Zodiac Sign, Happy Face or Horse, Roadrunner, Palette, Spruce, Treble Clef. To 20 letters per line, 4 lines. Printed in black ink on 500 white or 250 gold gummed labels. Two sizes . . . 1½" x ½" for $2.50 or Deluxe size 1¾" x ⅝" for $3.50 + 35¢ post. via 1st or 25¢ via 3rd class. Specify design, size and color. Useful 96-P. Gift Catalog, 50¢. Bruce Bolind, 157-L Bolind Bldg., Boulder, CO 80302. (Since 1956, thanks to you!)



SUPER Color Photos
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Beautiful color pictures. Borderless. Send any color photo (8" x 10" or smaller) (returned). Add 35¢ per selection for postage and handling and add 50¢ extra for first class service. Satisfaction guaranteed or money back
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IDEAL FOR:
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- Patio parties
- Picnics
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MINI PICNIC TABLE only: $5.95
- Comes complete with all containers pictured
- No spilling!
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Bamboo roll up shades in natural Matchstick or Tortoise shell (burned 1/2" wide bamboo slats). Perenially popular; handmade in Taiwan.

Sizes	Matchstick	Tortoise
24"x72"	$ 5.50	$ 7.50
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48"x72"	9.50	14.50
60"x72"	12.00	18.00
72"x72"	14.00	22.00
84"x72"	17.00	27.00

add $1.00 postage per shade.
Send 25¢ for catalog.
Visit Our Warehouse Showroom.
FRAN'S BASKET HOUSE
ROUTE 10, Dept. BH-7,
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Delightful picnic basket

Handwoven of natural willow with two hinged lids and a grip handle. To help you enjoy your summer outings. 16" long by 11" wide by 9" deep. $16.95 plus $2 postage. Send 25¢ for Catalog. Fran's Basket House, Dept. BH7, Route 10, Succasunna, NJ 07876.



Full log look

Kits available in hand peeled pine or cedar. Wilderness Log Homes also offers a complete line of Traditional Full Log Kits. Priced from $3900. Brochure $3.50. Dealership Information Pack $5. Wilderness Log Homes, Dept. BHG-E7, Rt. 2, Plymouth, WI 53073.



Exciting new furniture kits

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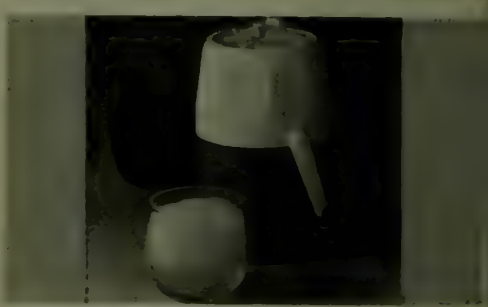
Stops flies indoors or out

No poisons or insecticides. Just use the new "Buzz-Off"; a fly trap that lures and kills flies. Now you can enjoy your outdoor barbeque or picnic again. $3.99 + 80¢ post.; 2/$6.99 + $1 post.; 4/$12.99 + $1.50. World Garden, Dept. BH7, 606 E. State, Westport, CT 06880.



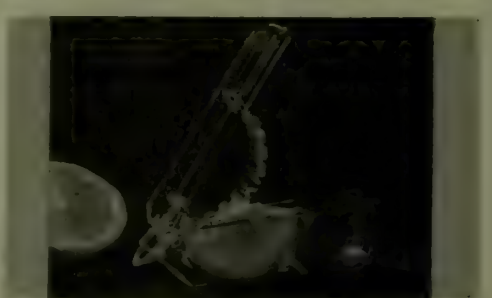
Unique home plans

One of 230 designs of 1½- & 2-story homes. Avail.: 185 One-Story Homes *Over* 2,000 Sq. Ft.; 250 One-Story *Under* 2,000 Sq. Ft.; 180 Multi-Levels; 223 Vac. Homes. $2.50 per copy. All, $8.95. Home Planners, Dept. BHE87B, 16310 Grand River, Detroit, MI 48227.



Crushed ice in a jiffy

For chilled seafood, drinks, anything! Put cubes in top, press down on "pusher" lid, turn crank. Italian import; tough plastic with stainless steel blade. 7½" H. #4622, $5.98 + 75¢ post. Country Gourmet, Dept. H7E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



Handy lemon squeezer

Now squeeze the juice from lemons and other fruits without getting the juice on your fingers. Of clear plastic, 5¼" long. Gets all the juice and keeps fingers clean too! Style: Q-266, $1.95 ea. ppd. Spear Eng. Co., Dept. 3039, Box 7025, Colorado Springs, CO 80933.



Sleeveless smock

Bright prints in a wide range of sizes and machine washable. Perfect for any occasion. Sizes 12 thru 20: Two for $10. Sizes 42 thru 50: Two for $11. Please add $1.25 post. Free brochure. Wendy Dale, Dept. BH-7, Box 91, Newton Centre, MA 02159.

Garden or table lights



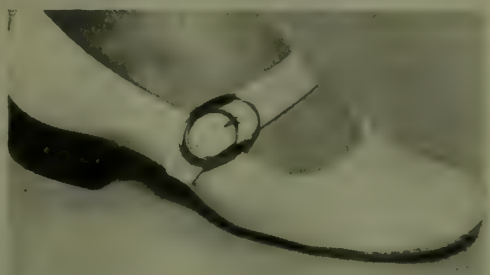
Versatile glass hurricane lamps with woven bamboo shades. Come with tall bamboo stakes & flat pine bases for use on tables. 8" T lamp; 30" T stake. Complete pair incl. 2 lamps, shades, stakes, bases & votive candles. $20 + $3.90 post. Horchow Mail Order, Dept. 42204, 4435 Simonton Rd., Dallas, TX 75240.

Preserved Boston fern



Once a living plant, chemically treated to last forever; requires no light or water. "Potted" in white container with detachable hanger; green fronds spread to 3 ft. $14.95 + $3 post. Master Charge or Visa (Incl. exp. date). Cat. $1. Bloomin' Attic, Dept. BH4, 418 So. Washington, Royal Oak, MI 48067.

Dancing doll



Genuine leather with foam padding for a light step. Elasticized throat, adj. buckle strap, leather sole & 1¼" heel. Combination sizes 6-10½N, 5-10½M. Yellow, Lt. Blue, Pink, White, Bone or Black, $17. In Gold or Silver $18. Add $1.75 post. Vickie Wayne, Dept. B7W, 600 S. Country Club, Tucson, AZ 85716.

Precision garden seeder



Ideal for planting corn, beans, radishes & most other garden seeds. V-shaped rib on front wheel forms proper depth ground opening; additional adjustable ground opener for deeper planting. Instr. incl. $37.95 ppd. R. H. Shumway Seedsman, Dept. BHG, 628 Cedar St., Rockford, IL 61101.

Floral arts center

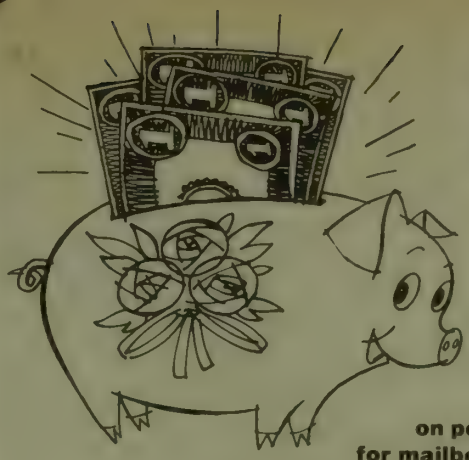


A home study school organized to teach the art of flower arranging. Table arrangements, bridal flowers, corsages, etc. Also, learn how to start a home florist business. Free brochure & 3 mos. subscription to Flower Talk. Floral Arts Center, Home Study Div., Dept 8BG, 1628 E. McDowell Rd., Phoenix, AZ 85006.

Any breed of dog, cat or horse



T-shirts: Wht. ($5.95), Gold, Lt. Blue ($6.95). Jerseys: (Nat. with colored sleeves, $7.95); Sweat Shirts: L sleeve Wht., $8.95. Sizes: S, M, L, XL. Children's sizes: S, M, L, XL. Add 75¢ postage each shirt. Order from All-Breed, Dept BH-7, 400 1st Ave., Minneapolis, Minnesota 55403.



SAVE UP TO $5.00

on popular markers for mailboxes and lamp posts during our summer sale!

Spear DAY-n-NIGHT MARKERS

Mailbox Markers (fit any mailbox)

SPECIAL NEW STYLE!
sticks on mailbox
One Marker
STYLE SWR $2.95
Two Markers (same wording)
STYLE WR $4.95





THE ARMSTRONGS — STYLE M ~~$7.95~~ $6.95

ROUTE 1 BOX 147 — STYLE MF ~~$8.95~~ $7.95

3104 CENTURY DRIVE — STYLE EM ~~$9.95~~ $8.95

3456 THE ARMSTRONGS — STYLE NM ~~$10.95~~ $8.95

JACK & DEE ARMSTRONG RT 1 BOX 13 — STYLE EOM ~~$13.95~~ $9.95

3456 THE ARMSTRONGS JACK BARB SALLY JOE — STYLE NOM ~~$14.95~~ $9.95

SPECIAL OFFER! Our best Mailbox, Marker, Post and brackets as shown Style KNM ONLY $39.95

Lamp Post and Wall Markers



STYLE EB ~~$10.95~~ $7.95



STYLE NB ~~$11.95~~ $8.95



STYLE EOB ~~$14.95~~ $9.95

SAVE NOW DURING OUR SUPER SUMMER SALE!

We've slashed prices so you can save up to $5.00 on America's most popular markers! Spear markers have been enhancing the appearance of millions of homes since 1949. Here's just a few reasons why:

- *Permanently formed rustproof aluminum signs resist weather corrosion—exceeds postal regulations*
- *Raised white reflective letters on a tough black enamel coating—visible Day-n-Night!*
- *Solid aluminum satin-finish frames and scrolls*
- *Same wording both sides, space for 17 letters/numbers on 18" x 2½" plate; 6 on 7" x 2½" plate*

Hurry and order today! Don't miss the chance to brighten your home (or give a terrific gift) now while your savings are biggest during our super Summer Sale!

A GREAT GIFT IDEA!

hot line
You can order anytime, 24 hours a day.
Call us at (303) 471-9850.

HURRY! ORDER NOW! SALE ENDS SEPTEMBER 30th!

48 hour shipment—satisfaction guaranteed or your money back.

Satisfaction Guaranteed or Your Money Back
SINCE 1949 We Ship in 48 Hours
Spear -ENGINEERING COMPANY→
Dept. 4989, Box 7025, Colorado Springs, Colo 80933

It's easy to sell America's favorite markers because they're known nationwide! Write now for free booklet.

STYLE	ANY WORDING YOU WANT

Ordered by

Address

City, State, Zip

Hurry and Order Today!
Super Sale ends Sept. 30th!

☐ VISA ☐ master charge ☐

Credit Card No.

Expiration Date Month/Year

Master Charge Interbank No.

PRICE $

POSTAGE & HANDLING $1.25

TOTAL $

SALE! SALE! SALE! SALE! SALE!

The Man Next Door®

Jane Cobbs claims that having lots of relatives sure makes it easy to get rid of all those wallet-size school photos of her kids that she buys annually.

The biggest trouble with today's social life, complains Elaine Cowan, is the overabundance of self-proclaimed gourmet cooks who cook badly.

According to Bill and Isobel Norman, just back from a long weekend in the Bahamas, there's nothing like modern travel for making it possible to spend money in places you'd never heard of when you were a kid.

Dr. Bob Hannelly says it's a miracle that modern medical research can come up with remedies for ailments almost as fast as some of his patients think them up.

Uncle Dodd Buckner insists that the CB-radio rage is an enemy plot. Why else would a perfectly normal man call himself "Sidesaddle Sam" and broadcast his life's innermost secrets.

The gap between blue-collar and white-collar worlds has at last closed. The bill I got for having the car tuned up this month was more than the tab for my last physical.

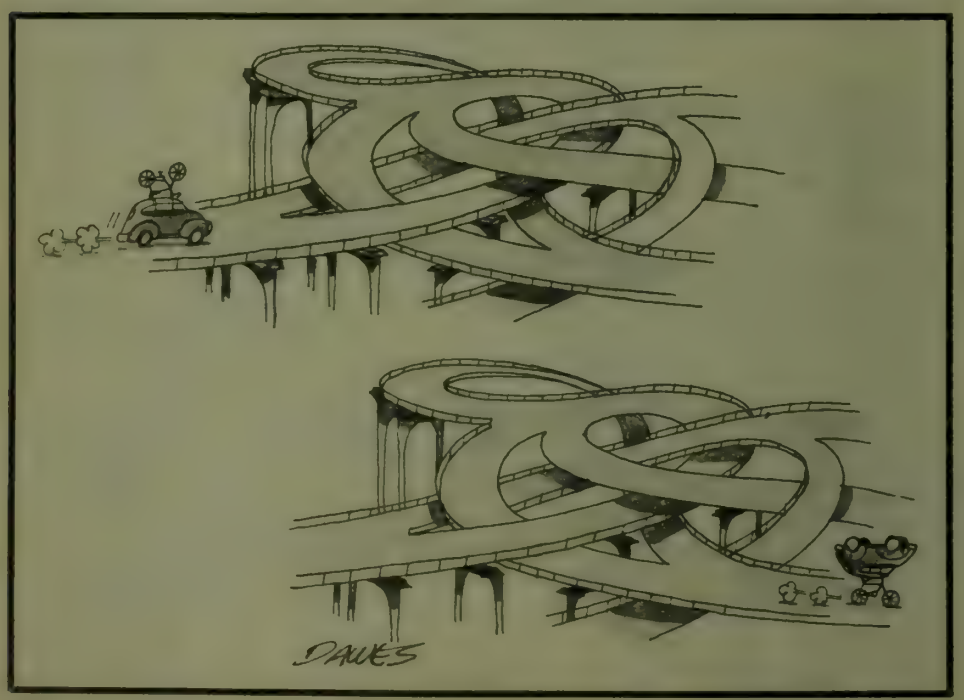


"The social structure is falling! The social structure is falling!"

At the supermarket check-cashing counter the other day, we ran into our neighbor Bob Peterson, whose family includes four husky boys. Bob confided he was "flaunting his wealth"—cashing a check *after* he'd bought the week's groceries.

Jim Kent has formulated a new rule in applied economics: When a form letter from a bank, power company, or department store starts out, "For your convenience," it usually means you're going to be out some more money.

Bud was enthusiastic about an English lesson devoted to how word meanings have changed. "A really neat lesson," he said. "Super! Far out!"



Grumpy Ned Carter says the government is getting so protective that he expects to see warning signs in fish markets reading "Caution: These bones may be hazardous to your health."

The Rev. George Hall says it may just be a sign of the times, but he can't remember the last time he heard of a really "original" sin.

Dad Hillis says that in his grandfather's day almost every man carried a plug of tobacco in his pocket, but now the plug has been replaced by a roll of antacid tablets.

"The china closet smells like company," remarked our Judy, 11, as she helped her mother set the table, already lengthened by two extra leaves.

After I thought about it for a few minutes, I realized what she meant. The closet does smell like company. In fact, just a whiff of the dry, wood-perfumed interior of that old cabinet conjures up memories of friends, interesting conversation, and special foods.

Each of us can think of an assortment of particular odors that always trigger some very special memories.

Damp wool recalls wet mittens, snowballs, and apple-cheeked kids.

Dry pine needles—you're back in the woods on your first campout.

The scent of rubbing alcohol will probably always cause a twinge in the pit of your stomach as you remember childhood shots or hospital back rubs.

The sweet, old-fashioned perfume of violets evokes the ghosts of damp childhood backyards with brick walls and dense shade trees.

The smell of burning leaves (where that practice isn't forbidden by law) brings back memories of high school pep rallies and Halloween pumpkins.

Noses teach us as much as any book about what life is all about. That's probably why I love to sniff fresh brewing coffee, baby powder, old books, new leather, and rain on summer dust.

Burton Hillis

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The Preferred Taste

Taste why Salem Lights is the largest selling low tar menthol cigarette.
More and more smokers prefer the mellow flavor, cooling menthol, and total satisfaction.

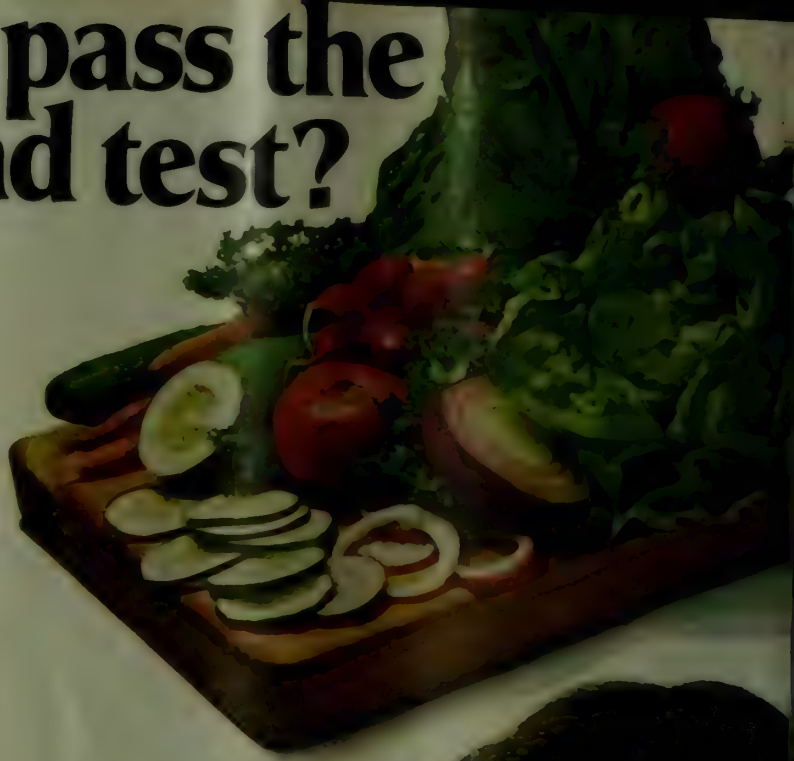
Salem Lights



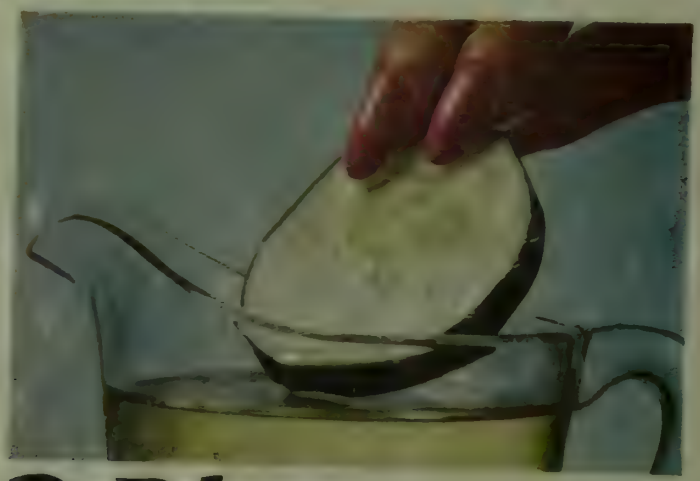
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

LIGHTS: 11 mg. "tar", 0.8 mg. nicotine av. per cigarette, FTC Report AUG. '77.
LIGHT 100's: 11 mg. "tar", 0.9 mg. nicotine av. per cigarette, by FTC method.

Can your oil pass the Crisco Oil salad test?



1. Pick...your favorite fresh-from-the-garden vegetable.



2. Dip...your vegetable into Crisco Oil.

3. Taste...the flavor of your vegetable, not the oil.





Crisco Oil doesn't have a heavy, oily taste...

it turns good vegetables into a great salad.

Better Homes and Gardens.

CIRCULATION 8,000,000
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New sausage recipes—from salads to main dishes

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How to turn a good room into a great room

Where can your money earn the best interest?

High blood pressure: How can you help yourself?

7 ways to ready your child for school



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Carlton is lowest.

See how Carlton stacks down in tar. Look at the latest U.S. Government figures for:

	tar mg./cig	nicotine mg./cig
Winston Lights	12	0.9
Vantage	11	0.7
Salem Lights	11	0.8
Kent Golden Lights	8	0.6
Merit	8	0.6
True	5	0.4
Carlton Soft Pack	**1**	**0.1**
Carlton Menthol	**less than 1**	**0.1**
Carlton Box	**less than *1**	***0.1**

*Av. per cigarette by FTC method



Only 1 mg. tar.

Of all brands, lowest…Carlton Box: 1 mg. tar, 0.1 mg. nicotine av. per cigarette by FTC method.

Carlton.
Filter & Menthol

The lighter 100's.



Only 5 mg. tar.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Soft Pack and Menthol: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette, FTC Report Aug. 77. Box: 1 mg. "tar", 0.1 mg. nicotine; 100 mm. Soft Pack and Menthol: 5 mg. "tar", 0.5 mg. nicotine av. per cigarette by FTC method.

COCKTAILS FOR TWO®



EACH ONE SERVES TWO, PRE-MIXED AND READY-TO-ENJOY

from 25 to 40 proof.

Anytime. Anywhere. Good times go better with Cocktails For Two.

Each one serves up two zesty and delicious drinks. And because they come in "keep-cool" glass bottles, they'll stay that way. Wherever you go. Whatever you do.

Includes all your favorite cocktails: Pina Colada, Banana Colada, Tequila Sunrise, Strawberry Margarita, Vodka Screwdriver, Vodka Gimlet, Whiskey Sour, Daiquiri, Margarita, Manhattan, Black Russian, Apricot Sour, Scotch Sour, Vodka Martini, Extra Dry Martini.



Look for the convenient Cocktails For Two Self-Service Display.



FILL IT WITH STEREO SOUND, NOT WITH STEREO EQUIPMENT.

With Centrex by Pioneer music systems around, why should you put up with the inconvenience of components?

In the hope, somehow, that a room full of complicated stuff will help the music?

Listen.

The simple, reasonably priced Centrex system shown here can punch out 12 watts of RMS power through each speaker. Enough to drive the neighbors berserk.

It can reproduce a frequency range from 40 cycles-per-second to 20,000 cycles-per-second.

It can limit shrilly distortion to only 0.8% of the total sound. Less distortion than many component systems costing over $600.

The reason all this happens is simple. Centrex systems, underneath it all, are really components. Beautifully engineered audio components in a tastefully designed package. Component stereo without components.

And if you'd go see your Centrex dealer right now, he'd be happy to confirm what you're thinking right now.

That it all really does sound too good to be true.



Pioneer Electronics of America, 1925 E. Dominguez St., Long Beach, CA 90810 CENTREX by PIONEER

This one's for you.



At Whirlpool we believe any new product should be more than just new and different. We believe it should be better than it was before.

So how do you go about making a refrigerator better than before?

We knew conventional refrigerators had a weakness: much of the time their use was restricted to certain items. Items like milk and pop and snacks.

This meant that the whole family was constantly opening and closing the refrigerator door just to get at a few things.

We decided it would be nice if there were two doors. Actually a door within a door. One in front, for those items the family uses most. And one behind for everything else.

Finally the Serva-Door™ refrigerator. It puts things right where they should be.

It helps save on spills. Helps keep cold air in. And maybe best of all, its textured steel doors help hide fingerprints.

In other words, Mom, this one's for you.

Whirlpool
Home Appliances

We believe quality can be beautiful.

Smile.
Fotomat® makes it so easy.



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HOME IS WHERE YOUR BUS IS.



It's a family car. It's a motor home. It's a vacation cottage. It's the 1978 VW Campmobile Bus. And it turns anywhere into your home away from home.

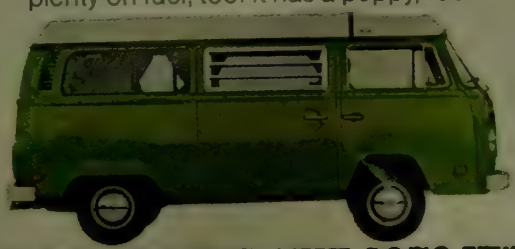


The '78 Campmobile Bus is probably the most economical and versatile family vehicle ever. During the week, it's perfect for carting your crowd around town. And on weekends and vacations, it becomes that vacation cottage you've always dreamed of. Because the VW Campmobile Bus has everything you need to live in comfort, including the kitchen sink.

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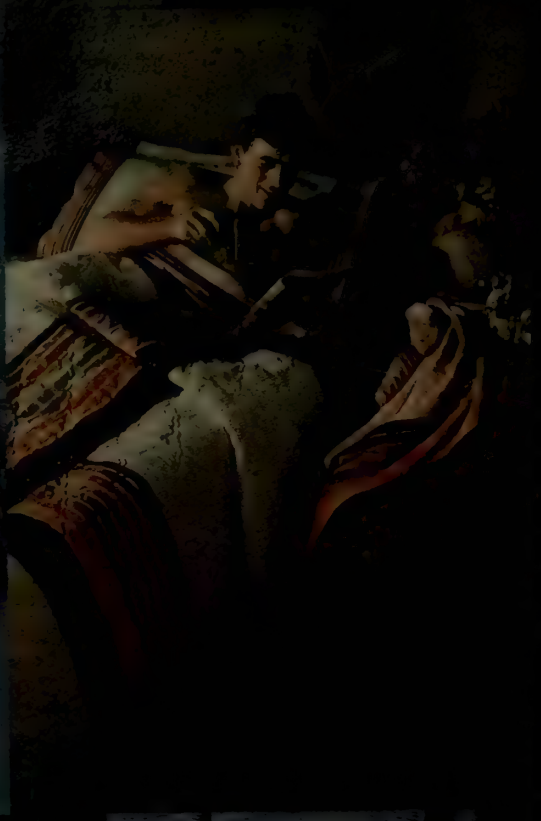
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THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES
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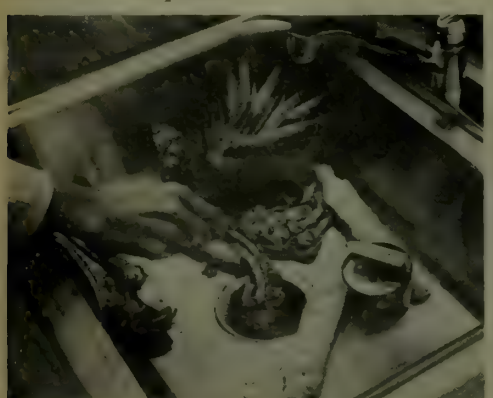
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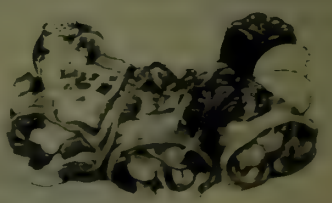
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FROM THE INDOOR WORLD® OF Armstrong

7 WAYS TO READY YOUR CHILD FOR SCHOOL

When your youngster enters school for the first time, the transition from home to school can be crucial—for you as well as your child. An exciting new world is opening up for the youngster, and as parents, you want to help your child enter that world confidently and happily. Here are seven suggestions from educators and psychologists that should smooth the way on that first day at school.

1. Encourage a positive attitude.

That's probably the most important thing you can do to help your child adjust to school. You should begin many months in advance to interest your child in going to school.

Even if your child has been to nursery school or a day-care center, the "formal" school environment will be different—most likely, the building will be larger, and there will be older children around, too. It's up to you to provide extra encouragement to offset any apprehension or inadequacy your youngster may feel.

You can also help build up your child's self-confidence a number of ways. Teachers say the willingness to try new games and to explore new ideas is an important skill for learning. Before school begins, help your child enjoy using words, numbers, and colors in games you play together at home. Ask a teacher (preferably the child's first teacher if you can find out who that will be) to suggest games that can be played at home, or riding in a car, or sitting in a waiting room.

Also encourage your child to do things for him- or herself even if the first few attempts are bungled. And, items made at school should be posted where the whole family can see them.

Always be aware that your attitudes about school will be picked up by your child not only from your words but from your body language, facial expression, and tone of voice. Be sure to emphasize the fun and pleasure of school. Teasing, criticism, and warnings like "Just wait till you get to school. . ." or "You'll never make it in school if you. . ." are likely to create apprehension in the child. So are demands that the youngster learn something (tying shoelaces, telling time, or spelling his or her name, for instance) "before school starts."

2. Establish your credibility.

Many children worry about being separated from their parents when school begins. Often the youngsters are afraid their parents won't come back or won't be at home after school. No matter how strongly you assert you *will* be there, your credibility at this point depends on past experience.

Build your credibility by making it an ironclad rule to be there when you say you will. Long before the school year starts, create a pattern of leaving and returning. Brief visits by the child to relatives, neighbors, private lessons, or church school give both parent and child practice in separating and reuniting at an appointed time.

3. Make school a familiar place.

Before school begins, take time to introduce your child to the building and grounds in a relaxed, leisurely way. If you visit the playground together on weekends, walk the dog around the schoolyard in the evening, or go inside to pick up a brother or sister, the school building will not seem so strange on the first day of school. Consider taking the child with you to meet the teacher and see the classroom before school begins.

4. Anticipate special problems.

If your child is unusually shy or if you expect he or she will have some problems adjusting to school, meet with the teacher or principal shortly before the beginning of the term. Explain the situation fully and frankly. Perhaps a recent health problem or a death or divorce in the family has increased the child's anxiety.

If the teacher and principal are aware of the problem, they can offer suggestions and work with you to help the child adjust to the new experience. Parent and teacher can agree in advance on the strategy to use when the child enters the classroom and whether or not the parent will be allowed to remain for a while after the session begins.

5. Tackle the paperwork early.

Getting administrative details buttoned up well in advance can reduce your last-minute anxieties—and that will help keep things calm for your youngster, too.

Some schools offer kindergarten registration, or "roundup," in the spring before the child begins school. These sessions may involve anything from preschool testing of basic skills to health checkups. Call the school or check your local newspaper for dates.

Whenever your child is registered, some requirements must be met:

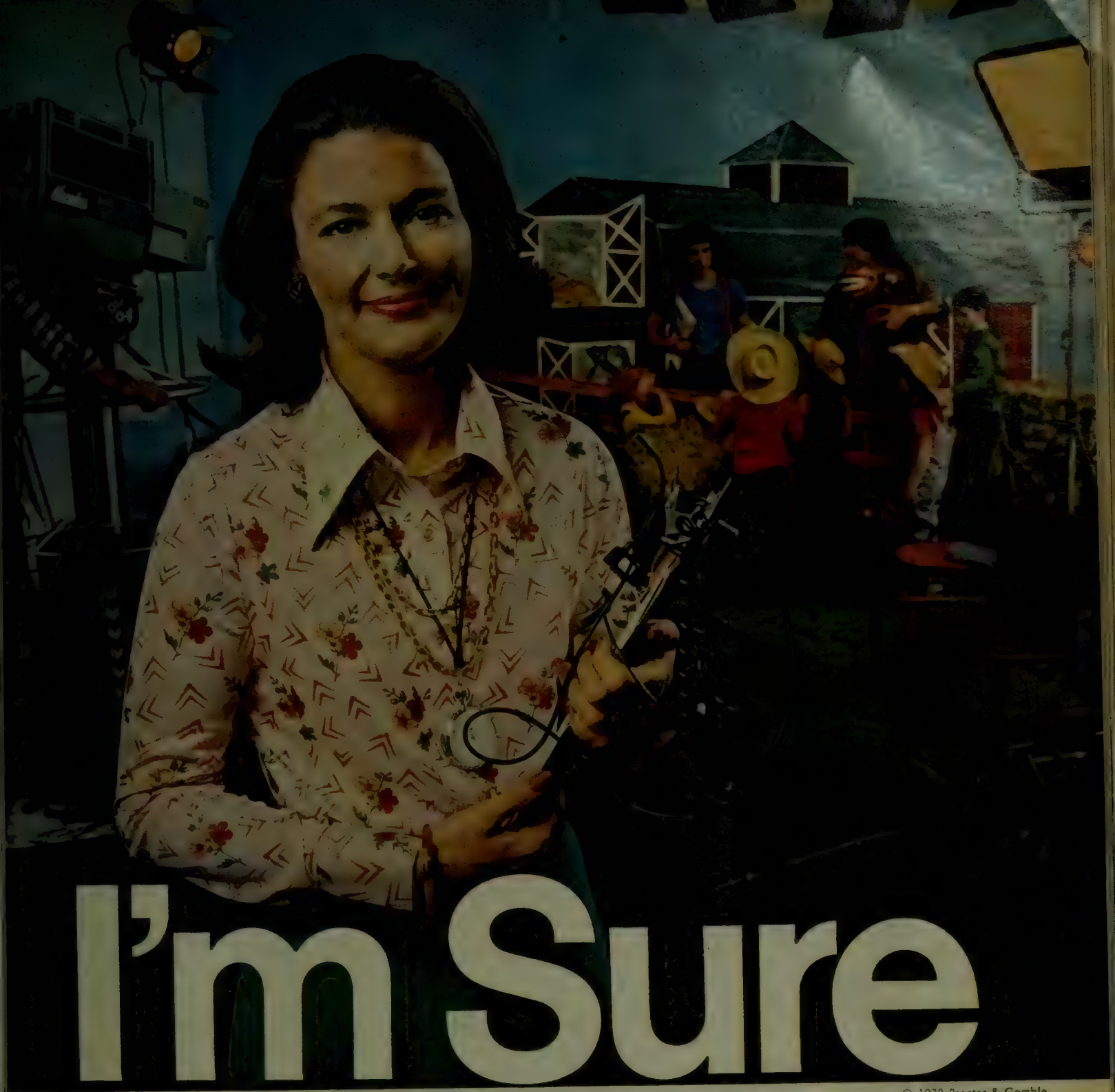
- Birth certificate and shots. Admission to school is based on age, so bring legal proof of your child's date of birth. Usually a birth certificate is required, though baptismal records or passports sometimes are accepted.

You'll also probably receive health forms and immunization cards to fill out. Proof of immunization for polio, measles, tuberculosis, and DPT (diphtheria-pertussis-tetanus) may be required before your child is admitted to school. Be sure to note on the medical forms any allergies your youngster might have or any special conditions that will influence work in school.

- Health exam. Even if your school district does not require a complete medical and dental exam, this is one of the best investments parents can make in a child's academic future. Teachers say some children don't do well in school because they don't feel well. After all, a mind distracted by a toothache or poor vision or hearing can't concentrate on lessons.

The best preventive is a complete health exam before the child starts school. The exam would include speech, hearing, and vision tests to

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I'm Sure

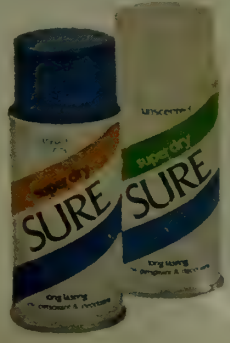
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Ready your child for school

spot any deficiencies before they become learning problems. Ask a teacher or principal what free health screening services the district provides.

- Emergency form. During registration, you may be asked to complete an emergency form with a phone number that will reach you during the day. In case you are sometimes unavailable, it would be a good idea to provide an alternative number of a friend or relative who is willing to be listed as a responsible party for your child. (See "Emergency medical care for your kids when you're not there," *Better Homes and Gardens* magazine, June, 1978.)

6. Set a safe route to school.

Well in advance of the first day, decide whether your child will walk or ride to school.

Consider factors such as these: How mature is the youngster? Does the child understand traffic patterns and signs? How much traffic exists along the route? Will the child walk alone?

During registration, get the names of other children in your neighborhood who will attend the same session. Then arrangements can be made for a car pool, busing, or walking in a group.

If you decide to let your child walk, invest some time in finding the safest route. Check the location of intersections, busy parking lots, blind alleys, and garage entrances. Walk the route with your child beforehand. Point out hazards and explain why they are dangerous. Tell the child never to talk to strangers or get into a strange car.

If possible, pick some intermediate spot along the route where he or she can go in case of emergency. Walking the route before the first day will also let you time the trip so you will know when to expect the youngster home.

7. Be prepared to let go.

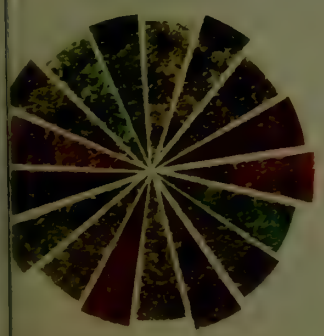
Letting go on the first day may be harder for you than for your child. Don't let your doubts dampen the child's enthusiasm. Tension in your voice and manner as you approach the school and say goodbye will make the child fearful of a new situation.

You should arrive on time, deliver

continued



Just one of the seventeen colors of Rainbow Radiance carpeting on sale from August 6 through 26.



Watch the lights dance across the softly sculptured surface of Rainbow Radiance and see a room come alive. Multi-shaded, shimmering color is ideal for the room setting in need of extra pizzazz.

For practicality, Rainbow Radiance is tough, cut and loop 100% nylon pile (the longest wearing carpet fiber made). And it's treated with SCOTCHGARD® Brand Fabric Protector and anti-stat.

Rainbow Radiance is backed by the Sears Label of Confidence, the label behind every piece of Sears floor covering. It reveals important information like fiber content, construction and wearability...and most everything else you need to know before making that all important purchase.

Come save on Rainbow Radiance, available in most larger Sears retail stores.

Prices and dates may vary in Alaska and Hawaii.

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Sale $6.99 sq. yd. Reg. $8.99. On sale August 6 through 26, 1978

continued

Ready your child for school

the child to the classroom, and then leave after a few cheerful words.

If you arrive too early, you may find yourself waiting with other tense and nervous parents and children. This only adds to a new student's apprehension. Also, parents who linger after the class begins often distract children from their first group activities. Don't stay, unless you've made prior arrangements with the teacher because your youngster has a special problem.

Usually, the new student recovers from the initial shock of separation much faster than the parents. A roomful of interesting things quickly captures a child's attention.

"It's very rare to find a child crying all the way through the first session," says one educator. "Much of the crying is only for the parent's benefit. The longer the parent remains on the scene, the longer the problem continues."

(Produced in cooperation with Ann Conner.)

IS YOUR CHILD READY FOR SCHOOL?

Many parents are eager to have their children begin school at the earliest age possible—presumably to provide a head start to academic success. But readiness for school includes much more than mental ability. Consider physical, emotional, and social development too.

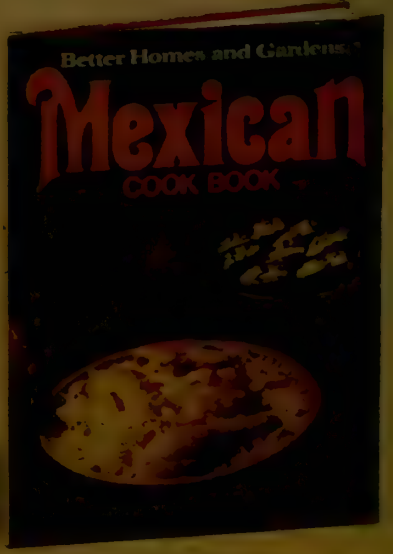
About 85 percent of the nation's youngsters begin their formal schooling in private or public kindergartens. Schools usually admit children to kindergarten and first grade on the basis of chronological age. (Usually a child must be five years old by the time school starts.) Parents have the option of waiting until the child is older before enrolling the child in kindergarten.

The decision about readiness is important, since a child's later attitudes about school will be shaped by early success in a variety of areas. A bright child who knows all the numbers and letters may have no experience in getting along with others. If that's the case, the youngster may not like school. Another child who works well with others may not yet have the visual and motor skills necessary for using numbers and letters.

The best time for your child to begin school depends on his or her own rate of growth—not when other members of the family or the neighbor's kids started school.

If you have doubts about your child's readiness, consult a first grade or kindergarten teacher several months before school begins. By asking a few simple questions, an experienced teacher can usually tell whether or not the child is ready. Some school districts provide a survey of skills to help determine a youngster's readiness (often at preschool registration). ■

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Seagram's 7 Crown

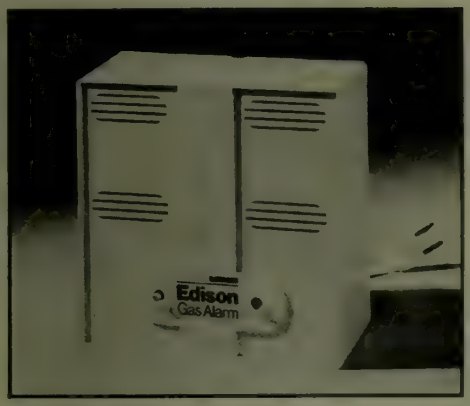
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SEAGRAM DISTILLERS CO., N.Y.C. AMERICAN WHISKEY—A BLEND. 80 PROOF.

GOOD NEWS

Gas detector



Operating on house current, this device immediately detects potentially dangerous propane and natural gas leaks at extremely low levels. Then it sounds a piercing alarm to warn you and automatically resets when the gas is cleared.

Gas Alarm, about $60. McGraw Edison; 1801 N. Stadium Blvd., Columbia, Mo. 65201.

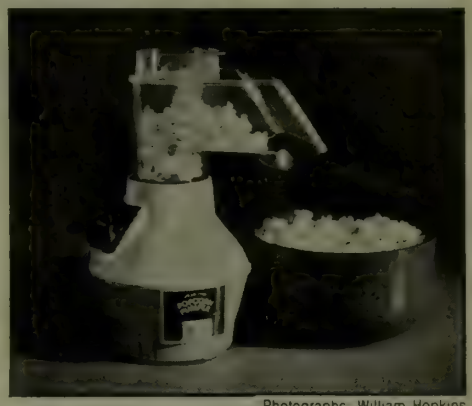
Garden care kit



This kit includes all the lawn and garden accessories you need: sprinkler, chemical spray gun, pistol hose nozzle, Y connector for two hoses, and a water-shutoff hose end connector with three adapters for different watering tools.

Lawn and Garden Kit, about $39. Melnor Industries, One Carol Place, Moonachie, N.J. 07074.

Hot air popper

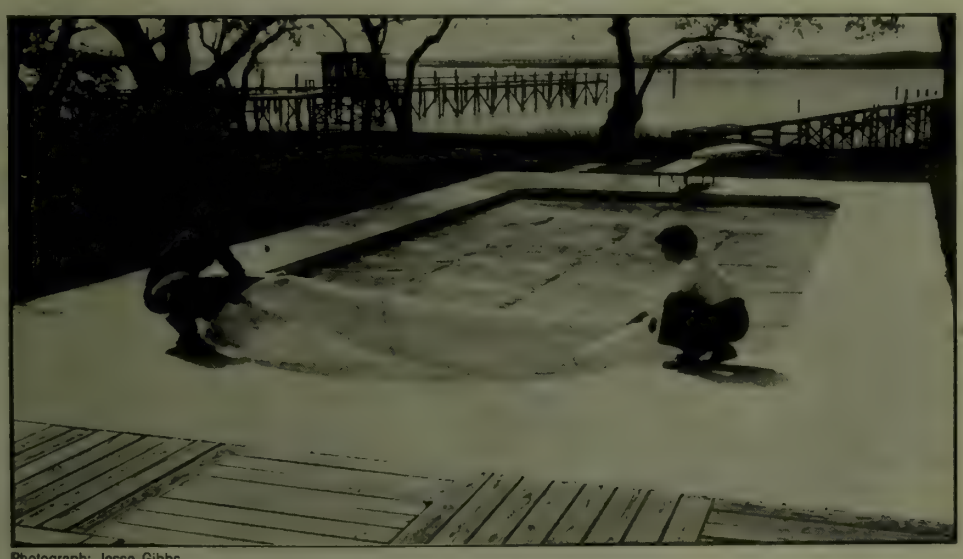


Photographs: William Hopkins

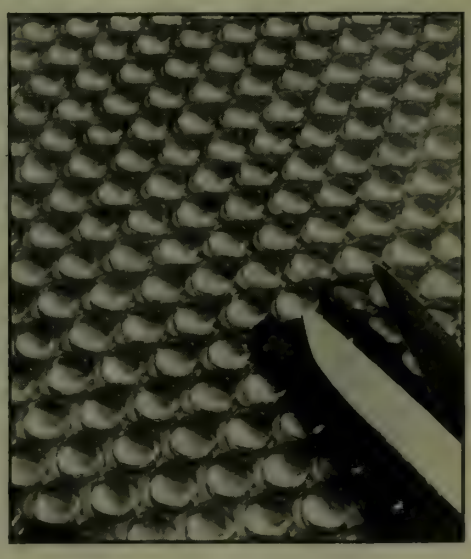
Popping popcorn is faster and neater with this unconventional popper. It uses hot air instead of hot oil to pop the corn and push it out a chute into your bowl. And you can pop successive batches without turning off the popper.

Popcorn Pumper, about $40. Wear-Ever Aluminum, 1089 Eastern Ave., Chillicothe, Ohio 45601.

Pool heat and water saver



Photograph: Jesse Gibbs



This pool blanket lets in the sun's rays to help warm the water while forming an insulation barrier to cut heat loss and evaporation. The blanket is constructed of two layers of transparent plastic film formulated to withstand harsh sunlight and pool chemicals. Thousands of tiny trapped air pockets between the two layers *(photo at right)* keep the blanket afloat, eliminating the need for weights and tie-downs. After you trim the blanket to a snug fit of your pool with a pair of scissors, you and a helper can slide the blanket off and on in minutes.

Solar Pool Blanket, about $200 for a 15x30-foot rectangular cover. Sealed Air Corporation, 2015 Saybrook Avenue, Commerce, Calif. 90040.

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GOOD NEWS

Houseplant helpers



These two ready-to-use solutions benefit your houseplants in special ways. The transplant starter contains an extra dose of the nutrient that promotes new root growth. The foliage spray mists your plants with both moisture and a nutrient that the foliage absorbs.

Garden Show Transplant Starter, about $1; Garden Show Foliage Spray, about $1.29. Del Monte Corp., One Market Plaza, Box 3575, San Francisco, Calif. 94119.

Scalding preventers



Surges of hot water from the tub or shower can startle and sometimes scald bathers. That can't happen with this shower device and tub filler spout. They contain thermostats that immediately shut off too-hot water until the temperature drops to a safe level.

Safety Shower Guard (shower head not included), about $20; Safety Tub Guard, about $20. Apor Industries, Inc., Village Bank Bldg., 251 W. Garfield Road, Aurora, Ohio 44202.

Scooping scale

Dip this ladle into any food—hot, cold, dry, or liquid—as you're cooking and serving, and you can immediately read the weight of the portion. Built into the handle of the dishwasher-safe plastic ladle is an accurate scale that measures up to seven ounces (or 200 grams). And you can weigh foods two ways—by dipping the ladle into the food and then holding the top of the handle with one finger, or by filling the ladle as it rests in its wall hanger. The stainless steel spring scale can be adjusted for accuracy.

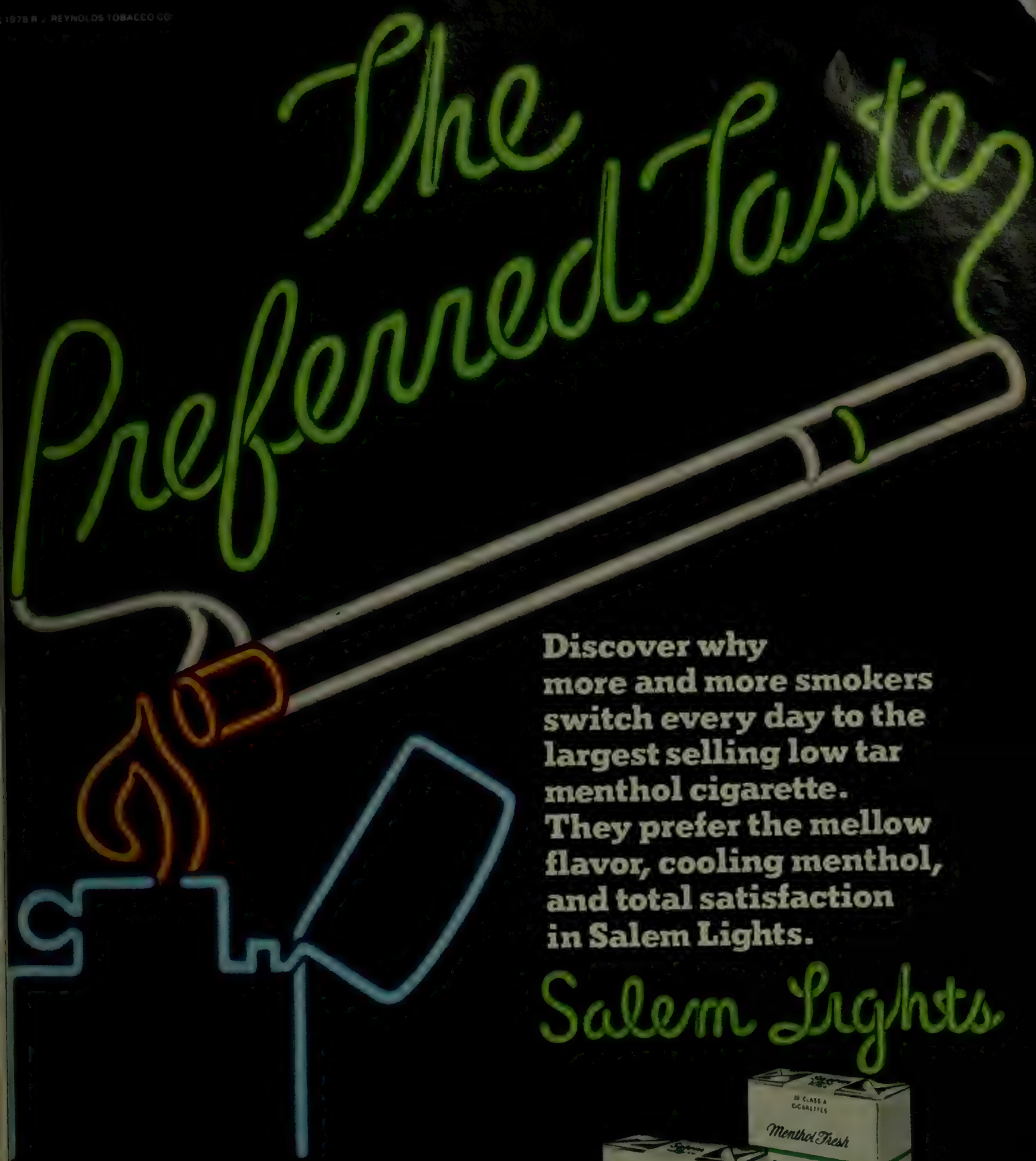
Weighdle, about $10. Gemini International Corp., 1270 Broadway, N.Y., N.Y. 10001.



Products shown in Good News are available nationally. For more information or the name of the nearest retail outlet, contact the manufacturer at the address listed; please do not send money to the company. All prices are subject to change.

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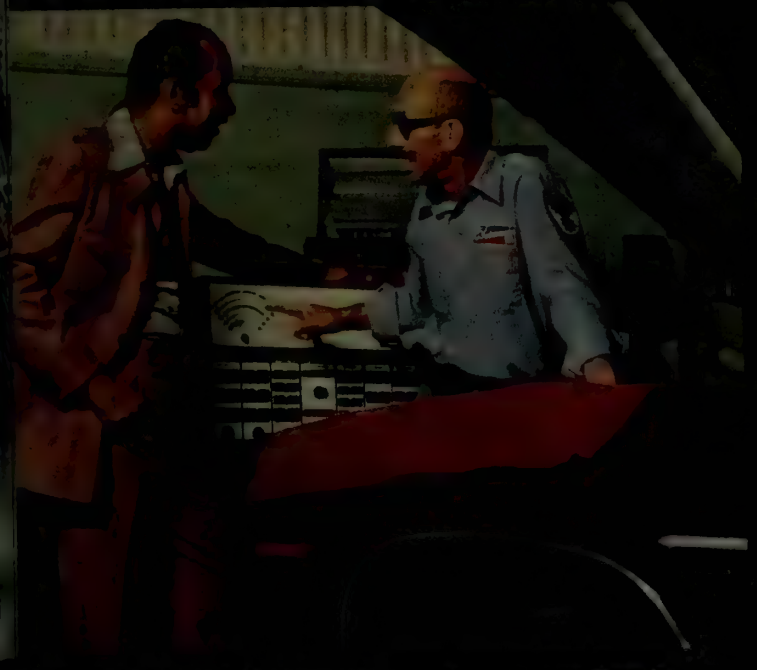
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A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU

TIPS TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

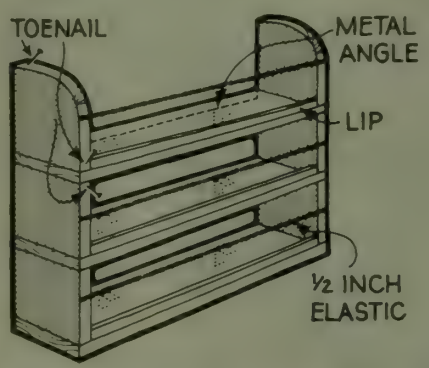
PROBLEM

You need more shelves for spice jars, but wall space is scarce.

SOLUTION

Build shallow shelves inside one of your kitchen cabinet doors, as shown. Mount the shelves first, using metal angles, then nail and glue endpieces in place. Add a small lip at the bottom of each shelf, then finish up by stapling ½-inch-wide strips of elastic across each opening to keep the spices from tipping when the door is opened and closed.

P.S., Windgap, Pa.



PROBLEM

The hardwood project you're making requires lots of screws, and your arm muscles give out before you're half finished.

SOLUTION

Simplify your screwdriving chores by coating the screw threads with silicone grease from a grease stick. The stick is much neater to use and easier to store in your toolbox than the other popular lubricants—soap and wax—and the grease won't dry out and become brittle. Just be careful not to get even the slightest bit of grease on the surrounding surface because the silicone in the grease keeps wood from accepting paint or stain.

R.E., Lincoln, Nebr.

PROBLEM

You want to strip paint from cabinet doors but that can be costly if the liquid remover dries rapidly and has to be coated a second or third time.

SOLUTION

Remove the doors, apply the remover to the face of each one, then sandwich the doors together—wet side to wet side. This retards evaporation of the remover so it continues to work much longer than if exposed. For other surfaces, cover the treated areas with newspapers.

M.F., Loveland, Colo.

PROBLEM

You have to carry several concrete blocks by hand and want to avoid straining your hands the way you did last time.

SOLUTION

Use a pitching horseshoe as a carrying handle and you can move two blocks at a time—one per hand.

R.B., Somerset, Pa.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and all submissions become the property of Meredith Corporation. We do not accept previously published ideas.

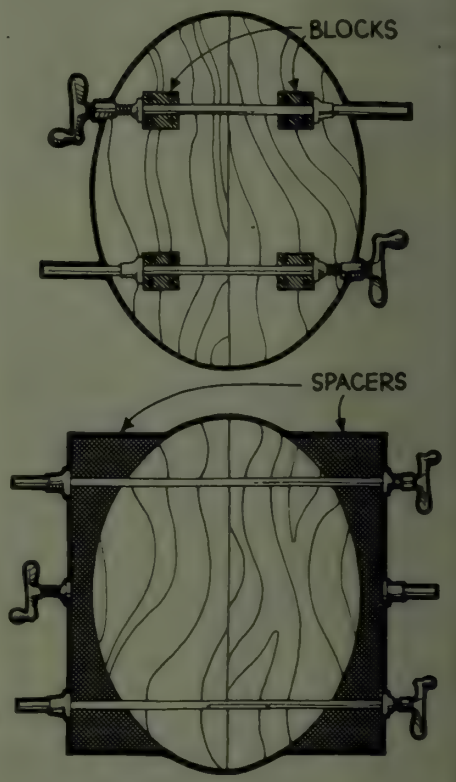
PROBLEM

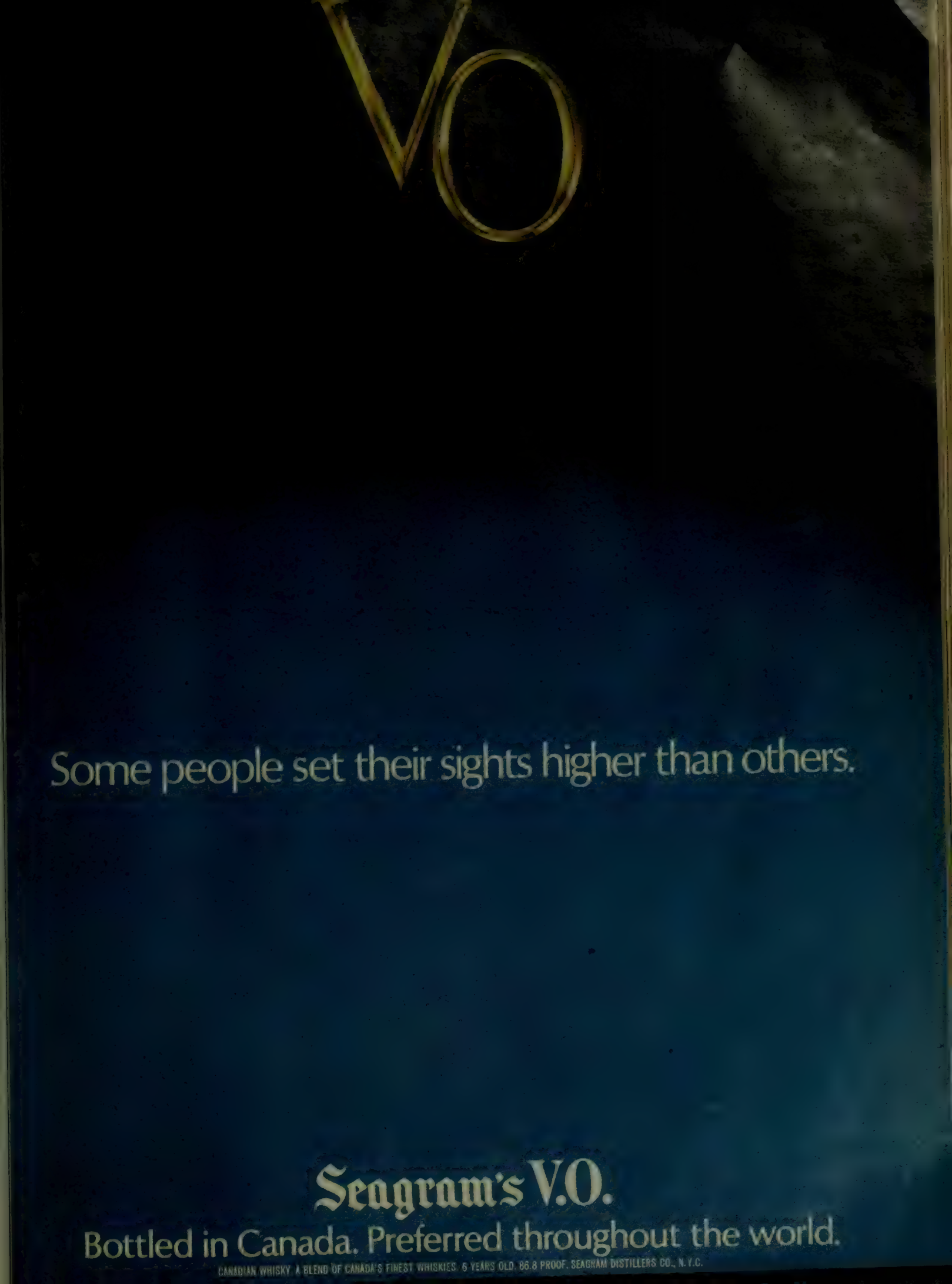
A crack has developed in your oval (or round) tabletop, and your furniture clamps won't hold it for the gluing process.

SOLUTION

Screw two 1½x3-inch blocks onto the bottoms of both sections of the table, as shown. Apply glue along both sides of the separation, shove the two sections together, and lay the table facedown on a flat surface. Lay heavy weights on the tabletop to keep it flat, then draw together the two sections with furniture clamps hooked onto the blocks. Another solution is to cut two contoured boards, as shown, from scrap plywood or lumber and use them as spacers between the clamps and tabletop.

A.H., Jellico, Tenn.




V.O
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HIGH BLOOD PRESSURE

HOW CAN YOU HELP YOURSELF?

MYTH: High blood pressure affects only persons who are nervous and tense.
FACT: High blood pressure affects the easygoing as well as the uptight person. "Hypertension" and "high blood pressure" describe, in part, the state of a person's arteries, not his mind.
MYTH: You always get a headache or become dizzy if your blood pressure is up.
FACT: For some people, that's true, but high blood pressure usually has no symptoms until the heart, brain, or kidneys have been damaged. That's why high blood pressure is called the "silent" killer.

MYTH: High blood pressure is a disease of old age.
FACT: Persons of any age, even children, have high blood pressure.
MYTH: Only fat people develop high blood pressure.
FACT: Overweight people are more likely to have high blood pressure, but thin people have high blood pressure, too.
MYTH: Nothing can be done about high blood pressure.

FACT: Blood pressure can be lowered and controlled at a healthy level with drugs, and—for some people—by dietary changes.
MYTH: Treatment for high blood pressure is worse than the disease itself.
FACT: Most people with high blood pressure lead normal, active lives with no unpleasant side effects from their medication. Best of all, they have a dramatically lower risk of serious illness.
MYTH: High blood pressure can be cured by your doctor.
FACT: You don't "get over" high blood pressure. Treatment usually continues for life.

High blood pressure is the most common chronic cardiovascular disease in this country. Thirty-five million Americans have hypertension (the medical word for high blood pressure). That figure includes one out of four persons over age 18 and growing numbers of youngsters.

Do you have high blood pressure? Unfortunately, two of every five persons with high blood pressure don't know they have it. So, even if you're sure *you* don't have high blood pressure, think about the other members of your family—especially your children. When was the last time their blood pressure was checked? To keep high blood pressure from developing, you're going to have to accept the responsibility for your own—and your family's—health. That course of action also applies if you already have high blood pressure and you want to avoid the devastating complications that accompany the disease.

After you learn more about high blood pressure, you may decide to change your family's living and eating habits as a possible preventive measure. If you're told by a physician that you have high blood pressure, you'll have to stick to treatment.

It's not easy to prevent or control high blood pressure—but the efforts you make toward those goals have great potential: a longer, healthier life for you and your children.

WHAT IS BLOOD PRESSURE?

The term "blood pressure" refers to the force exerted by the blood against the walls of the arteries. The flow of blood is controlled by the pumping action of the heart. With each beat (*systole*), pressure rises, causing the walls of the arteries to stretch. At each rest between beats (*diastole*), pressure decreases, allowing the arterial walls to relax. Your blood pressure "reading" is simply the relationship between the beating (systolic) and resting (diastolic) pressures. The systolic number is always written first: as 120/80 or 138/76. The numbers are derived from the height in millimeters that the pressure registers on a column of mercury in a blood pressure device. (Think of the way mercury goes up and down in an ordinary thermometer.) The numbers remain the same even in the more modern blood pressure dial that doesn't contain mercury.

Your blood pressure reading will not always be constant. Blood pressure goes up when you're working or are anxious or excited; it drops when you're relaxed. Your blood pressure is lowest when you sleep.

An individual's blood pressure varies: there is no single "normal" reading.

One single high reading doesn't necessarily mean you have sustained high blood pressure, but it should alert your doctor to the need to repeat the measurement and possibly perform laboratory tests. A single high reading is often the first indicator of sustained high blood pressure, and when blood pressure goes up and stays up, it's time to be concerned.

WHEN IS BLOOD PRESSURE HIGH?

In adults, normal systolic pressure ranges from 100 to 140 and normal diastolic from 60 to 90. For example, a reading of 120/80 (taken while you're seated) is considered within the normal range for adults just as is a reading of 130/85.

Last year, guidelines for defining and treating high blood pressure were issued by the Joint National Committee on Detection, Evaluation and Treatment of High Blood Pressure

continued



When we finally found our dog Skipper, we also found out something about Gaines•burgers® DOG FOOD He loves it.



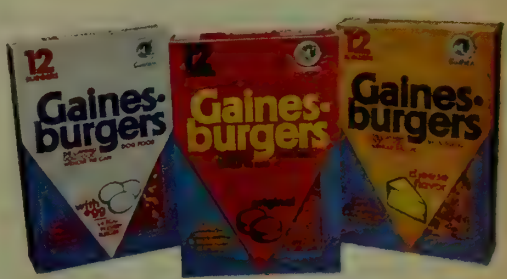
Our dog Skipper had been missing for three days when the Harrisons found him.

I hadn't slept at all. I'd been so worried that he hadn't eaten. He's so fussy, he won't eat anything that doesn't come out of a can.

Well, there he was at the Harrisons'. The fussiest dog in the world, devouring a bowl of Gaines•burgers like he'd been eating it all his life.

Then Mrs. Harrison explained that not only is Gaines•burgers® dog food nutritionally balanced, but it's moist and meaty like canned dog food, too. And it was obvious from Skipper's clean bowl that it must taste terrific.

Anyway, Skipper doesn't stray too far away from home anymore. He doesn't want to get that far away from his Gaines•burgers.



The canned dog food without the can.®

A nutritious combination of meat by-products, vegetables, vitamins and minerals.

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Gaines®



Yard Guard's Circle of Protection kills bugs now.

cans are thought to have borderline high blood pressure.

Men and women suffer from high blood pressure in about equal numbers, although men are affected more severely and earlier in life. High blood pressure is two to 4½ times more prevalent in blacks—particularly black males—than in whites of the same age.

High blood pressure is usually first detected between ages 30 and 40. But, some researchers believe the tendency toward high blood pressure can be predicted even before the age of ten.

Higher blood pressure means greater risk of coronary disease and stroke. Heart attack and stroke are twice as likely for a person with blood pressure that's 160/95 or higher than for a person whose blood pressure is in the normal range.

High blood pressure stresses blood vessels throughout the body; the walls of the arteries become thicker and more rigid, and fatty deposits build up.

It may take many years for the devastating effects of high blood pressure to be noticed. That's why it's important to find out about it early and get the disease under control.

WHAT CAUSES HIGH BLOOD PRESSURE OR MAKES IT WORSE?

About ten percent of high blood pressure cases result from kidney disease, adrenal tumors, or blood vessel defects. In such cases, high blood pressure often can best be corrected by treating the cause.

In addition, oral contraceptives may raise blood pressure

continued

continued

High blood pressure

sponsored by the National High Blood Pressure Education Program of the National Heart Lung and Blood Institute. Among the Committee's recommendations:

- For blood pressure that is under 140/90 (normal blood pressure): All adults, have pressure rechecked annually.
- For blood pressure that is 140/90 to 160/95 (borderline high blood pressure): Persons age 50 or older, check again within six to nine months. Persons under age 50, check within two or three months.
- For blood pressure that is 160/95 or higher (high blood pressure): All adults, have the blood pressure elevation confirmed within one month.
- For diastolic pressure that is 120 or higher: Seek prompt evaluation and treatment.
- For children: The range of normal blood pressure varies considerably with age and body size. You should have your children's blood pressure checked annually.

Incidentally, blood pressure that's persistently below the normal range is rare, but not necessarily abnormal. Persons with lower than average blood pressure have a below-average cardiovascular risk. It is only when blood pressure drops so low as to cause fainting that it is a cause for concern.

HOW COMMON IS HIGH BLOOD PRESSURE?

Thirty-five million Americans are estimated to have blood pressure 160/95 or higher. Another 25 million Ameri-



Keeps them away for hours.

Raid Yard Guard kills bugs up to 20 feet away, with a powerful bug-killing fog that penetrates the foliage. It creates a circle of protection that lasts for hours.

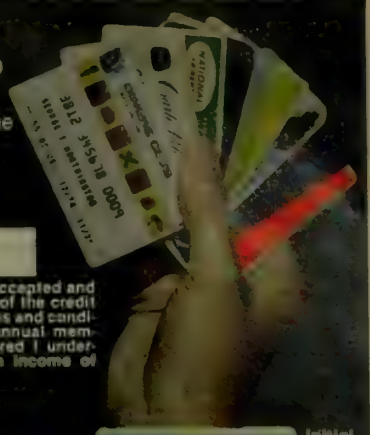
Johnson wax

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Master Charge. I authorize Timesaver to forward this application to a Master Charge issuer accepting applications from the area in which I reside. When applying through Timesaver in order to be considered you must have a minimum income of $9,000 per year and have listed one current credit card reference where indicated on the application. If this application is accepted and a credit card issued my acceptance of the credit card indicates that I agree to the terms and conditions accompanying the card. *(Minnesota residents see application footnote.)*

Initial here

National Car Rental. This card establishes credit worthiness, eliminates deposit requirements, and provides for charge privileges. In order for your application to be considered, you must list 3 major credit card references. Individual accounts only.

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The Playboy Club International Key entitles you to admission to all Playboy clubs. You can enjoy great food, Playboy-sized drinks and top entertainment in Clubs located throughout the U.S. plus England and Japan. *A Playboy Club International Key is not a credit card*, but the Playboy Club now accepts major credit cards. Your initial Key Fee is $25 for the first year. You may renew your Key each year by payment of the then-effective Annual Key Fee that will be billed to you. (AKF currently $15.) Send no money now. We will bill you later. Important Notice... TEXAS RESIDENTS. Initial Key Fee in Texas is $50. Annual Key Fee in Texas is $25.

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Carte Blanche. If this application is accepted and a credit card issued, my acceptance of the credit card indicates that I agree to the terms and conditions accompanying the card. $20 annual membership fee. In order to be considered I understand that I must have a minimum income of $12,000 per year.

Initial here

Diners Club. Honored world-wide. To be considered, applicant must provide at least two credit references and have a yearly minimum income of $12,000. Annual fee for individual account is $20 and additional cards for use by applicants family members are available at $7.50 each per year.

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Just call any station or garage. We'll reimburse you up to $30 per call for road service or towing. 25% cash discount on Hertz car rentals. Up to $5,000 all risk accidental death and dismemberment protection and free trip routing. Includes emergency travel expenses up to $100. Other discounts and benefits as fully described in the membership brochure. When I initial where indicated I understand I will be enrolled as a member and billed $2.25 per month on my Wards Charg-all account. I can cancel my membership at any time on 30 days written notice. Offers limited by state law where applicable.

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Credit Card Application

If your application is approved by the company or companies from whom you requested a card, you will be notified by the individual company or companies. Allow 30 days to process.
PLEASE PRINT (preferably with DARK INK)

FOR OFFICE USE ONLY BH-1

(OPTIONAL) MR. MS. MRS. MR. & MRS. NAME OF APPLICANT—FIRST, MIDDLE INITIAL, LAST

NO. YEARS AT PRESENT ADDRESS

ADDRESS APT NO

MONTHLY PAYMENT $

☐ RENT ☐ OWN

CITY STATE ZIP CODE

OTHER

AGE SOCIAL SECURITY NO NO. OF DEPENDENTS HOME TELEPHONE NO AND AREA CODE

PREVIOUS ADDRESS HOW LONG THERE

NAME OF PRESENT EMPLOYER ADDRESS OF PRESENT EMPLOYER

POSITION ANNUAL SALARY OR COMMISSIONS YEARS WITH FIRM EMPLOYER'S TELEPHONE NO

NAME OF PREVIOUS EMPLOYER ADDRESS POSITION YEARS WITH FIRM

NAME, ADDRESS & TELEPHONE NO OF NEAREST RELATIVE

COMPLETE IF JOINT ACCOUNT IS DESIRED: JOINT APPLICANT'S FULL NAME AGE ☐ MARRIED ☐ UNMARRIED ☐ SEPARATED

NAME AND ADDRESS OF JOINT APPLICANT'S PRESENT EMPLOYER SOCIAL SECURITY NUMBER

ANNUAL SALARY OR COMMISSIONS EMPLOYER'S TELEPHONE NO POSITION YEARS WITH FIRM

CREDIT REFERENCES (LIST CREDIT CARDS, DEPARTMENT STORE REFERENCES, FINANCE COMPANIES — OPEN OR CLOSED)

NAME:	ADDRESS:	ACCT. NO.:
-	-	-
-	-	-

OTHER NAMES UNDER WHICH YOUR CREDIT HISTORY CAN BE OBTAINED:

OTHER SOURCE OF INCOME (Alimony, child support, or separate maintenance income need not be revealed if you do not wish to have it considered as a basis for repaying this obligation) ANNUAL AMOUNT

BANK REFERENCES:	NAME.	ADDRESS	ACCT. NO.:
CHECKING:			
SAVINGS:			
LOANS:			

☐ INDIVIDUAL ACCOUNT ☐ JOINT ACCOUNT (WHEN AVAILABLE)

AUTHORIZED USER (when available)

Name of other person who will have use of this account. Relationship

I certify that the information in this credit card application is correct. I authorize you or your designee (any person you choose) to investigate the references and other information furnished by me, or by any other person pertaining to my credit responsibilities, obtain a consumer credit report when necessary in order to obtain additional information in connection with this application or for subsequent update, renewal, or extension of the credit requested by this application, and advise me upon my request whether a consumer report was requested and the address of such consumer reporting agency, and to notify me regarding other products or services available through Timesaver. If this application is accepted and credit cards are issued, my acceptance of the cards indicates that I agree to pay all charges incurred and I further agree to the terms and conditions accompanying the cards. Please process the applications for the cards I have designated by initialing the appropriate spaces.

NOTE: BOTH SIGNATURES ARE REQUIRED FOR A JOINT ACCOUNT.

APPLICANT'S SIGNATURE DATE

JOINT APPLICANT'S SIGNATURE (RELATIONSHIP TO APPLICANT)

INITIAL THE CARDS YOU WANT AND MAIL THIS ENTIRE PAGE TO:

TIMESAVER®
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KENSINGTON, MARYLAND 20795

NOTE FOR ILLINOIS RESIDENTS: a NO APPLICANT MAY BE DENIED A CREDIT CARD ON ACCOUNT OF AN APPLICANT'S SEX OR MARITAL STATUS b THE APPLICANT MAY REQUEST THE REASON FOR REJECTION OF HIS OR HER APPLICATION FOR A CREDIT CARD NO PERSON NEED RE APPLY FOR A CARD SOLELY BECAUSE OF A CHANGE IN MARITAL STATUS UNLESS THE CHANGE IN MARITAL STATUS HAS CAUSED A DETERIORATION IN THE PERSON'S FINANCIAL POSITION c A PERSON MAY HOLD A CREDIT CARD IN ANY NAME PERMITTED BY LAW THAT HE OR SHE REGULARLY USES AND IS GENERALLY KNOWN BY SO LONG AS NO FRAUD IS INTENDED THEREBY
MARYLAND RESIDENTS: FINANCE CHARGES WILL BE MADE IN AMOUNTS OR AT RATES NOT IN EXCESS OF THOSE PERMITTED BY LAW
INDIVIDUAL ACCOUNTS (WHEN AVAILABLE) EVEN IF MARRIED YOU MAY APPLY FOR A SEPARATE ACCOUNT IN YOUR OWN NAME
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TEAR ALONG DOTTED LINE AND RETAIN THIS INFORMATION

"ADVERSE ACTION" If you fail to provide the income or credit references as indicated under any credit card for which you have applied, your application with respect to that credit card shall be considered INCOMPLETE and shall therefore be DENIED. This notice constitutes your notification of incompleteness and of such adverse action. If you thereafter submit a completed application, it will be processed.

If your application does not reflect the necessary income indicated under any credit card for which you have applied, your application with respect to that credit card shall automatically be DENIED and this notice constitutes your notification of such adverse action.

Your application will be processed for those credit cards for which you have provided the required references and where your application reflects the necessary income.

The Federal Equal Credit Opportunity Act prohibits creditors from discriminating against credit applicants on the basis of race, color, religion, national origin, sex, marital status, age (provided that the applicant has the capacity to enter into a binding contract); because all or part of the applicant's income derives from any public assistance program; or because the applicant has in good faith exercised any right under the Consumer Credit Protection Act. The Federal agency that administers compliance with this law concerning this creditor is the FEDERAL TRADE COMMISSION, Equal Credit Opportunity, Washington, D.C. 20580.

continued

High blood pressure

in some women, as may pregnancy.

In the remaining 90 percent of cases many factors are thought to cause, or at least contribute to, high blood pressure. These factors include:

- **Heredity.** If your parents or siblings have high blood pressure, you and your children are more likely to have it as well. How much more likely? If one parent has it, there is a 50 percent chance you'll also have high blood pressure; if both parents have it, your odds zoom to 90 percent.
- **Obesity.** Although the true significance of the relationship between excess weight and high blood pressure is not yet known, many physicians are convinced the two go hand in hand. Today ten to 30 percent of all Americans are 30 percent (or more) overweight. The correlation between excess weight and high blood pressure is especially high if you're a woman, or if there is a history of high blood pressure in your family.
- **Excess salt in the diet.** When a healthy person consumes more salt than is needed, the kidneys dispose of the salt and excess fluids that accumulate—at least to a point. Habitual and excessive use of salt raises blood pressure in susceptible persons and aggravates hypertension in persons who already have it. The exact relationship between salt intake and high blood pressure is, as yet, unresolved. However, rigid salt restriction can often reduce blood pressure.

Adults and children need only about the equivalent of ¼ teaspoon of table salt a day. Even when working in a hot, humid environment, most people need no more than 2,000 mg a day—still less than one teaspoon.

Most American diets contain roughly three to five teaspoons of salt a day, far more than the body needs.

The salt in our diets primarily comes from foods with high salt content.

continued



50 calories of butter or margarine

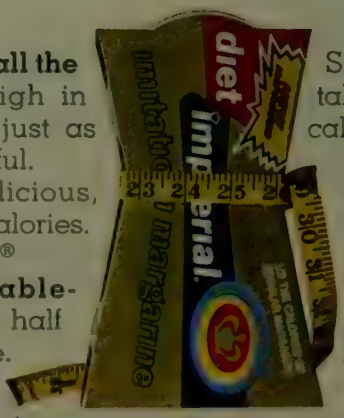
50 calories of Diet Imperial

Try delicious, new Diet Imperial. Still only half the calories of butter or margarine.

Enjoy the creamy taste—without all the calories of butter. Butter is high in calories. Regular margarine is just as high—100 calories per tablespoonful.

But now you can have delicious, creamy taste with only half the calories. With new, improved Diet Imperial.®

Only fifty calories per tablespoonful. Diet Imperial has only half the calories of butter or margarine.



So if you normally eat just two tablespoon-size pats a day, you can cut 100 calories.

Positively luscious flavor. Happily, Diet Imperial doesn't taste like diet food. It's creamy. Positively luscious.

A guarantee on the package: If you don't like new Diet Imperial, just send us your proof of purchase and we'll pay for it. Fair?

½ the calories of butter or margarine

The First Danbury Mint Gold-On-Crystal Bell

- **The first gold-on-crystal bell ever issued by the Danbury Mint.**
- **Individually hand cut from the finest full lead crystal.**
- **Richly hand decorated with precious 18kt. gold.**
- **Each bell individually serially numbered.**
- **Issued in a strictly limited edition. Not available in stores.**
- **Priced at only $27.50.**

Gold and Crystal! These very words evoke special emotions among connoisseurs of the rare and beautiful. For Full Lead Crystal is universally treasured for its flawless purity, transparent brilliance, timeless beauty, and great rarity. No wonder, then, that Full Lead Crystal has found favor as a fine art medium with discriminating collectors on every continent. And, what better way to complement the flawless quality of the crystal than the addition of the most precious of all the precious metals — Gold!

Each bell will be individually hand cut, thus making your bell unlike any other in the world. Then, each bell will be decorated by hand with three solid bands of precious 18kt. gold. Finally, a clapper of hand cut crystal will be fitted into each bell, thus allowing you to ring the bell and enjoy a sound as pure and as beautiful as the crystal itself.

This First Danbury Mint Gold-On-Crystal Bell will be issued in a strictly limited edition. *In the United States, this edition is limited to the number of reservations postmarked by August 31, 1978, and then the edition will close forever.* At just $27.50, this bell would be an elegant addition to any home.



Bell shown smaller than actual size of 7".

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06856

Must be Postmarked by August 31, 1978

Please enter my order for **The First Danbury Mint Gold-On-Crystal Bell.**

I have enclosed my remittance for the following:

_____ Gold-On-Crystal Bell(s) @ $27.50 each $_____
quantity

Postage and Handling @ $1.50 $_____

Total Amount Enclosed* $_____

Name _____

Address _____

City / State / Zip _____

Please make check or money order payable to: Danbury Mint
Allow 6 to 10 weeks after order deadline for shipment.
**Connecticut residents please add $2.03 per bell for sales tax.*

BHG

IS YOUR SALAMI GETTING OLD BEFORE ITS TIME?



Salami after 5 days in a Frost-Proof refrigerator.

Salami after 5 days in our Food-Life Preserver.

After a few days in your refrigerator, does your juicy roast become nothing to boast about?

Can your custard still cut the mustard?

Does your chocolate mousse start getting mousey?

Maybe it's about time you took a look at Frigidaire's Elite Line of refrigerators.

Because aside from features like solid-state ice makers,* Electri-Saver switches, and tempered-glass shelves, two models also have a Food-Life Preserver. It's a special section that not only has a vegetable Hydrator and a seven-day Meat Tender, but also an Unwrapped Food drawer. The drawer helps keep unwrapped food fresh for days by sealing air out and moisture in.



And it makes the storing of hard-to-wrap foods, like a piece of cake, a piece of cake.

So throw your food a life preserver and get a Frigidaire refrigerator.

Because with today's prices, losing an expensive cut of meat is the unkindest cut of all.

FRIGIDAIRE GM
WHY SETTLE FOR LESS?



*Available at extra charge

Look for our complete line of refrigerators and other Frigidaire appliances at your local Frigidaire dealer

continued

High blood pressure

Such foods include not only potato, cheese, and snack chips, salted peanuts, pretzels, pickles, and processed meats but also many foods that don't taste salty. And salt is used as a seasoning in many "convenience" foods (canned soups and TV dinners) and most commercial bakery products.

A ten-ounce can of condensed soup may contain more than a teaspoon of salt. A six-ounce serving of canned tomato juice contains about a half-teaspoon of salt. Two pieces of white sandwich bread contain more salt than your body needs in an entire day.

- **Stress.** It's true that pressures at home or work can make your blood pressure soar. But, if you're healthy, your blood pressure will return to normal when the anxiety-producing event is over. The type of job you have isn't a reliable predictor of high blood pressure. Stock market traders and rural letter carriers both can have high blood pressure. Constant and continuing stress—a frustrating job, an unhappy marriage—may be one of the things that makes high blood pressure worse.

Some researchers believe that there are people who react to stress with high blood pressure just as others might get headaches or break out in hives and still others might not be bothered at all. People who view life as a series of emergencies—the *hyper-reactors*—are more likely to have high blood pressure. But attempts to pin down a "hypertensive personality" haven't been as successful: All types of persons get high blood pressure.

- **Cigarette smoking.** Smoking has not been shown to *cause* hypertension, but nicotine does raise blood pressure and has been proven a risk factor for coronary heart disease.
- **Sedentary life-style:** Inactivity leads to obesity, so lack of exercise plays a role in high blood pressure.

HOW CAN YOU TELL IF YOU HAVE HIGH BLOOD PRESSURE?

Have your blood pressure checked. If your pressure is over 140/90, you should have a second, confirmatory, reading five or ten minutes later.

The Joint National Committee on Detection, Evaluation and Treatment of High Blood Pressure recommends that each person with suspected high blood pressure have a medical history taken and receive a complete physical, including an examination of the retina on the back of the eyes.

To learn how to take your own blood pressure, see the box at the end of this article.

HOW IS HIGH BLOOD PRESSURE TREATED?

Treating high blood pressure is a highly individualized matter. Your doctor should be familiar with the Joint National Committee's report because it represents medical consensus about when and how to treat high blood pressure.

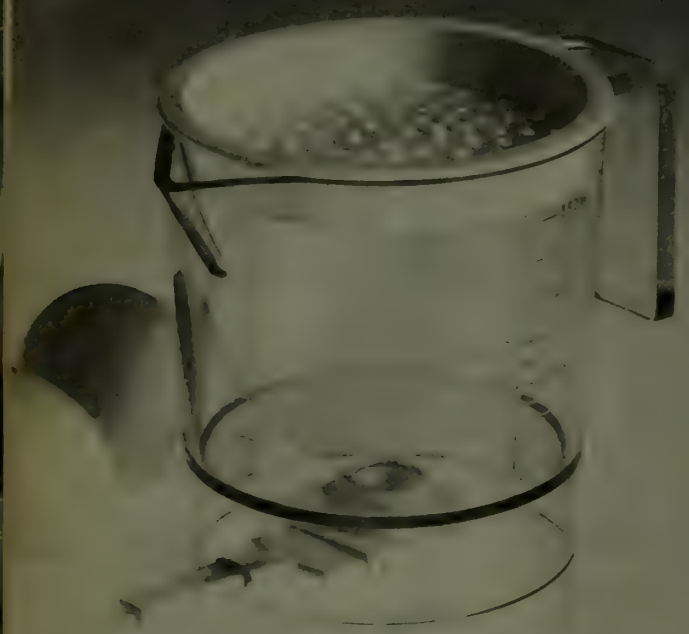
The aim of treatment for hypertension is to reduce diastolic blood pressure to below 90. (Diastolic pressure was chosen because, according to the Joint National Committee's report, "the benefits of treatment of systolic pressure are unclear.")

Good treatment is based on the

continued



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The Miracle Separator

A great new multipurpose gourmet unit that saves you time, money, and calories!

Now you can separate fats or grease from gravies, soups & sauces in seconds with just the touch of your finger. The scientifically designed shape combined with the unique Fingertouch™ valve eliminates the need for time consuming spooning or refrigeration. Fats are easily separated and dispensed. Foods taste better and are healthier!

The exclusive design also lets you: Clarify butter fast · Separate several egg whites at once · Pour pancake batter without mess · Dispense syrup or other liquids with drip-proof accuracy · Funnel with complete control · Strain meat or vegetables · Measure with both English and Metric systems · Many other uses. One Miracle Separator replaces a whole kitchen drawer full of inexact devices!

Made of high impact styrene and dishwasher safe, the Miracle Separator is a delight to use and comes with complete instructions. Get yours today at this special introductory price and save between 33% and 70% off comparable models.

Quantity discounts available for cooking schools. Write for further details.

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Please send me _____ Miracle Separators at $3.99 each, incl. 50¢ for postage and insurance, for a total of $_____. Calif. residents please add 6% sales tax.

☐ **My check or money order is enclosed.**

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City_____ State_____ Zip_____

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continued

High blood pressure

concept of "stepped-care"—that is, beginning treatment with the simplest measures and maintaining treatment at the lowest effective level.

- For diastolic pressures between 90 and 104, weight loss and salt restriction may be sufficient. Only if pressure is not controlled by these methods in three to six months does drug therapy generally begin. The usual drugs are thiazide diuretics that help the kidneys eliminate excess salt and water.
- For diastolic pressures of 105 or more, the Committee recommends drug therapy. Often a diuretic plus another specific blood-pressure-lowering drug is used. Commonly prescribed drugs, in addition to the diuretic, include rauwolfia compounds, methyldopa, propranolol, clonidine or prazosin, hydralazine, and guanethidine. Often more drugs than one are used simultaneously because they control blood pressure in different ways.

The drugs affect other bodily functions along with blood pressure, so there may be side effects at first. These often disappear after the body gets used to the drug.

It's estimated that 80-85 percent of patients using drugs to lower blood pressure do so without any significant side effects. If you are taking medicine for high blood pressure, ask your doctor to explain the side effects so you can understand them and report them to him if they occur.

Doctors frequently try various combinations of drugs over a period of weeks and months to arrive at a combination that works best, in the smallest possible number of doses a day. Many drugs need to be taken only once a day. Cost for blood pressure medicines ranges from a few cents to about one or two dollars a day. It's important to remember that treatment must continue indefinitely: Blood pressure stays low only as long as the drugs are taken and other factors affecting the hypertension are not changed.

Behavioral methods sometimes help lower blood pressure. These methods include biofeedback, relaxation techniques, modification of a person's environment (such as a job change), and psychotherapy.

Surgery is used only when the cause of high blood pressure is specific and surgically correctable.

CAN HIGH BLOOD PRESSURE BE PREVENTED?

As researchers learn more about the causes of high blood pressure, they're increasingly optimistic that a preventive can be found. Certainly the complications that result from high blood pressure can be prevented today.

Some authorities believe prevention begins at home, right in the kitchen. Dr. Harriet Dustan, immediate past president of the American Heart Association, says, "The likelihood of a person's developing high blood pressure increases with each excess pound."

Keep your weight normal. Most people should weigh the same in adulthood as they did at age 18. See that your children's weight is normal, too.

Reducing salt intake also may help prevent high blood pressure, although the exact amount of salt that's allowable is still disputed. The best way to cut back on salt use is to

continued



If you want a healthy cat, start with a healthy kitten.

If you want your kitten to grow into a strong, healthy cat, there are some things you should know.

Kitten Chow® for the first year.

Most people don't know it takes a whole year for a kitten to become a cat. And that's a lot of growing—from a baby, to a child, then to a young adult in just 12 short months.

That's why we made Purina® Kitten Chow® kitten food with all the extra nutrition kittens need during that critical first year.

Extra vitamins for bright eyes and a shiny coat.

Extra minerals for strong teeth and bones. And 35% protein for good strong muscles.

Cat Chow® forever.

Grown cats also have very special needs. Your cat needs a good balanced diet to help stay healthy.

Purina® Cat Chow® cat food is high in protein. That's important because cats need proportionately more protein than people.

With Cat Chow cat food, you don't need to give your cat extra vitamins and minerals.

It has all that's necessary for strong teeth and bones; for rich blood and good skin.

To help keep your cat healthy follow this rule—Cat Chow for health.

For your pet's health... see your veterinarian regularly



Kitten Chow the First Year.

Cat Chow Forever.

continued

High blood pressure

avoid highly salty foods and not to add salt in cooking or at the table.

Dr. Lot Page, professor of medicine at Tufts University in Boston, takes an even stronger position: "If sodium intake in our population were reduced to less than two grams per day (under one teaspoon) beginning in early childhood, it is possible this vast public health problem could be brought under control within a single generation."

To fulfill Dr. Page's prescription would mean major changes in the choice and processing of foods in this country.

In spite of the efforts of baby food manufacturers to reduce or eliminate salt from their products, some parents still taste the baby's food and add salt. The taste for salt is acquired, so don't add salt to an infant's food. All that does is satisfy your taste.

Dr. Page, for one, would like food product labels to state the specific salt content, not just "salt added," the phrase that is now commonly used. One hopeful development is the growing number of new low-salt products in the supermarket.

Here are several other measures you can take that may help you avoid high blood pressure:

- **Exercise regularly.** Exercise not only improves your general fitness but helps you keep your weight under control. (Start your family on the Better Homes and Gardens Family Fitness program, *Better Homes and Gardens* magazine, January, 1978.)
- Don't smoke, and encourage your children not to start.
- Lower your intake of cholesterol and other saturated fats (by eating more fish and poultry, less meat). Eat more complex carbohydrates (dried fruit, not candy bars) and use unsaturated fats in cooking.
- If there's a history of high blood pressure in your background, see that all family members have their blood pressure checked regularly.
- Look for ways to reduce stresses in your life.
- If you have diabetes, are pregnant, or take birth control pills, ask your doctor how often your blood pressure should be checked, get it checked, then follow all of his orders to the letter.
- **Finally, if you do have high blood pressure, and your doctor has prescribed medicine, take it every day as directed!** You may prevent early heart attack, stroke, or kidney failure by keeping your blood pressure under control.

WHEN DOES HIGH BLOOD PRESSURE AFFECT CHILDREN?

Until recently high blood pressure was considered an adult disease. Now the condition is being found in more and more children, sometimes as early as the first few months of life.

Researchers aren't yet sure whether or not high blood pressure in children is a forerunner of high blood pressure in adults or whether the condition is unique to childhood and without long-term implications.

The Task Force on Blood Pressure Control in Children, appointed by the National Heart, Lung and Blood Institute, has recommended that all children three years of age or older have their blood pressure measured and recorded annually, just as they have their height and weight recorded. If your doctor finds that your child is in the top five percent of the Task Force's distribution curve, he will want to see the child regularly. Doctors usually prefer to treat high blood pressure in children with diet management rather than with drugs because the long-term effects of drugs on children still remain unknown.

FOR MORE INFORMATION

Request *How you can help your doctor treat your high blood pressure* and other materials from your local American Heart Association office.

Write the National High Blood Pressure Information Center, 120/80 National Institutes of Health, Bethesda, Maryland 20014 for their high blood pressure materials.

Many physicians recommend *Living with High Blood Pressure—The Hypertension Diet Cookbook* by Joyce Daly Margie, M.S. and Dr. James C. Hunt as an excellent source of recipes and information about hypertension. The book is available only from its publisher and costs $12.95, including postage and handling. Write HLS Press, Inc., Box 1006, Brookdale Station, Bloomfield, New Jersey 07003.

HOW TO TAKE YOUR OWN BLOOD PRESSURE

Your doctor may advise you to monitor your blood pressure between office visits. Some people find the doctor's office stressful, and as a result, their blood pressure spurts up. Frequent home monitoring may help him assess your blood pressure more accurately.

If your doctor wants you to monitor your own blood pressure at home, you will have to buy home blood pressure testing equipment. Have the doctor check you out on the proper technique. Don't rely on the printed instructions included with the equipment. You should be aware that coin-operated blood pressure testing machines may not give you an accurate reading.

You'll need a sphygmomanometer (sfig-mo-man-OM-e-ter), a device consisting of a cuff, a rubber bulb to inflate the cuff, and a dial (or glass tube filled with mercury) to measure the pressure, and a stethoscope. You can expect to pay $30 (or more) for an accurate and dependable set.

Here is the basic procedure to follow as you take your own or a family member's blood pressure.

Apply the cuff around the arm just above the elbow. Squeeze the bulb to temporarily shut off the flow of blood through the artery. Place the stethoscope over the artery at the bend of the elbow just below the cuff. Release the air from the cuff and listen for the first distinct sound produced by the heartbeat. Record the number when you first hear the sound and then record the number when it disappears, indicating blood is flowing steadily through the artery.

You can take your own blood pressure, but to do so you must pump up and release the cuff and also hold the stethoscope with one hand. This is easier to do if someone helps you.

Record the pressure and let the doctor interpret the results. Don't adjust your own medication dose as a result of the reading. ■

(Produced in cooperation with Lynne Lamberg.)



FIRM

MATTRESS OR BOXSPRING **$79.00** *twin size*

Discover firm everyday prices for all sizes of this wonderfully comfortable mattress and its built-to-match boxspring. Full size is just $99.00 for each piece. Also available in queen or king sizes.

The luxurious 100% polyester damask quilted ticking and layered padding are just one sign of the value of this mattress. Inside are hundreds of heavy-gauge steel coils, tied securely for uniform firmness and resiliency. There are 216 coils in twin size, 312 in full size. Mattresses in all sizes are also available in firm, durable Serofoam polyurethane.

Underneath you'll find a boxspring that is built-to-match and enhance the firm support of the mattress. All boxspring coils have been cross-wired for bed stability.

All sizes are available in most larger Sears retail stores. Prices may vary in Alaska and Hawaii.

The Normandy Village Collection. Only at Sears

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Reg. $13.99. Save on all sizes and fourteen colors of Chico open-weave pinch-pleated draperies. Available unlined, as shown, or lined with 100% polyester semi-sheer batiste. Lined, reg. $19.99, 48 in. x 84 in. sale $17.99.

SALE DRAPERIES

$10.99

48 in. x 84 in. unlined

Sale July 30 through August 19, 1978.

Sleek lines, loose side and back cushions. Kiln-dried, all wood, double-doweled frames. No-sag base construction. Padded arms. Thick polyurethane foam seat cushions.

All pieces are available in a 100% Herculon® olefin fabric. Available in 23 other popular fabrics, most treated with SCOTCHGARD® Brand Fabric Protector. Sale prices may vary with the fabric you choose.

Sofa	*reg. $499.95*	*Sale $399.00*
Demi-sofa	*reg. $399.95*	*Sale $349.00*
Sofa sleeper (queen size)	*reg. $599.95*	*Sale $499.00*
Sleeper sectional:	*reg. $999.95*	*Sale $799.00*
Wedge sofa	*reg. $477.50*	*Sale $387.00*
Armless sleep-sofa	*reg. $392.45*	*Sale $322.00*
Ottoman	*reg. $130.00*	*Sale $ 90.00*
Sofa sectional:	*reg. $899.95*	*Sale $699.00*
Wedge sofa	*reg. $477.50*	*Sale $387.00*
Armless sofa	*reg. $292.45*	*Sale $222.00*
Ottoman	*reg. $130.00*	*Sale $ 90.00*

SALE SOFA

$399.00



DRAMATIC

Woodbrook occasional tables are constructed from solid oak and oak veneers. Smoke glass inserts have beveled edges. Coordinating wall units are all engraved wood-product and each measures 6 feet high, 30 inches wide and 16½ inches deep. Brass-finished hardware.

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Two-door wall unit	*reg. $189.95*	*Sale $169.00*
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Cocktail table	*reg. $159.95*	*Sale $139.00*
End table	*reg. $139.95*	*Sale $119.00*
Lamp table	*reg. $149.95*	*Sale $129.00*
Sofa table	*reg. $179.95*	*Sale $159.00*
Bookcase end table	*reg. $189.95*	*Sale $169.00*
Drawer end table	*reg. $179.95*	*Sale $159.00*
Square cocktail table	*reg. $199.95*	*Sale $179.00*

FUNCTIONAL





SALE LAMP

$34.99

Marbleized orange glaze lamp, reg. $39.99. Straw-toned lamp seen at left, reg. $32.99, sale $29.99. Both are 27½ in. tall.



SALE SLEEPER SECTIONAL

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Save $200.00!

Large selection. Arrangement shown is made up from ten bunches.

DRIED FLOWERS **99¢** *a bunch regular price*

Loom woven with 100% acrylic yarns in a densely looped pattern. A full 46 ounces of yarn per square yard! All sizes and colors are on sale.

9 ft. x 12 ft.	*reg. $349.99*	*Sale $299.99*
6 ft. x 9 ft.	*reg. $199.99*	*Sale $179.99*
4 ft. x 6 ft.	*reg. $ 99.99*	*Sale $ 89.99*

SALE DYNASTY CONTEMPORARY RUGS

$29.99

Sale July 30 through August 19, 1978
(Most items on sale)

Available in most larger Sears retail stores. Prices and dates may vary in Alaska and Hawaii.

The Normandy Village Collection. Only at Sears

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pleasurable



SALE TABLE
$319.00

Sears "Now and Then" dining room. Save $100 on the table and 4 side chairs. On sale for $699.00.

All pieces are made from solid oak and solid pine with selected oak veneers. Table measures 66 in. x 42 in. with two 12-inch leaves. Chairs are upholstered with 100% nylon fabric, treated with SCOTCHGARD® Brand Fabric Protector.

Table	*reg. $359.95*	*Sale $319.00*
Side chair	*reg. $110.00*	*Sale $ 95.00*
Arm chair	*reg. $130.00*	*Sale $115.00*
China base	*reg. $270.00*	*Sale $229.00*
China deck	*reg. $330.00*	*Sale $270.00*

Custom made table pad
70 in. x 42 in. ____ at reg. price $ 74.95

SALE MEMOIR RUGS
$23.99
42 in. x 70 in.

Memoir fringed rugs. In five sizes from 27 in. x 45 in. to 9 ft. x 12 ft.

They're made from soft, lustrous 100% nylon pile, the most durable rug fiber. The yarn is dyed before the rug is made for deep color clarity. And the knotted 4-inch fringe gives a custom made look. Sizes up to 42 in. x 70 in. are machine washable. And Sears exclusive Dynabond™ backing is skid, peel and crack resistant.

Six lovely colors—come buy several!

42 in. x 70 in.	*reg. $29.99*	*Sale $23.99*
30 in. x 54 in.	*reg. $15.99*	*Sale $12.49*
27 in. x 45 in.	*reg. $11.99*	*Sale $ 9.99*

Sale July 30 through August 19, 1978.

Save $100 on Sears 4-piece "Now and Then" bedroom set. Inspired by Shaker country furniture, all pieces are made from solid oak and solid pine with selected oak veneers. Brass-finished hardware.

The hi-rise nightstands, stack units and lightbridge make full use of your wall space and provide an elegant frame for your magnificent fan headboard.

Bedroom set, 4 pieces	reg. $999.95	Sale $899.00
Fan headboard, full/queen	reg. $239.95	Sale $219.00
Triple dresser	reg. $390.00	Sale $350.00
Five-drawer chest	reg. $270.00	Sale $240.00
Vertical mirror	reg. $100.00	Sale $ 90.00
Lightbridge, queen size	reg. $179.95	Sale $159.00
Hi-rise nightstand	reg. $229.95	Sale $199.00
Glass door stack unit	reg. $ 99.95	Sale $ 89.88

SALE BEDROOM SET

$899.00 *4-piece set*

Save $25 on all sizes and colors of Custom quilted Enchanted Meadow bedspreads. The fabric looks like hand-painted antique satin. 68% rayon, 32% acetate. Outline quilted. Generous polyester fiberfill. Coordinating drapery fabrics are also on sale.

Save 20% on all sizes and colors of Custom Shop Enchanted Meadow woven wood shades. Just $104.00 for the 48 in. x 60 in. size.

SALE CUSTOM QUILTED BEDSPREAD

$125.00 *Full size*

MEMORABLE



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Sale July 30 through August 19, 1978 (Most items on sale)

Available in most larger Sears retail stores.
Prices and dates may vary in Alaska and Hawaii.


...Angel II eyelet comes in ...bright colors. 65% Kodel® ...ester, 35% cotton fabric. ...Little or no ironing. Reg. $39.99 full size. Reg. $36.99 twin size. Pillow sham at reg. price.
SALE BEDSPREADS
$31.99 Twin size
$34.99 Full size
Sale July 30 through August 19, 1978.
Reg. $19.99. 65% Kodel® polyester, 35% cotton fabric. Little or no ironing. All sizes and colors on sale.
Fashion curtain (not shown), reg. $6.99, 72 in. x 24 in., sale $5.99.
SALE PANEL CURTAINS
$12.99 53 in. x 84 in.
Reg. $29.99. In lots of crisp, bright colors and fourteen sizes. Deep eyelet ruffles. Corners are rounded to drape beautifully. 65% Kodel® polyester, 35% cotton fabric. Machine washable. Little or no ironing.
SALE PRISCILLA CURTAINS
$26.99 98 in. x 81 in.
Tranquil


All the glory of the morning printed on Sears Perma-Prest® cheerful floral muslin sheets. 50% cotton 50% polyester. At glorious regular prices for all sizes.
SHEETS
$2.99 Twin size
$3.99 Full size
The same Perma-Prest® sheet fabric quilted into a fluffy polyester filled comforter. All sizes at pleasing regular prices.
COMFORTERS
$19.99 Twin size
$24.99 Full size
Medley solid color bed ruffles come in all sizes and four solid colors. 50% polyester, 50% cotton Perma-Prest® fabric. All sizes at regular prices. $8.99 twin size.
BED RUFFLES
$10.99 Full size
Here again cheerful flowers bloom on quilted bedspreads. Only $20 for twin or full size. All sizes at regular prices. Nylon backed and filled with long lasting polyester.
BEDSPREADS
$20.00 Twin or Full size
headboard in full size. Save $15.00 on twin size. On sale for just $59.88.
SALE RATTAN HEADBOARDS
$74.88 Full/Queen size
cheerful
Pinch pleated headings. Large range of sizes all at wonderful regular prices. What a nice, bright frame for the sunshine of a brand new day!
DRAPERIES
$13.00 48 in. x 84 in.
Sale July 30 through August 19, 1978 (Most items on sale)
Available in most larger Sears retail stores. Prices and dates may vary in Alaska and Hawaii.
The Normandy Village Collection. Only at Sears

Beautiful

Sears Bentwood dinette features table and chair legs constructed from durable tubular steel painted white. Mar-resistant table top with one leaf. Padded vinyl seats. Reg. $249.95,

SALE TABLE AND 4 CHAIRS

$199.00

Creamy café curtains 50% polyester, 50% rayon. Machine washable. All sizes on sale. 72 in. x 24 in. reg. $4.99,

SALE CURTAINS

$4.49



Strawberry Footlights Supreme carpeting. 100% Antron® II and III nylon pile, treated with SCOTCHGARD® Brand Fabric Protector. Urethane cushion back. Available at reg. price.

Linen-look placemats. 50% cotton, 50% polyester. At reg. price $2.49 each.



Sale July 30 through August 19, 1978
(Most items on sale)
Available in most larger Sears retail stores.
Prices and dates may vary in Alaska and Hawaii.

Sale July 30 through August 19, 1978.

Luscious strawberries and rich green leaves on a bed of cream create Sears beautiful Strawberry pattern stoneware. And Sears stoneware is durable, chip resistant and dishwasher safe. Reg. $79.99,

SALE STONEWARE

$69.99 *45-piece set*

Take off the strawberries and you have Sears Berry Band pattern stoneware. Forty-five piece set reg. $59.99, sale $49.99. Accessories at regular prices:
Mugs, set of 4. $9.99
Casseroles, set of 4. $24.99
Canisters, set of 4. $34.99
Casserole with stand. $24.99
Platter. $14.99
Ovenware, 3-piece set. $24.99

Useful





Strawberries at regular prices:
Kitchen towel. $1.89
Dishcloth. $1.19
Heat-resistant pot holder. $1.29
Quilted toaster cover. $3.49
Apron. $7.49
Quilted hot handler. $3.99
Oven mitt. $1.99

Drape your table with strawberries on a creamy tablecloth. Perma-Prest® fabric. Machine washable. Rectangle or oval shapes, 52 in. x 70 in. reg. $12.99, sale $10.39. Set of 4 dinner napkins reg. $6.99, sale $5.59.

The Normandy Village Collection. Only at Sears

©Sears, Roebuck and Co. 1978

Sears Grandesign bedroom. Splendidly massive, it covers your bedroom walls with restful dignity.

The tri-view mirror shows off you and your lovely bedroom from three directions.

The unique library headboard is spectacular to look at, space-saving and handy.

Every piece is made from all hardwood with a rich pecan engraved finish. For added character, all surfaces are distressed and antiqued. Brass finished hardware.

Bedroom set, 4 pieces	*reg. $799.95*	*Sale $699.00*
Headboard, full/queen	*reg. $179.95*	*Sale $149.00*
Triple dresser	*reg. $273.00*	*Sale $240.00*
Chest	*reg. $232.00*	*Sale $205.00*
Tri-view mirror	*reg. $115.00*	*Sale $105.00*

SALE BEDROOM SET

$699.00 *4 pieces*

Inviting

Designed exclusively for Sears by Erica Wilson, this delightful floral pattern is available in three colors.

The bedspread is made from a 50% polyester, 50% cotton Perma-Prest® fabric. Backed with nylon tricot. And filled with puffy polyester fiberfill.

All sizes are on sale. Twin reg. $29.99, full reg. $34.99,

SALE BEDSPREADS

$24.99 *Twin size* **$29.99** *Full size*

The same Erica Wilson design, here in Perma-Prest® draperies backed with acrylic foam for added weight and insulation. Mitered corners. Three colors and many sizes are available.

Sale July 30 through August 19, 1978.





Sears Grandesign dining room. So magnificent! Just look at the exquisite inlaid-look pattern on the tabletop. And how nicely the chairs complement the table detail. Natural cane high back chairs with padded chair seats upholstered in beige tones.

Every piece has hardwood structural parts and a pecan engraved, distressed finish. Metal grillwork accents and brass-finished hardware.

SALE **$499.00** *Table and 4 chairs*

Table and 4 chairs	*reg. $549.95*	*Sale $499.00*
Table	*reg. $269.95*	*Sale $239.00*
Side chair	*reg. $ 70.00*	*Sale $ 65.00*
Arm chair	*reg. $ 90.00*	*Sale $ 80.00*
China base	*reg. $210.00*	*Sale $185.00*
China deck	*reg. $240.00*	*Sale $215.00*
Server	*reg. $299.95*	*Sale $269.00*
Custom made table pad (42 in. x 84 in.)		*at reg. price $59.95*

The Normandy Village Collection. Only at Sears

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Romantic

Create a private world of day dreams and sweet dreams for your daughter with bedroom furniture styled in the charming country French tradition.

A delight to the eye. And the pocketbook. All these pieces in Sears exclusive Bonnet grouping are offered at this special low price:

Three-drawer dresser reg. $119.95
Dressing table with vanity mirror reg. $119.95
Four-drawer desk reg. $119.95
Large hutch reg. $119.95
Five-drawer lingerie chest reg. $119.95
Storage chest reg. $119.95

SALE
BONNET PIECES
$99.88 *Each*



The bedroom pictured above includes other pieces which are also on sale.

The Bonnet lamp, designed to let light shine out gracefully from a dresser top, nightstand or desk, is available at regular price.

The perfect match for a romantic mood? Frosty pastel watercolors on the machine washable ruffle-edged canopy cover. Watercolors, too, on the top-quilted bouffant bedspread.

Machine washable. Reg. $39.99 full size, sale $34.99. Reg. $36.99 twin size,

SALE BEDSPREAD
$31.99 *Twin size*

Practical



Curl up and dream on this gracefully arched canopy bed. ***Canopy frame, bed and rails, included,*** *reg. $139.90 twin size,*

SALE CANOPY BED

$89.88 *Twin size*



Sale July 30 through August 19, 1978.

Romantic furniture with a practical side: all dresser, chest and desk tops are covered with laminated plastic to help resist marring, scratches and stains. Joints are securely glued then stapled or screwed into place. And the finish? Delicate. Antique white decorated with bands the color of old gold.

All pieces are treated with a five-coat finish for easy cleaning.

Three-drawer dresser reg. $119.95. Sale $99.88. Storage chest reg. $119.95, Sale $99.88.

A place for everything, and everything in its place. A description to fit the multi-shelved hutch and sturdy desk.

Solid pine, hardwoods, and lightweight fiberboard drawer fronts. Heavy-duty hardboards are specially chosen and used where they are needed most for strength, durability and support. Four-drawer desk reg. $119.95, Sale $99.88. Large hutch reg. $119.95, Sale $99.88.



SALE BONNET PIECES

$99.88 *Each*

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delightful



Wash your bathroom with the fresh and lovely Watercolor Floral pattern from Sears.

Ruffle-edged double shower draperies woven of semi-sheer 100% polyester batiste with ruffled valance and tiebacks. All machine washable. White vinyl liner included. Reg. $19.99,

SALE SHOWER DRAPERIES

$17.99

Matching window curtains available.

Gentle watercolor patterned towels in a new larger size. Looped for absorbency on one side, sheared on the other for softness. All sizes on sale. Bath towel, 24 in. x 46 in., reg. $4.99,

SALE BATH TOWELS

$3.99 *Each*

Two-toned Superplush Misty premium nylon pile bath rugs and carpeting. Bath rug, 24 in. x 36 in., reg. $7.99, sale $5.99. Carpeting, 5 ft. x 6 ft., reg. $36.99, sale $28.99.



Sale July 30 through August 19, 1978.

Pinch-pleated draperies. 50% cotton and 50% polyester. Foam backed. Machine washable. All sizes on sale. Reg. $19.99, 50 in. x 84 in.,

SALE DRAPERIES
$17.99

Breezy 100% polyester batiste, semi-sheer rod pocket panels. Machine washable. Little or no ironing. All sizes on sale. Reg. $5.99, 40 in. x 84 in.,

SALE PANEL CURTAINS
$5.49

Watercolors swirl across a classic ginger jar lamp. The topping? A frosty white pleated shade. Available at regular price.

Ruffle-edged pillow sham. Perma-Prest® fabric of 50% cotton and 50% polyester. Machine washable. At regular price $8.99.

Watercolor Floral Perma-Prest percale sheets. 50% combed cotton and 50% polyester. Reg. $6.49 twin size, $7.99 full size,

SALE PERCALE SHEETS
$5.49 *Twin size* **$6.99** *Full size*

Comparable values on queen and king sizes.

Fluffy reversible comforters. Perma-Prest percale cover of 50% cotton and 50% polyester. Dura-Puff® polyester fill won't lump or shift. Machine washable. Reg. $29.99 twin size, $35.99 full size,

SALE COMFORTERS
$25.99 *Twin size* **$31.99** *Full size*

Quilted throw-style bedspreads. Perma-Prest fabric of 50% cotton and 50% polyester. Puffy polyester fill. Machine washable. Reg. $26.99 twin size, $29.99 full size,

SALE BEDSPREADS
$21.99 *Twin size* **$24.99** *Full size*

Perma-Prest eyelet bed ruffles. 14-inch flounce. Woven of 50% cotton and 50% polyester. Lace trim 65% polyester and 35% cotton. Machine washable. At regular prices $15.99 twin size, $17.99 full size.

Sale July 30 through August 19, 1978
(Most items on sale)

Available in most larger Sears retail stores. Prices and dates may vary in Alaska and Hawaii.

© Sears, Roebuck and Co. 1978

Sale July 30 through August 19, 1978.

Medley Garden Perma-Prest® percale sheets. 50% combed cotton, 50% polyester. Four colors. Reg. $5.49 twin size, $6.99 full size. Medley Plaid percale sheets are also on sale for the same low prices.

SALE PERCALE SHEETS
$4.49 *Twin size* **$5.99** *Full size*

Medley Garden Perma-Prest percale comforters. Cover woven of 50% cotton and 50% polyester. Dura-Puff® polyester fill won't lump or shift. Reversible to solid blue. Machine washable. Reg. $29.99 twin size, $35.99 full size.

SALE COMFORTERS
$25.99 *Twin size* **$31.99** *Full size*



Restful

Sears brings the colors of a drowsy summer sky down to earth and creates a tranquil medley of blues and whites for sheets, pillow shams, comforters and bed ruffles.

All in all, a fragrant garden of color for a peaceful earth-bound bedroom.

Medley Garden Perma-Prest bed ruffles and pillow shams. 50% cotton, 50% polyester. Bed ruffles at regular prices $15.99 twin size, $17.99 full size. Pillow sham at regular price $7.99.

Bright, beautiful 100% cotton Stained Glass towels. One side looped for absorbency, the other sheared for softness. Five color combinations. Reg. $5.99 bath size.

SALE BATH TOWELS
$4.99 *Each*

Bright and shiny. That's a 100% vinyl Stained Glass shower curtain. In five different color combinations. Reg. $9.99,

SALE SHOWER CURTAIN **$7.99**

Stained Glass meets its match with colorful furry-soft Prr-e-Soft bath rugs and carpet. 100% Dacron® polyester pile backed with cushion-grip latex. All sizes on sale. Carpet reg. $28.99, 5 ft. x 6 ft., sale $22.99. Rug reg. $5.49, 24 in. x 36 in.,

SALE BATH RUG **$3.99**

colorful

Take the bold approach and give your bathroom a brilliant new lease on life with Stained Glass from Sears.



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Sale July 30 through August 19, 1978 (Most items on sale)

Available in most large Sears retail

Reg. $19.99. Save on all sizes of Chico Plaid open-weave draperies. Shown here in just one of 6 great plaid color choices. Machine washable.

SALE DRAPERIES

$17.99

48 in. x 84 in.

Sale July 30 through August 19, 1978.

Save $100 on Sears Woodbrook sofa. Clean, classic lines defined with solid wood trim in a medium oak finish. Reg. $499.95.

Save $100 on a sofa sleeper version. Just $499.00 queen size.

The durable upholstery fabric is 100% Herculon® olefin, treated with SCOTCHGARD® Brand Fabric Protector. Loose side, back and seat cushions of polyurethane foam. Sturdy all wood frames. No-sag base construction.

SALE SOFA

$399.00

Save $40 on Sears Hampshire recliner. Kiln-dried, double-doweled hardwood frame. Coil spring seat for lasting comfort. Multi-position mechanism. In Herculon® olefin treated with SCOTCHGARD® Brand Fabric Protector or vinyl, as shown.

SALE WALL HUGGER® RECLINER

$199.00

HANDSOME

Save $5.00. Your choice. Solid ivory or multi-colored ceramic base.

SALE LAMP

$34.99

Sears Touch of Beauty carpeting. Wonderfully soft 100% nylon pile, 14 colors. Reg. $8.99 per sq. yd.

SALE CARPETING

$7.99

Every sturdy piece in Sears Palmdale family room comes unassembled. So easy to put together—no tools needed.

The family room set includes a sofa, chair, ottoman, cocktail table and end table. All made from solid pine frames with woodgrain plastic laminated particle board table tops and arm insets. Cushions are polyurethane foam wrapped with polyester fiberfill and covered with 100% Herculon® olefin.

The "Oak Accents" étagère, bunch table and lamp table are made from solid oak with tempered smoke glass shelves and tops. Other pieces are also on sale.

Sofa	*reg. $349.95*	*Sale $299.00*
Chair	*reg. $229.95*	*Sale $199.00*
Ottoman	*reg. $ 99.95*	*Sale $ 89.00*
Cocktail table	*reg. $ 99.95*	*Sale $ 89.00*
End table	*reg. $ 99.95*	*Sale $ 89.00*
Etagère	*reg. $ 99.99*	*Sale $ 89.99*
Bunch table	*reg. $ 29.99*	*Sale $ 24.99*
Lamp table	*reg. $ 49.99*	*Sale $ 39.99*

SALE FAMILY ROOM FURNITURE

$24.99 to $299.00



Save $30 on Sears hi-back Woodbrook chair. Save $10 on its matching ottoman, sale $109.00.

The same durable construction as the sofa at left with solid wood trim, covered with 100% Herculon® olefin corduroy and treated with SCOTCHGARD® Brand Fabric Protector.

SALE CHAIR

$299.00

Casual

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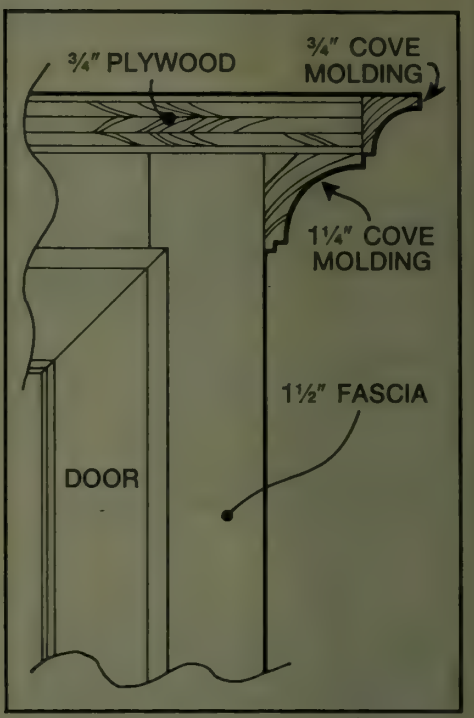
Sale July 30 through August 19, 1978 (Most items on sale)

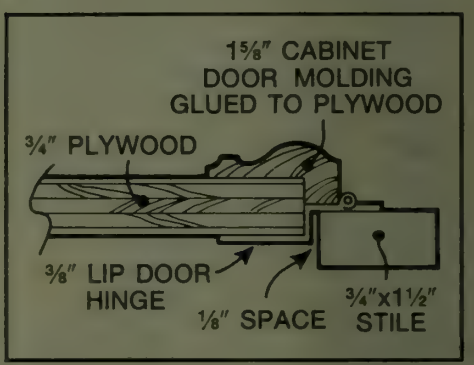
Available in most larger Sears retail stores

A HUTCH/BUFFET YOU CAN BUILD



Photograph and design: G. Granseth Enterprises





You don't have to be an expert cabinetmaker to build this hutch/buffet. The basic structure is plywood, and all of the framing members between the doors and the drawers have simple butt joints toenailed with fourpenny finishing nails. The elegant cornice and the rich-looking paneled doors and drawers are easily fashioned from common cabinet moldings.

The unit shown measures 60 inches long and 78 inches high, with 12-inch-deep hutch cabinets. The buffet storage cabinets are 16 inches deep and open to reveal shelves behind three of the doors, and a slide-out tray-on-a-track behind the fourth paneled door. Here are some building pointers:

When attaching the top to the upper hutch section, extend the plywood top 1¼ inches beyond the sides and front of the hutch. This extension accommodates the 1¼-inch cove molding (see drawing, *top right*). Cover the raw edge of the plywood top with ¾x¾-inch cove molding. Together, the moldings form an impressive cornice.

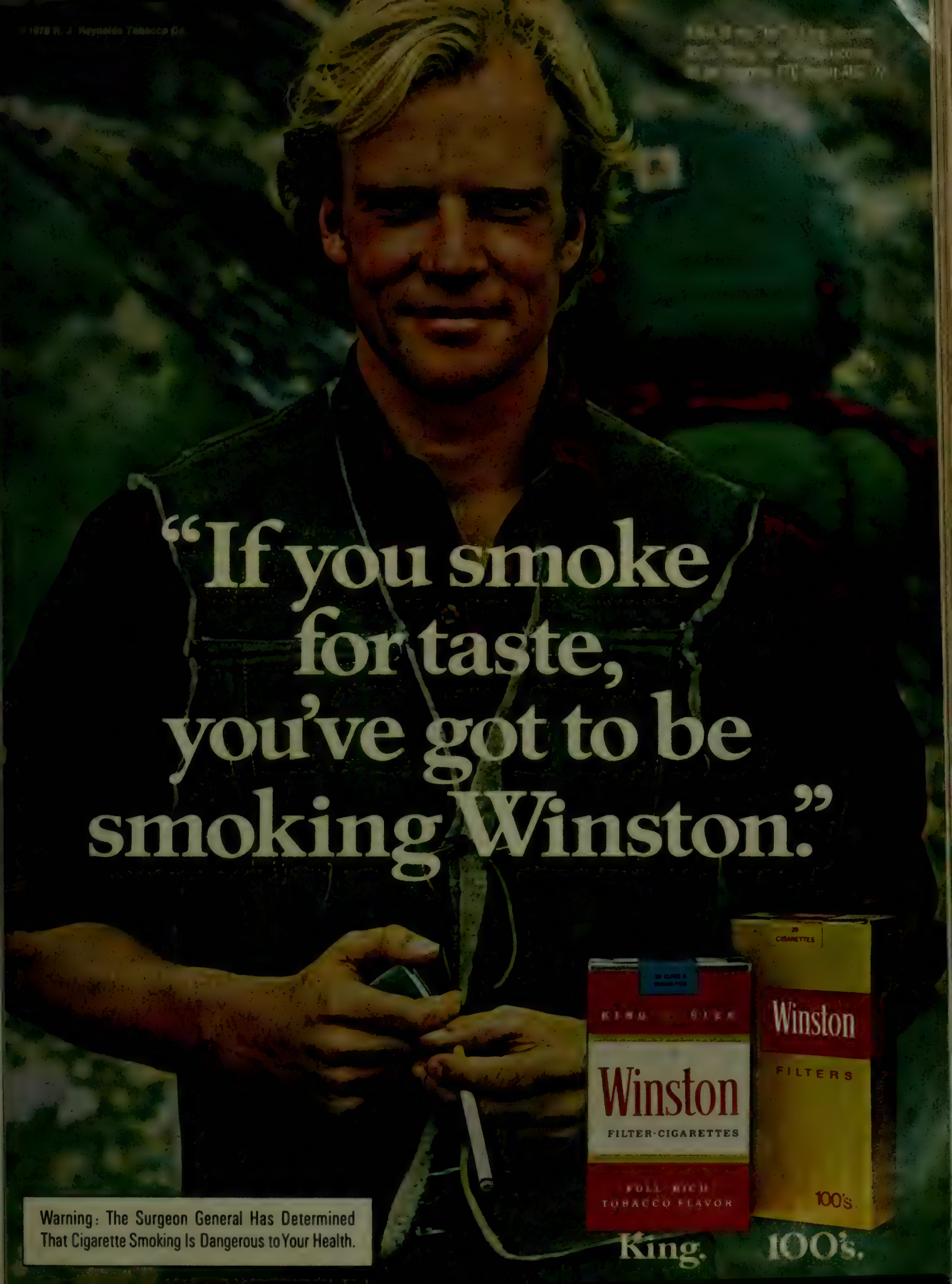
Creating the panel doors is simple, too. The panel is ¾-inch plywood cut ¼ inch narrower and ¼ inch shorter than the opening it covers. Frame the door panel with 1⅝-inch cabinet door molding, being careful to miter the corners accurately. Rabbet out a 1¼x⅜-inch section of the molding so the edge of the molding forms the door lip (see drawing, *above right*). Attach ⅜-inch lip door hinges as shown.

Before laying the buffet's ceramic tile top, edge the plywood sub-top with more door molding. Trim the inside edge of the molding to leave a lip the same thickness as the tile, then lay the tiles.

Half-inch walnut lumber installed diagonally forms the backing for the glass shelves that bridge the hutch sections. The walnut was ripped into three-inch strips and the edges were chamfered. (You can get a similar effect by using oak flooring as a backing.)

The cabinet shown is a built-in, but the hutch/buffet also can be constructed as a freestanding unit. Either way, build the top and bottom halves separately. Install the ceramic top, then attach the hutch section to the buffet. This way, you won't have to cut tiles to fit around the uprights that connect the two sections of the unit. ■

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

 Michael P. Scott

COULD LUPUS BE YOUR PROBLEM?

Try your hand at some medical sleuthing. You're the doctor/detective and your patient—a woman, age 28, who recently had a baby—says she has fever off and on, her joints ache, she's tired and irritable, her hair is falling out, and she has an unexplained rash across the bridge of her nose.

You probe further into your patient's medical history and learn that a specialist in rheumatic diseases has told her she doesn't have rheumatoid arthritis. Her obstetrician told her the tiredness, irritability, and hair loss were results of "postpartum depression." And her family doctor said the fever "will probably go away soon."

You believe your patient when she says, "I'm not a complainer, doctor, but I just know there's something wrong with me!"

What's the diagnosis?

If you didn't detect Systemic Lupus Erythematosus (air-a-THEME-a-TOE-sis), you don't have to hang up your medical detective's badge. The disease often baffles physicians, too.

Lupus erythematosus (usually referred to simply as lupus, or LE) afflicts more than 200,000 Americans (some authorities say more than 400,000). Fifty thousand new cases are diagnosed each year. Though less publicized than such well-known diseases as leukemia, multiple sclerosis, and muscular dystrophy, lupus is more common and just as serious.

In the past, only the most severe cases of lupus were able to be diagnosed—and often the diagnosis came too late to help the patient.

Today, while there's no "cure" for lupus, the picture is hopeful. Diagnostic tests have been improved, public awareness is growing, and the medical community is paying increasing attention to the disease. As a result, lupus can now be detected in its relatively mild forms and treatment started in time to keep the disease in check, provided patients and their physicians are alert to the symptoms. Here's what you need to know about lupus to help yourself and maybe even help your doctor.

Just what is lupus?

"Lupus erythematosus" means "reddish wolf." The name was given to the disease by 19th-century doctors who thought the butterfly-like rash that sometimes appears on the skin of persons with lupus was similar to the ravages of a wolf bite.

There are two forms of lupus: systemic (SLE) and discoid. The symptoms of both forms of the disease can come and go in a crazy-quilt remission



pattern. Between lupus attacks, the patient is often relatively healthy for months or years.

● **Systemic lupus** is an inflammatory disease that affects connective tissues throughout the body. Connective tissues (collagen, fibers, and supporting tissues) are the framework that binds cells and tissues together. It's thought that an unexplained autoimmune process is the cause of lupus. Normally, antibodies provide defenses against outside invaders such as viruses or bacteria. In lupus, the antibodies turn inward and attack the body's own connective tissue; swelling and inflammation result.

Systemic lupus can affect any organ system in the body—the blood, brain, muscles, kidneys, lungs, heart, skin. Frequently the joints are affected—leading to a mistaken diagnosis of arthritis (90 percent of SLE patients report arthritis-like symptoms).

Usually, the most serious cases of lupus are those that attack the kidneys.

Dr. Carl W. Soderstrom, medical adviser to the American Lupus Society's central Illinois chapter, says, "We really can't predict which patient is going to develop what symptoms. In some 25 to 50 percent of lupus patients, some major internal organ eventually will be involved. Lupus can be very serious—even fatal—and difficult to treat, or it might be mild and easily controlled."

The National Center for Health Statistics attributes about 700 deaths a year to SLE, but the figure is probably higher because of inaccurate diagnosis. The American Lupus Society estimates that 5,000 people die from lupus annually. Lupus-induced kidney failure is the most frequent cause of death.

● **Discoid lupus** affects only the skin. There are no internal symptoms and usually there is no serious threat to health, although the discoid form of the disease can be painful, and some scars may be produced.

"Discoid" describes the most common skin symptom—a reddened, scaly patch, shaped like a disc. Such lesions are usually treated with cortisone and antimalarial drugs, and by avoiding sunlight. Discoid LE is chronic, with patterns of flare-ups and good health. Only about five percent of discoid LE patients eventually develop systemic lupus. On the other hand, many systemic LE patients develop discoid patches sometime during the course of the disease.

What causes lupus?

Stress, overwork, excessive sun exposure, viruses, and reactions to medicines are all believed to contribute to lupus. Heredity may also be a factor.

Eighty percent of SLE victims are women, and most of them first developed symptoms between the ages of ten and 35. Although lupus can strike anyone, regardless of age or sex, it is extremely rare under the age of five.

What are the symptoms?

Discoid lupus can sometimes be quickly diagnosed when the doctor sees the disc-shaped rash on the body. Usually, however, diagnosis is not that simple; doctors must perform skin biopsies or special immunofluorescent exams to confirm their diagnosis. Pa-

continued

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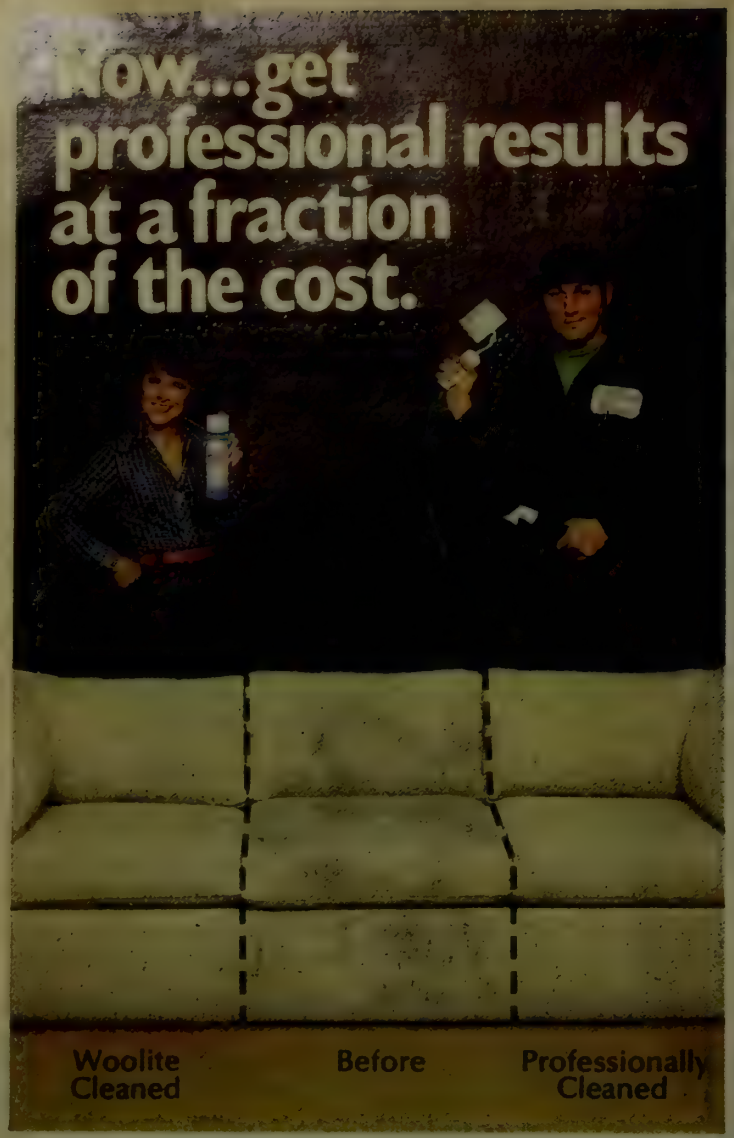
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continued

Lupus

tients with discoid lupus should also have a thorough physical examination and laboratory tests to rule out the possibility of systemic LE.

Systemic lupus is a great imitator and thus usually more difficult to diagnose, especially in its mild forms. SLE mimics heart disease, kidney disorders, rheumatic fever, even cancer. It has been estimated that at least 20 percent of cases diagnosed as rheumatoid arthritis are actually SLE.

In most cases, early symptoms are vague complaints that could be related to nothing more serious than overwork, the flu, or minor joint inflammation. These symptoms include joint and muscle aches, the distinctive "butterfly" rash that appears on the face, severe fatigue, a persistent low-grade fever, weight loss, irritability, swelling of the feet or hands, sensitivity to the sun, swollen lymph nodes, pleurisy, and irregular menstrual periods. Often there is a sensitivity to cold or an outbreak of sores (like canker sores) in the mouth. By themselves, few of those symptoms are serious, but when they occur in combination, you and your physician should suspect systemic lupus.

"Ten or 15 years ago many young women who complained of fatigue, joint aches, and chest pains were referred to psychiatrists by their family doctors or were simply told that their symptoms reflected a neurotic behavior," says Dr. Naomi F. Rothfield, professor of medicine and head of the rheumatic diseases section at the University of Connecticut School of Medicine. "Because the onset of symptoms frequently occurs after the birth of a baby, many patients with postpartum symptoms of hair loss, fatigue, muscle and joint aches, and rashes were told by their doctors that they were 'complainers.' "

Tests for SLE

Today, those same women would probably be given one or more of the laboratory tests that are widely used to help diagnose SLE. These tests are designed to detect:

- **The LE cell.** A majority of SLE patients have in their blood at some time during the course of the disease a peculiar white cell with two nuclei, one pushed to the side. The presence of this "LE cell" is evidence of the autoimmune process by which aberrant white cells turn on and devour healthy body cells.
- **Blood antibodies.** Extremely high levels of certain antibodies, particularly the antinuclear antibody (ANA), are found in the blood of nine out of ten patients during the active stage of the disease.
- **Immunoglobulins.** A special kind of microscopic examination of skin taken from a lupus patient may reveal the existence of antibodies called immunoglobulins between the layers of skin.
- **Serum complement.** Lowered levels of certain proteins in the blood, called serum complement, may indicate that these proteins have been drawn to areas of the autoimmune activity caused by lupus.

A positive reaction to one or more of these tests, in combination with other symptoms, *may* indicate lupus. But a negative reaction doesn't always mean that the individual

continued



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continued

Lupus

is free of the disease. The tests can mislead as well as confirm. Sometimes it takes several years after onset of symptoms to reach the point where abnormalities can be detected through lab tests.

The LE cell test, for instance, often must be repeated over a number of years before a positive result is obtained. The LE cell test is considered less sensitive than the ANA test.

Ten percent of patients with rheumatoid arthritis have a positive LE cell test, but do not have SLE. Some persons who do not have lupus will have a positive ANA test. About 20 percent of persons with SLE will have "false-positive" results from blood tests for syphilis. This does not mean the patient has a venereal disease but is often the first indication of lupus.

It's easy to understand why physicians are often confused as they try to diagnose the disease. No one test result is conclusive, and while the combination of typical lupus symptoms and several positive test results usually is enough to diagnose lupus, even such serial results can be erroneous.

Although diagnosing lupus is complicated, it can be done. And once a diagnosis has been made, other tests are ordered to determine which, if any, of the body's vital organs have been affected. These tests may include an electrocardiogram, chest X rays, kidney function tests, and blood tests.

According to Dr. Soderstrom, "Some of the tests will even predict when a flare-up of lupus is about to occur, so that treatment can begin and major disability prevented or minimized." The predictive quality of some of the tests is one reason why frequent repetition of some laboratory tests is important for the SLE victim.

How lupus is treated

There are no drugs that can "cure" lupus, so treatment is aimed at dealing with symptoms of the disease and minimizing flare-ups.

When the patient has only mild lupus and there is no major organ involvement, the best treatment is often aspirin, to reduce pain and inflammation of joints, and rest.

"It's important to be optimistic," says Dr. Edmund Dubois who founded the nation's first SLE clinic at the University of Southern California's School of Medicine. "Forty percent of the patients get better with rest and aspirin alone."

Dr. Soderstrom says, "Sometimes the best treatment for lupus in its mild forms is very little treatment at all."

Lupus patients are frequently sensitive to drugs. Whenever drugs are necessary, for treating lupus or other ailments, they must be carefully monitored because of side effects. Even seemingly innocuous drugs, such as nonprescription cough syrups, often must be avoided. Birth control pills are usually taboo because of the hormones they contain.

If lupus is in an advanced stage, there are more specific treatments designed to keep the disease in check, effect a remission, or heal the affected organ or organs.

Antimalarial drugs are sometimes prescribed to alleviate a lupus rash or help control mild forms of the disease.

continued

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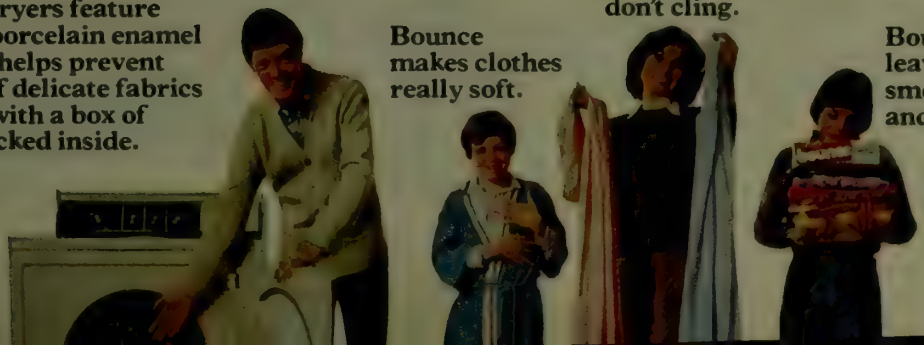
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lupus patients join with each other to form groups in many cities. Meeting other patients who have coped with the disease is extremely important therapy.

Sometimes lupus victims who assumed for years that they were unique are astonished to find out how many others share their problem. Two years ago, a Pekin, Illinois, medical secretary learned she had SLE. She suggested to seven or eight other victims (most of them patients of the doctor she worked for) that they form a small lupus chapter. To her astonishment, the first meeting drew 90 people, some traveling 100 miles to attend. Now the society has nearly 300 members.

(Produced in cooperation with Barbara Mantz)

LUPUS INFORMATION

For more information about lupus or lupus organizations, write to the following:

- The Lupus Foundation of America, 11673 Holly Springs Drive, St. Louis, Missouri 63141
- The American Lupus Society (TALS), 23751 Madison Street, Torrence, California 90505
- Leanon Lupus Club, P.O. Box 10243, Corpus Christi, Texas 78410
- Arthritis Foundation, 3400 Peachtree Road, N.E., Atlanta, Georgia 30326. Ask for the booklet *SLE.*
- National Institute of Arthritis, Metabolism, and Digestive Diseases, National Institutes of Health, Bethesda, Maryland 20014. Ask for the *Fact Sheet on Lupus.* ■

continued

Lupus

Steroids reduce swelling, fever, redness, and other signs of inflammation.

When organs are severely damaged, doctors must deal with the specific problems. Treatment with an artificial kidney, for example, may be required if kidney functioning is impaired.

Preventing flare-ups of lupus is important. Patients are taught to recognize and avoid the conditions that seem to activate the disease.

Most lupus authorities agree that the cure or most effective treatment for lupus will come through research that is being conducted at government and private institutions across the country. The federal government's program of lupus research is centered in the National Institute of Arthritis, Metabolism and Digestive Diseases. Other research is sponsored in part by the various lupus organizations throughout the country and the Arthritis Foundation.

Emotional side effects

For many SLE patients, having to live with a chronic illness, disfigurement, high medical bills, and tensions within the family is almost worse than the disease itself.

Until recently, the lupus patient's heaviest burden was the isolation and helplessness that resulted from knowing too little about lupus and not knowing anyone with the same disease. Today, that burden is lifted as more and more



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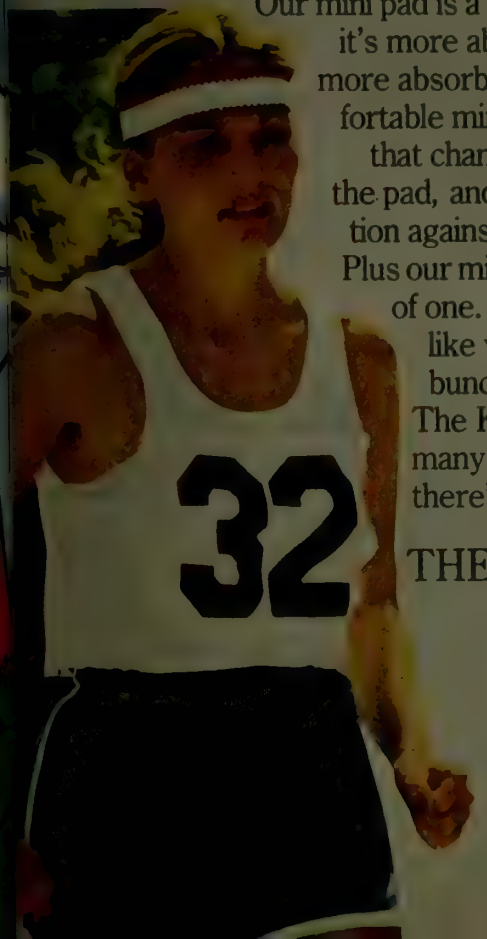
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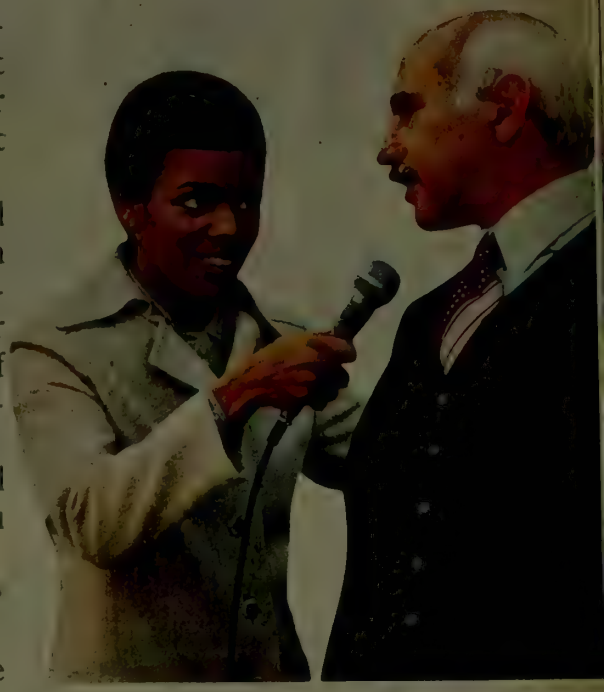
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DECORATING

CONTEMPORARY SLEEP SPOTS

A classy contemporary bed can be dressed to suit your taste, whether your decorative style is romantic, dramatic, or in between. Here are two examples.





Photographs © Random Found. Design: Tracy Lownes, Bloomingdale's
Source: Estelle Bond Guralnick

Top: In this contemporary bedroom, a sleek storage headboard and platform bed are faced in black laminate that contrasts boldly with the white back-of-the-bed wall. Recessed overhead lights in the headboard unit and a slanted pillow rest make for comfortable bedtime reading. More traditional than modern, the floral quilted bedspread adds the perfect touch of softness to the stark furnishings. The exposed brick wall and wood ceiling strips also provide warmth in this sophisticated sleep spot.

Bottom: The canopy bed is a classic, but this version is streamlined for contemporary taste. Rich painted walls and a dark parquet floor set off the mellow wood frame and Roman-striped bed linens and canopy provide crisp contrast. Matching curtains are hung on bamboo torchères in lieu of conventional drapery poles. Oriental accessories and the baskets over the bed contribute to the room's exotic island atmosphere. ■

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LIVE IT UP IN A LOFT

BY
DAVID HAUPERT

There's something therapeutic and almost magical about being able to retreat to a lofty perch away from the cares of the day. And that magic works on more than just your disposition; your budget also benefits when you tuck extra living space into a loft rather than adding on.

Look around and you'll probably discover that your house offers one—and maybe two—opportunities to build a loft of your own: You can either take over the upper reaches of a cathedral-ceilinged room or cut into an unfinished attic. Both types of remodelings can have a dramatic effect on the way your house looks and lives.

Check our six examples. Some of the projects are big, some small. Some have lots of headroom, some don't. But all six contain ideas that might get you started on a lofty project that will yield the extra bedroom, study, of get-away-from-it-all retreat you've always wanted.



UPSTAIRS OFFICE

Floor area, the common measure of room size, can't begin to quantify the space potential of this sky-high bedroom. Its cathedral ceiling (16 feet high at the peak) practically compels you to "come on up" and use that wide expanse of volume above your head.

The owners did just that, building a nifty little office loft directly over their king-size bed.

The 6½x10-foot loft has good headroom—8½ feet at the outside edge. A 3½-foot-high wall encloses the space and serves as a backdrop for built-in bookshelves. The desk, also built in, sits in front of a wall of fixed glass at the gable end of the loft. Sliding vent windows in the sidewall







Photographs: Ernest Braun. Architect: Douglas Dahlin. Source: Barbara East Cathcart

(out of camera range) do a good job of keeping the thermometer stable.

Headroom under the loft is six feet eight inches—low enough to create a snug sleeping chamber and high enough to avoid causing goose eggs.

The loft itself is supported on one side by a 4x12 beam and on the other by a 2x10 ledger anchored to the outside wall. Laminated wood decking, 2¼ inches thick, forms the floor of the loft and is nailed directly to the 2x10 ledger and to a second 2x10 bolted to the 4x12 beam at the other side. The floor is exposed on its underside to create a rustic ceiling above the bed.

The stairs, standard rise and width, have open risers to maintain the light, uncluttered feel of the entire room.

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LIVE IT UP IN A LOFT



Photographs: Maris/Semel. Designer: Philip Smerling. Source: Bonnie Maharam

GUEST QUARTERS

This, too, is a good example of what can be done with the hundreds of cubic feet created by a vaulted ceiling. The loft, stretched along the back wall, gives its owners the 7x16-foot sleep area they needed, without imposing a bit on the rest of the room. In fact, the main level—a 16x21 living room—owes much of its charm to its new second-story neighbor.

. . . netted them two rooms for about the price of one.

The seating area nestled under the loft is a favorite gathering spot for family and guests alike. A floor-to-loft storage unit fills the end wall and houses the stereo, TV set, books, and other stowables. Headroom under the loft floor is adequate for anyone who can walk comfortably through standard door openings.

Ten steps above all of this is the second room in this two-room space



—a guest loft that's almost always available for overnight visitors. (All the owners have to do to get ready for their visitors is to persuade two teenage daughters to move back to their own bedrooms temporarily.)

The sturdy railing is made from vertical 1x6 slats that are notched and mounted on horizontal 2x2s anchored to 2x8 posts. Topping off the posts are 2x8s laid flat. Three sides of the loft floor are tied into the sidewalls; the fourth side (front) is supported post-and-beam style. A skylight cut into the barn-board ceiling teams with several ceiling-mounted fixtures to light up the loft—day and night.

A quick tally of the costs of building the loft clearly convinced the owners that their efforts netted them two rooms for about the price of one.

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Designer: Ben Dorogusker

TEEN-AGER'S SLEEP AREA

The owners of this house didn't have cathedral ceilings, so they got the same effect by knocking out a standard ceiling and finishing off the underside of their roof. What you see *below* is the loft portion of their teen-age daughter's bedroom/study suite. Those platforms hold a couple of giant end tables and two single beds. Cut into the back wall are recessed display shelves. Heavy industrial carpet was used throughout, not only because it's extremely tough but also because it can be wrapped easily around steps and platforms.

To bring in more natural light, the designer of this project enlarged the old attic windows and added fixed glass above them in shapes that follow the lines of the roof. Out of camera view is a large walk-in closet.

In the room below, several levels of platforms gradually lead up to the loft steps. The designer wanted to avoid a steep stairway, so he came up with this sculptural grouping of platforms. The lower level is used mainly for studying and relaxing. But when company comes, the whole space—downstairs and loft—quickly converts to a great party room. One of the most popular conversation spots is the cozy seating unit built below the steps. From here—and from the loft, too—the view through the skylight overhead is a real treat, especially at night.

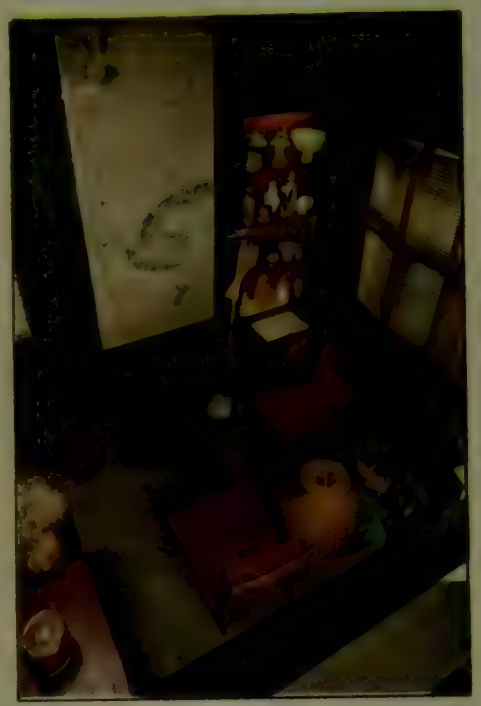


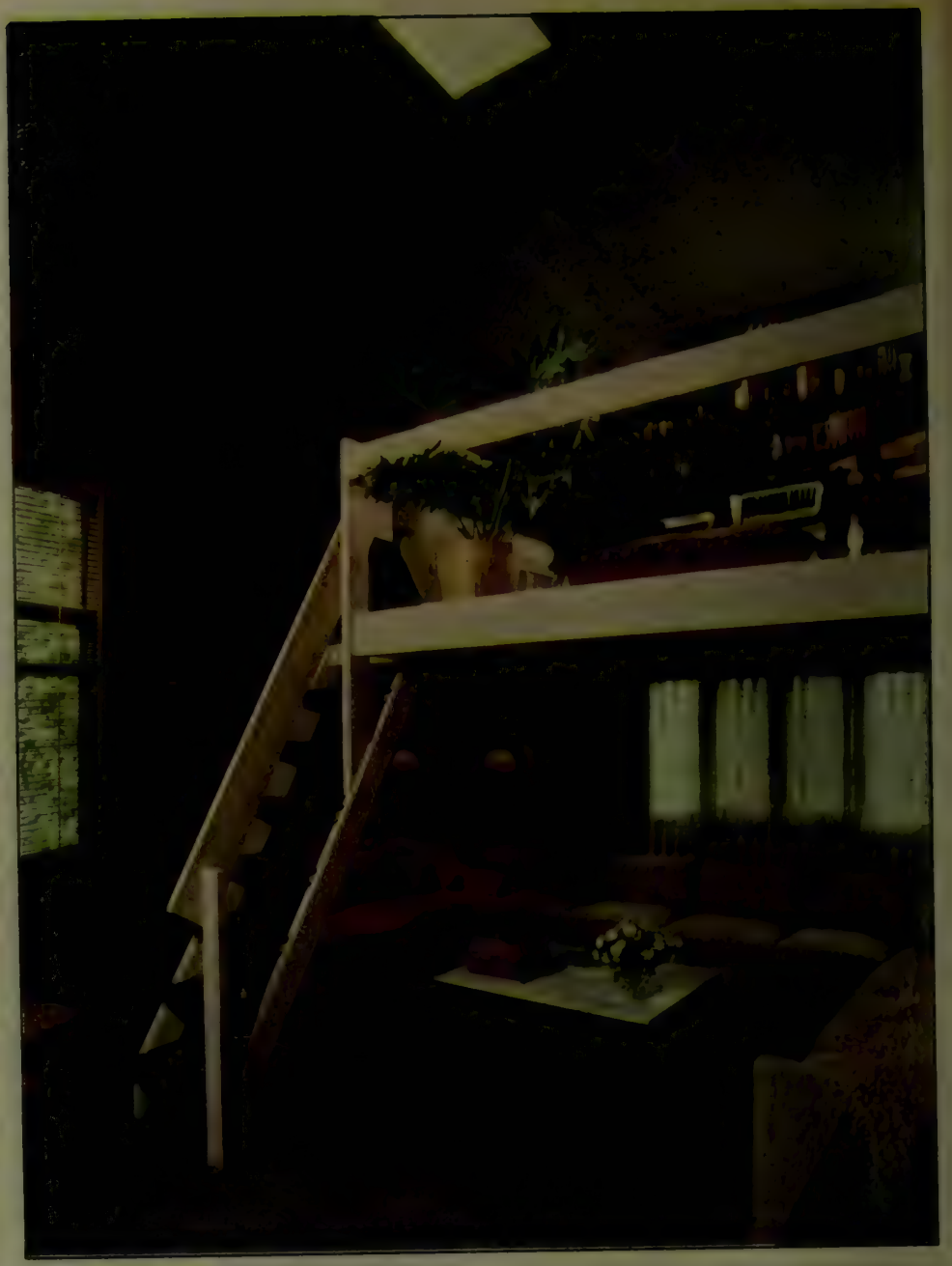


LIVE IT UP IN A LOFT

LIVING ROOM ANNEX

Since houses with unfinished attics far outnumber those with ready-to-exploit vaulted ceilings, the former category offers many more opportunities for loft projects. Here's another well-executed case in point.





The family behind this remodeling had a comfortable living room, as the photos indicate, but wanted a separate area where one person could "get away from it all" and enjoy a little peace and quiet. The loft you see was an attractive, economical solution. And it served as a catalyst for other smaller improvements in the main living room.

For example, the fireplace wall *(left)* got a whole new look. Rough pine trim, painted flat black, now sweeps from floor to ceiling on both sides of the fireplace. And the same material also frames in a new shelving unit that fills in between the fireplace and the corner of the room. A fluorescent fixture is recessed above the top shelf.

The larger photo *above* captures the overall effect of the two-level living room, as seen from the fireplace wall. Heavy fabric on the walls completely wraps around the entire space. Capping off the ceiling is a flat section, rather than a peak, because the owners wanted the walls and ceiling to flow together in an unbroken series of small planes. The skylight channels sunshine into the room through a plywood shaft that stretches between the roof and the ceiling section.

As with most lofts, furnishing and decorating the space was a relatively quick, easy-on-the-budget assignment.

A custom-built sofa neatly lines three walls of the under-loft section. (Note the recessed area in the left background.) The windows in the back wall extend two feet above the loft floor, funneling daylight into both levels. The exposed joists that form the ceiling of the 9x15-foot lower level create interesting lines and shadows.

The 9x11½-foot loft hideaway *(opposite page)* is outfitted quite simply with bookshelves above the windows, a wall-hung storage unit at right, and a sleeper sofa at left. As with most lofts, furnishing and decorating the space was a relatively quick, easy-on-the-budget assignment.

Under the carpet is tongue-and-groove pine over 2x8 joists.

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Photographs: Maris/Semel Design Architectural Interiors, Inc. Source: Bonnie Maharam

LIVE IT UP IN A LOFT



Photographs E. Alan McGee Designer Charles Shanor Contractor The Moses Company Source Ruth L. Grenci

ADULT SNUGGERY

Both lofts on these two pages rise above master bedrooms. And both projects involved cutting away parts of attic floors. Before you get too deeply into a similar redo, ask a qualified architect or engineer to help you through the structural portion of your remodeling. Though most standard houses are built basically the same way, you can never be sure that the structural forces in your attic are the same as in the look-alike house next door. Removing collar beams or cutting out ceiling joists can be a trouble-free experience—or a disaster. The pro you call in can help you avoid the gamble.

. . . ask a qualified architect or engineer to help you through the structural portion of your remodeling.



The ladder leading to the loft on this page is a dead ringer for the ladder you used to climb to get to the hay loft in your grandpa's barn. But in this case the topside space is smaller, cleaner, and a lot more intimate. In fact, this loft is so comfortable that its owners often sleep in it, too, particularly on cold winter nights when most of the heat tends to gather in the top half of the room.

In the back wall of the 8x8-foot loft is a ventilating fan—an excellent idea for your loft, too, especially when that warm air that's so welcome in winter continues to rise in the summer. A skylight—another idea worth copying—brightens an otherwise dark area during the day.



Photographs Maris/Semel Designer Eliott Geisinger Source Bonnie Maharam

to remove a ceiling from wall to wall to build a loft. Rather, you can cut the access hole in virtually any configuration you want. In this example the notched opening leaves an interesting L-shaped section of ceiling above the bedroom.

One of the touches that give this

A good lesson to be learned from this remodeling is that you don't have to remove a ceiling from wall to wall to build a loft.

project extra glamour is the unusual stairway. The owners bought it at an antique store, removed several layers of paint, and stained the bare wood a soft walnut color. Extra railing pieces serve as the loft's guardrail.

The 8x10 loft space has just enough room for a stack of pillows and a few accessories. But that's all you need when you want to curl up with a good book. Out of camera range is a small door opening off the loft into an attic storage area.

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READ 'N REST RETREAT

What began as a simple ceiling-removal job in this master bedroom grew into a full-fledged loft project. According to the owners, cutting a notch out of the old ceiling was so easy they were inspired to try their hand at carving a loft out of the attic space next to the opening. (They were quick to add, however, that they found installing and finishing off the drywall less inspiring.)

Several beams had to be added—some visible, others hidden. Most of the structural work centered on the stairwell opening where attic floor joists had to be cut. But the extra effort paid off in the form of a larger, more attractive bedroom and a dramatic little loft a story above it all.

A good lesson to be learned from this remodeling is that you don't have



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BY RUSSELL O'HARRA
AND DOUGLAS A. JUNKERSON

How can you transform a Cinderella weed into a conversation piece? It's simple. Just pick out a deserving specimen, pot it up, treat it gently, and proudly display it indoors. Your prized weed might not last as long as a favorite philodendron, but it will bring a touch of the outdoors inside. And, best of all, weeds are free for the digging in almost every backyard. Shown are a few of our favorites.



Photographs: William Hopkins



WEED CULTURE

To even suggest that weeds need any sort of special handling to survive might seem a bit ridiculous, but they do if they're kept indoors. Nothing complicated, mind you, just enough attention to keep their soil moist and their growing points pinched back if the stems of the plants start to get too leggy.

You can dig weeds at almost any stage of development, but you'll have better luck if you stick with young plants. Avoid species that have a long taproot; fibrous-rooted plants are better suited to container culture. Also, it's a good idea to steer clear of weeds that will ultimately get too tall and rangy for indoors.

When digging weeds, be sure to collect enough soil to use when potting. Weeds will feel much more at home in soil they are used to.

Because most weeds grow in places where they get full sun, try to place newly potted ones in a spot where there's lots of light. But don't worry if you're short on sunny locations. Most weeds will survive even in partial darkness. And if they die, just dig some more.

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COMMON MALLOW

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DOG FENNEL

YELLOW WOOD SORREL

MONEYWORT

← GILL-OVER-THE-GROUND

↙ SEDGE

↓ SPIDERWORT





MONEY Margaret Daly

WHERE CAN YOUR MONEY EARN THE BEST INTEREST?

How can you get the best yield possible on your savings, without undue risk—and also have funds available for immediate use when needed? Your best strategy is to utilize several different savings vehicles at once. Here's what to consider.

Generally, the more "liquid" your savings—that is, the more accessible they are to you—the lower the rate of interest they'll earn. The longer you're willing to leave funds on deposit, the more interest you can usually get. Similarly, the more money you can afford to put up at one time, the higher your rate of return is likely to be.

The trick, especially in these days of inflation and high taxes, is to keep as little money as possible in low-interest savings accounts and to put the rest of your funds into better yielding savings instruments. You may want to invest in securities as well, but in this article we're talking mostly about savings plans that: (1) generally guarantee a specific rate of return, over a specified period of time; (2) do not change in value as a result of trends in the marketplace (provided you don't try to withdraw the savings before you've agreed to).

Passbook accounts

These are the most liquid, lowest yielding savings accounts available. Don't keep more than three months' take-home pay (for emergencies) in such an account.

The government sets an interest rate ceiling on passbook accounts—currently five percent at commercial banks, 5¼ percent at the "thrifts" (savings and loan associations and mutual savings banks). Federal credit unions and some state-chartered credit unions may pay up to seven percent; other credit unions pay whatever they decide they can afford.

Some institutions pay interest below the government rate ceilings, so shop around. Though no one factor will make that great a difference unless your account is sizable, the cumulative effect of several factors can be considerable—a difference in yield of up to 171 percent, according to one study.

Ideally, you want your dollars to be earning interest every second they're in the account, no matter when you deposit or withdraw. A perfect blend of the following variables may not be available to you, but ask about them all.

- How is interest computed? One of four basic methods may be used: low balance (the worst); first-in, first-out, or FIFO (still bad); last-in, first-out, or LIFO (better); day-of-deposit to day-of-withdrawal (the best).
- How often is interest credited and compounded? Quarterly is typical, but the more frequently the better.
- Are there grace days for deposits and withdrawals? These are important if you move money in and out of the account frequently.
- What about penalties or fees? At some institutions, withdrawals from accounts are limited to just two or three a quarter; you'll pay a small fee (a dollar or so) for any additional withdrawal. Also beware of accounts that won't pay interest unless you leave a minimum balance on deposit throughout the interest period.

Interest on your checking account?

For some time, banks in several New England states have offered a kind of checking account, called a "NOW" account (for "negotiable order of withdrawal"), which pays interest on the funds in the account. Arthur Burns, former chairman of the Federal Reserve, recommended last year that all institutions be allowed to offer NOW accounts. (That would include the credit unions' form of checking called "share draft accounts.") Legislation is pending.

Another development along these lines is the Federal Reserve's recent ruling allowing commercial banks (not the thrifts) to let you authorize automatic transfers from your savings to your checking account in order to maintain specified minimum balances or to cover overdrafts. Thus you'd be able to keep funds earning interest in your savings until you really needed the money. Assuming the right kind of savings account (preferably day-of-deposit to day-of-withdrawal), the net effect would be as though you were earning interest on your checking account. There may be a slight charge per month or per transaction for the privilege.

The automatic transfer ruling for commercial banks will go into effect November 1, unless it's blocked by the savings and loans (prime suppliers of mortgage funds) and some other housing-oriented industries. They're afraid customers will switch savings out of the thrifts and thus cut the supply of available mortgage money.

Time deposits

Sometimes called *"savings certificates,"* sometimes *"certificates of deposit,"* these require you to keep your money on deposit for specified periods. The longer the period, the higher the guaranteed rate of return.

Time periods range from 90 days up to eight years and more. Rate ceilings are set by the government: At present the thrifts may pay a range of 5¾ percent a year for 90-day certificates, up to eight percent for eight years and more. Commercial banks run from 5½ percent on up to 7¾ percent. Some credit unions offer similar time deposit plans.

A minimum deposit of $1,000 is required for any savings certificates that take four or more years to mature. Individual institutions may set minimum deposits, such as $500, for shorter term plans as well. Also, the government recently authorized banks and savings institutions to offer six-month, $10,000-minimum certificates that would carry the same rate as six-month Treasury bills (see below). The thrifts will pay one-quarter percent more than commercial banks.

Take note: Time deposits work well for money you won't need to touch for a while. However, you'll face a costly penalty if you must withdraw your funds prior to the maturity date: According to government requirements,

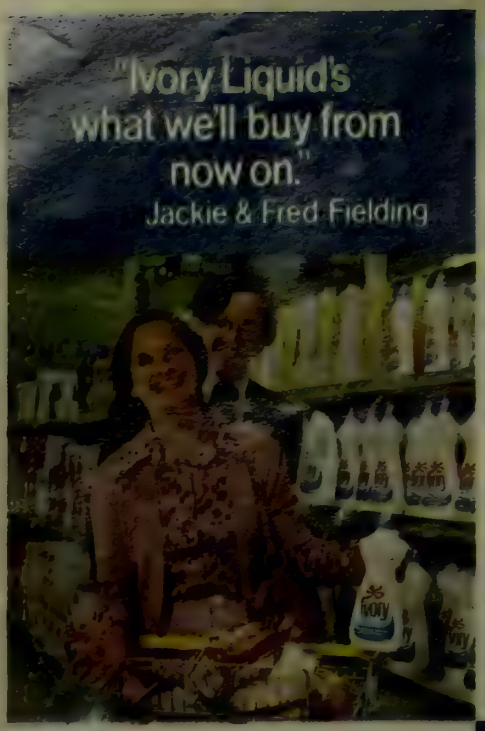
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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kings: 12 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Aug. '77
100's: 12 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.



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Interest

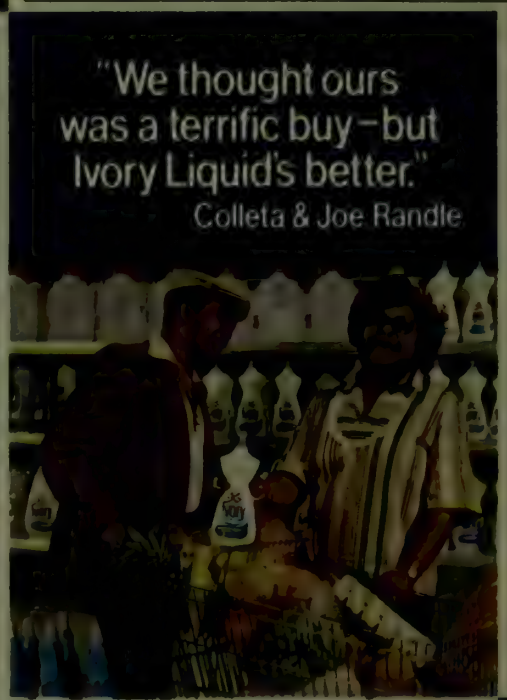
you lose three months' interest entirely, and the interest period on the amount withdrawn is refigured at the lower passbook rate.

Example: Say you own a six-year, $3,000 time deposit, paying 7¾ percent. Held to maturity, the deposit would earn $1,808.02 in interest. If you were to withdraw your funds after only five years, you would lose $419.80 in interest.

The key with time deposits is planning, so that maturity dates will come at about the time you'll need the funds —say, when your youngsters' college years begin or you plan to make a major purchase. Make the most of shorter term plans, too: you might put cash into 90-day certificates, for instance, in anticipation of paying property taxes or insurance premiums.

If you're faced with a sudden need for cash, it may be possible to borrow against your savings certificate rather than withdraw the funds and suffer the interest penalty. Ask your banker to figure out whether borrowing or cashing in will cost you less in the long run.

Also, find out what financial institutions will do when a certificate matures. Is the money "rolled over" automatically into a new certificate at the same rate? Are funds transferred, instead, into a lower paying passbook or a checking account? Are you notified of an upcoming maturity date?



U.S. savings bonds

Series E bonds pay six percent interest compounded semiannually—provided they're held for five years. Denominations run from $25 to $10,000 face value—the top limit per person in any one year. You buy E bonds at a discount—for instance, $18.75 for a $25 bond—and they reach their full value of $25 after five years. If you redeem the bond early, the yield is reduced to an interest rate of 4.05 percent if cashed after six months, up to 5¼ percent after 4½ years.

Though Series E bonds don't pay as well as savings certificates, there are other advantages: E bonds are easy to buy, through automatic-deduction plans at work, or through your bank. (Many employers will arrange automatic deductions for savings accounts at banks, the thrifts, and credit unions, too.) With savings bonds, you can defer paying taxes on the interest until you cash in the bonds. You also can defer federal income taxes by using E bonds to purchase *H bonds*—which pay income semiannually at a rate of six percent a year over a ten-year span. (Again, yield is diminished if you cash the bond early.) H bonds are sold in denominations of from $500 to $10,000 (top limit per person for one year).

Government securities

These are issued by the Treasury Department in three forms—bills, notes, and bonds. One of their greatest appeals is the fact that the return on them is exempt from state and local income taxes (but not from federal income taxes).

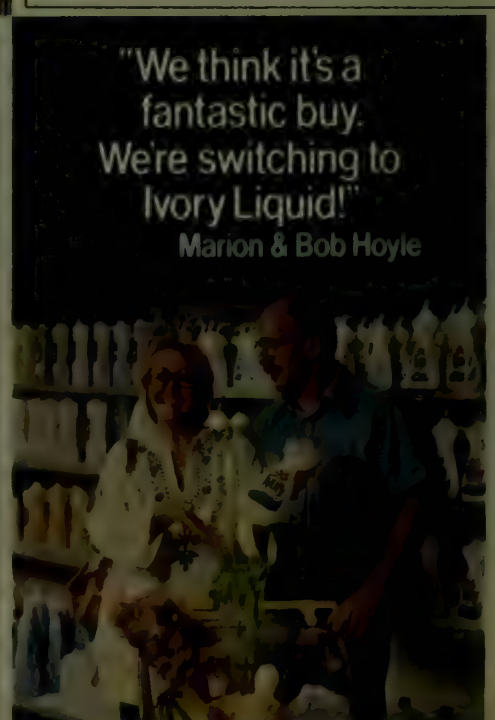
Treasury bills offer the most liquidity, maturing in three, six, nine, and 12 months. However, the minimum denomination is $10,000. Current yields (as of spring, 1978) run at an annual rate of just under seven percent.

You actually buy T-bills at a discounted price and collect the full face amount when the bills mature. You can purchase the bills through a broker or a bank, but you'll pay a fee of $30 or $40. Instead, buy the bills directly when they are issued by writing the nearest Federal Reserve Bank. (Call first to get details about the correct procedure.)

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As with savings certificates, there may be some loss if you want to cash in Treasury notes or bonds before they mature. You'll have to sell them on the open market, and interest rates and other factors may make the securities less desirable than when you bought them. When you hold government securities to maturity, you're assured of getting the full face value returned to you, of course.

You also can buy securities issued by *government agencies*, such as the Fed-



eral National Mortgage Association (Fannie Mae) and the Tennessee Valley Authority (TVA). These generally pay one-half to three-quarters percent more than other Treasury securities.

Minimum investments run from $1,000 to $10,000, with maturities of from two to five years. You can buy government agency securities through a broker or banker, for a fee. The interest on some of these securities is exempt from state and local taxes.

Money market funds

These are mutual funds designed to be especially liquid. Most are "no-load": you can buy in and out freely and pay no fee for the transaction. The funds' portfolios include a variety of "money market" instruments, such as bank certificates of deposit, Treasury bills, corporate IOUs called "commercial paper"—all in large denominations that the average person could not tap without pooling funds the way a mutual fund allows.

Minimum investments for most money market funds are $1,000 or $5,000, with additional deposits allowed in smaller amounts. Some funds let you write checks against the balance. Interest is paid monthly or reinvested in your account—whichever you prefer.

These funds usually pay about the same as going market rates for money market instruments, but don't be swayed just by yield. Study the prospectus carefully. Funds that stick to more conservative vehicles (such as government securities and certificates of deposit from major banks) are probably safest.

Also, take a look at past performance. Study the management. Compare management fees. Most important, don't buy a load fund, since that defeats the whole idea of being able to move your savings in and out for free as interest rates change. There are plenty of good no-load money market funds available.

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Most savings accounts and time deposits are insured by the federal government for up to $40,000. That means you could cover your savings up to several hundred thousand dollars at one institution: Simply spread your funds among several accounts if necessary—one in your name, one in your spouse's name, a joint account, accounts held in trust for each of your youngsters, and so forth.

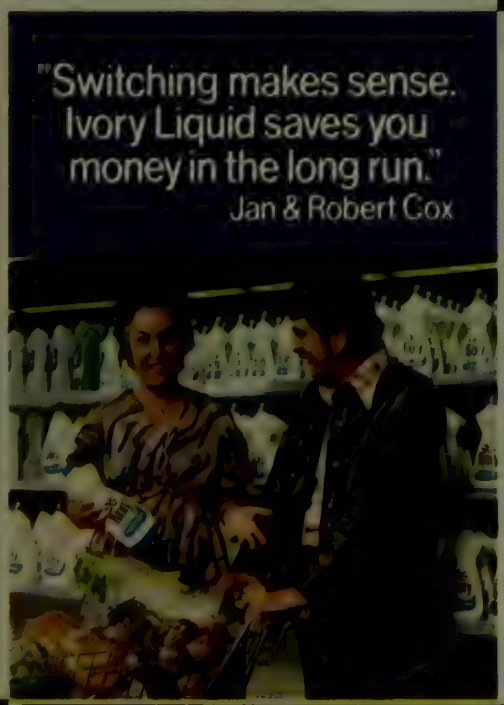
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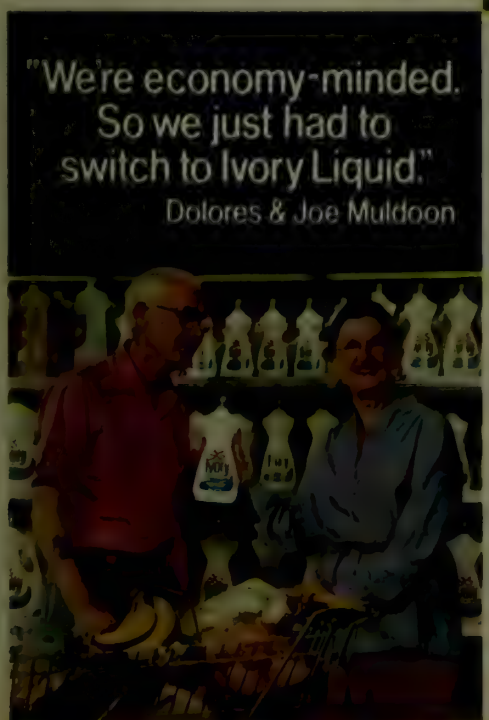
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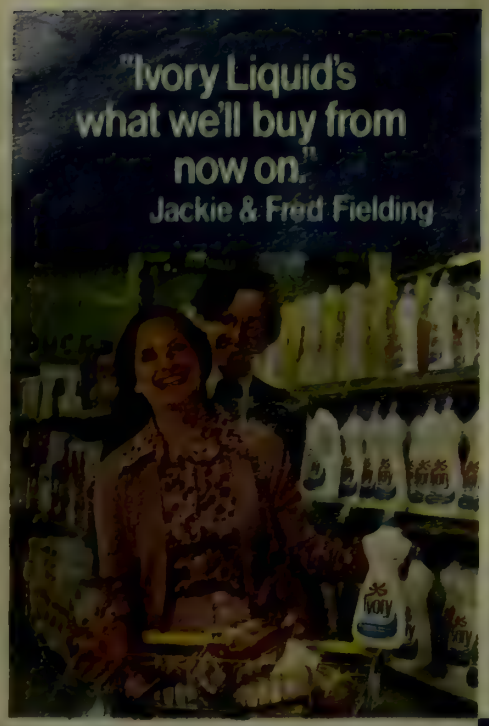






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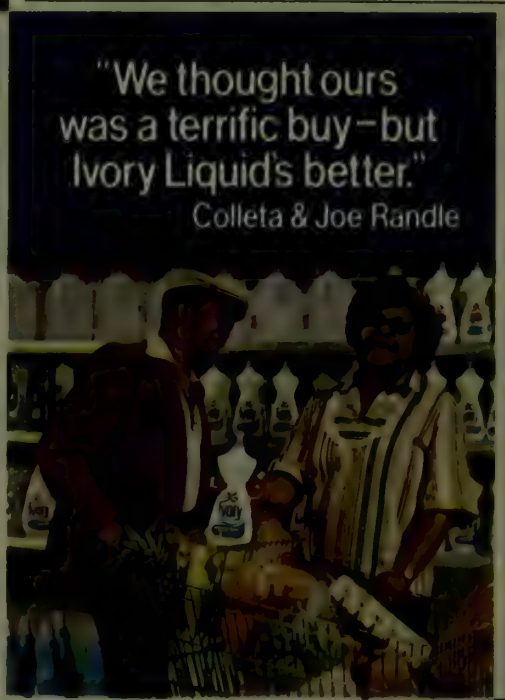
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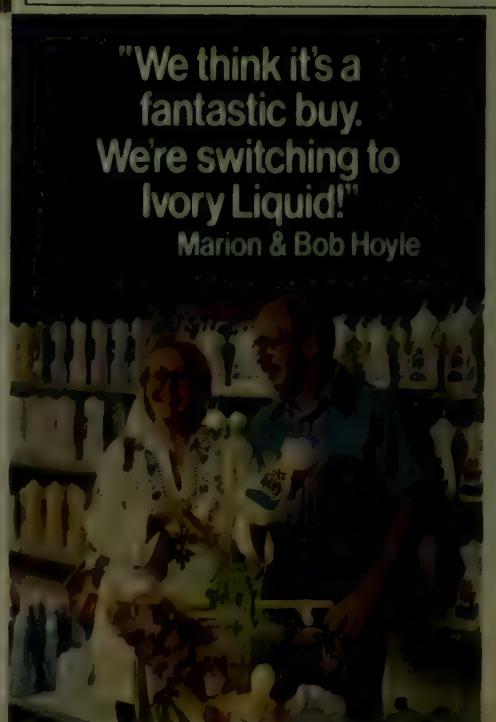
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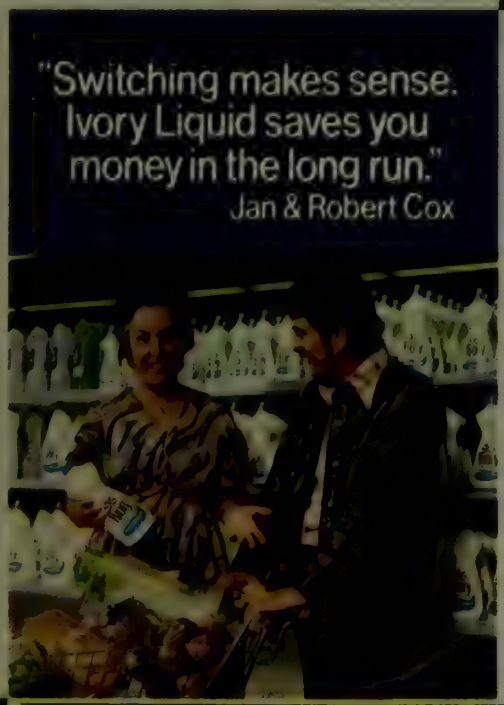
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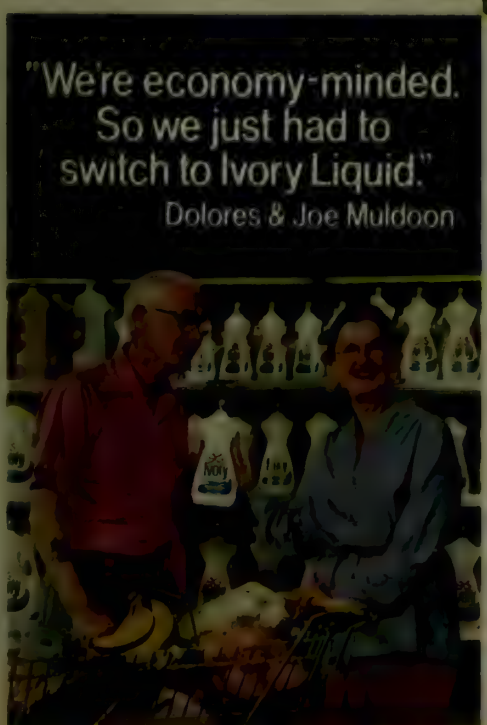
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Bell System

BE CHOOSEY

BUILDING

How to stretch a small house

Even if your house is small, there may be areas that your family doesn't use very often. With a little imaginative revamping, you can convert seldom-used rooms into inviting spaces. The Powell family did just that by remodeling an old porch and adding on new space.



Source: Ruth Grenci

The Powells hardly ever used the 10x12-foot screened porch off their living room. But when they wanted a combination guest room/den, the porch seemed the logical place for it. The converted porch filled the bill, but also whetted the family's appetite for more space. Adding a similar-sized area beyond the former porch gave the Powells room enough for a home office, plus a half bath and storage space.



Photographs: E. Alan McGee

The roof line of the added space vaults toward the roof of the converted porch. The resulting clerestory takes advantage of previously unfinished attic spaces, *left*. Mrs. Powell uses the clerestory loft over the new guest room as her sewing nook. It's a cozy hideaway with built-in storage.

The contemporary lines of the new attic loft area enhance the outside of the house too. At the front and rear of their new living areas, the Powells added treated pine decks. The large, multi-level front deck, *right*, helps to update the exterior of the house. The new outdoor living area created by the deck is accessible through the French doors in the new guest room. ■



Designer: New South Reconstruction Co.



They all found Ivory Liquid a better buy than their "bargain" brands.



They all used a halfpenny's worth of each—of Ivory Liquid and their "bargain" brands-and they all found the same thing. The Ivory Liquid suds lasted longer, and the Ivory Liquid washed more dishes. That's another way of saying more for your money. No wonder they switched.

Mild Ivory Liquid.
It can be cheaper to use than an average bargain brand.

HOUSEPLANT HOW-TO

Want to prolong the life of your bedding plants and boost your houseplant collection in the bargain? Take several cuttings of your bedding plants this winter.



Coleus, impatiens, and geraniums are the easiest plants to grow from cuttings. Take cuttings from strong, healthy stems, making the cut about six inches down on the stem, and trim the bottom leaves. You can dip the cuttings in a rooting hormone, if you wish.

Photographs: Mike Dieter, William Hopkins



Insert cuttings in moistened vermiculite. (They can also be rooted in water, but the roots will tend to be more brittle.) If you're rooting many cuttings, you may want to use a flat pan or dish. Place your cuttings in indirect light, and in several weeks they should be well rooted.



When plants are rooted, transfer them to individual two- or three-inch pots. Pot with any packaged houseplant mix, and water thoroughly. Place plants in indirect light for a week or two. Then transfer geraniums to a sunny spot, coleus and impatiens to bright, indirect light. ■



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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Fashion by Richard Assaly for Gino's Now

CARS Kim Garretson

How to replace your car's exhaust system

A breakdown of the exhaust system is not only annoying, it's downright embarrassing. Your car begins to run with a throaty, bulldozer-like roar or your muffler emits nerve-jarring scraping sounds as it drags down the road. Immediately other drivers (including policemen) know you have neglected an important part of your car. And these raucous sounds are ominous, too. They signal that dangerous gases may be leaking into your car and that you are facing a stiff repair bill from a muffler shop.

You can forestall all of these problems by keeping a close watch on your exhaust system. You even can do your own repairs or replace the entire system if you feel up to the challenge. Here are trouble-shooting tips to help you spot problems before they turn into disasters on the road plus a step-by-step guide to replacing the system.

Looking for leaks

The basic components of exhaust systems, with and without pollution control equipment, are pictured below and on the next page. These parts are especially susceptible to breakdowns because they are exposed to damaging elements both internally and externally. Inside, the parts are threatened by corrosion-causing moisture, and outside, the parts must cope with water, mud, chemicals, and obstacles such as rocks and bumps.

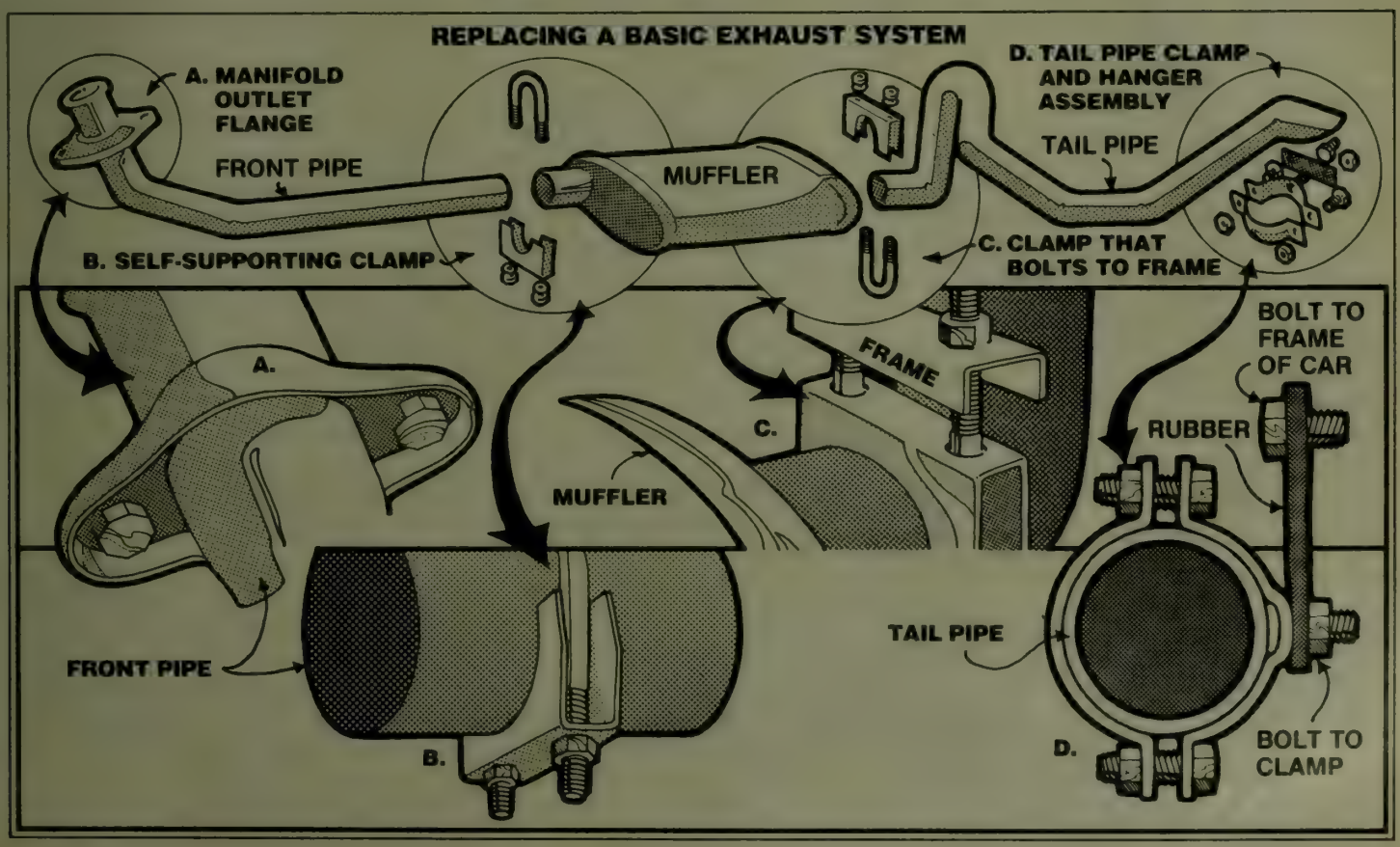
Inspect your exhaust system every month or so by peering under the car to see if the clamps that hold the parts together and the hangers that attach the system to the car are all in place. Examine the system thoroughly a couple of times a year, or immediately after you detect any symptoms of trouble. These can range from the obvious loud roar to hissing sounds or the smell of exhaust fumes inside the car. A thorough inspection is best performed when your car is up on a hydraulic lift; ask your mechanic if you can examine the exhaust system when he raises your car for servicing.

Begin your inspection of the system by looking and feeling for pinholes, dents, cracks, or weak spots in the pipes and muffler, the components that deteriorate most rapidly. If you find any of these problems, and if it appears there is already leakage or soon could be, you probably should replace the entire system. If the damage was caused by a bump or rock, the rest of the system may still be good, and you possibly can replace only the damaged part. Don't try to repair the muffler or pipes by plugging or patching holes; chances are new holes will keep appearing in the weakened system.

Next, inspect the clamps holding the pipes and muffler together. Are they in place over the joints and tightened securely? Also examine the brackets and hangers that hold the system to the car's frame, and the seal where the front pipe connects to the exhaust manifold of the engine. If any of the clamps, brackets, hangers, or seals are loose, you should be able to tighten them. If any are broken, you may be able to replace only the broken part.

continued

Drawing: Blazer/Court



continued

Exhaust system

If your exhaust system includes the pollution control equipment pictured in our diagram below, don't tamper with the catalytic converter when you are inspecting the system (and unless the car has been shut off for over 30 minutes, don't touch the converter either; it reaches an extremely high temperature when the engine is running). Leave the inspection and servicing of the pollution control devices to an authorized mechanic.

Getting ready for replacement

If your inspection reveals a weak or already-leaking exhaust system that you wish to replace yourself, you first must buy the replacement parts. Usually you can order a whole system or individual parts from a parts store or dealer simply by indicating the make and model of your car and its transmission type. However, it's always wise to check the new system or parts before leaving the store to make sure you have the right parts and the correct number of components.

Now you must raise your car to allow you to work under it safely. The type of jack you use for tire changes isn't safe enough, even if you use more than one. Ideally, you should drive your car up on a good set of lift ramps and use axle stands for added insurance, but you can use one or the other of these devices if that's all you have. Of course, the perfect solution would be to raise your car with a hydraulic lift. Ask a service station manager if you can rent some time on his lift during an evening when it is not in use.

Taking off the old

To remove the existing system, you should start from the rear and work toward the front. First, apply penetrating oil to the nuts of all clamps and hangers and allow the oil to soak in for a few minutes. Then, loosen the nuts on the clamps and remove the nuts on the hangers with an open-end wrench, pliers, or socket wrench. If some of the nuts are stubborn, tap on the tool handle with a hammer to help loosen them. Next, move the clamps away from the joints they were securing and apply penetrating oil around these joints. Remove the tail pipe and muffler after the oil has soaked in. (If your system includes a catalytic converter, remove it along with the rest of the system and set it aside for re-installing in the new system.)

If some of the joints connecting the tail pipe and muffler are rusted or welded together, you can break them apart with a hacksaw or hammer and chisel as long as you're not planning to reuse the parts.

To remove the front pipe from the exhaust manifold you'll probably need a socket wrench with an extension arm. Don't use excessive pressure on the nuts or you might break the bolts inside the manifold; penetrating oil is useful in preventing this problem.

Prepping the new parts

Even though your replacement parts are new, you can ensure a tight fit and proper alignment by smoothing the surfaces that must fit together and by removing any dents in the ends of pipes that may have resulted from rough handling. Use a file, wire brush, or sandpaper to smooth the outside and inside surfaces of pipe ends and muffler connections that will be fitted together. Straighten dents in the pipe ends with pliers.

If you are replacing the front pipe, inspect the surface on the engine's exhaust manifold where the front pipe attaches to it. Use a knife and wire brush to remove any dirt or old gasket material that's sticking to the surface.

Your final preparatory step should be to position all the parts on the floor in the order they are installed. Some systems have locator tabs and notched flanges to speed up this process.

Putting on the new

Work from front to rear while installing the new exhaust system. First, slip the new clamps over the proper pipe ends and tighten them so they stay on but still move freely back and forth.

Place the new manifold gasket on the front pipe and bolt the pipe to the exhaust manifold. Alternately tighten the nuts a few turns at a time to ensure a tight, even fit. Then attach the muffler to the front pipe (or re-install the front pipe in the catalytic converter and install the extension pipe in the muffler).

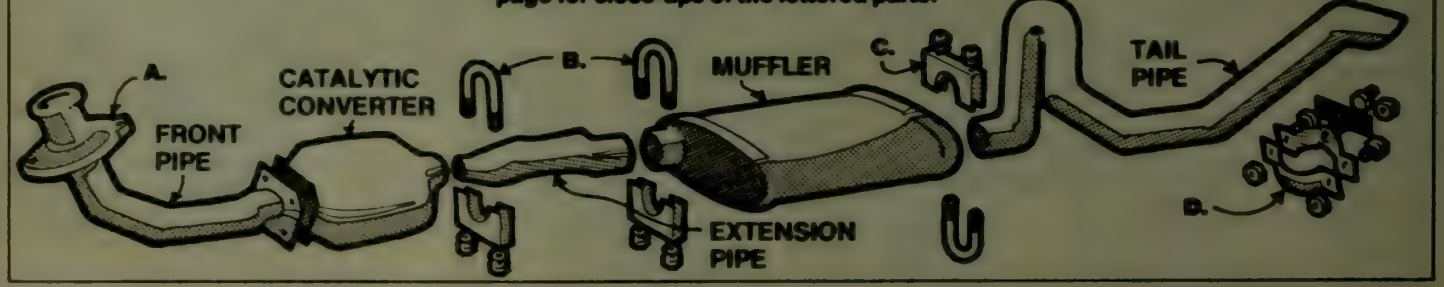
Next, slide the tail pipe over the rear axle of the car and connect the tailpipe to the muffler. Now you can slide all the clamps into position over the joints, check all parts for proper alignment with the other parts, and tighten the clamps.

Lastly, check the system for proper alignment in relationship to the underside of the car. There should be a gap of at least three-quarters of an inch between the car's frame and exhaust system pipes. And, except for clamps and hanger assemblies that secure the system to the car, all parts of the system should be isolated from the frame, fuel line, brake line, and other underbody parts. When the alignment is correct tighten the clamps and hanger assemblies to the frame.

To give your new exhaust system the acid test, start the engine and run it at fast idle. You shouldn't hear excessive vibration, hissing, or metal-to-metal contact. If you do, locate the source of the noise and realign that section of the system. ■

REPLACING AN EXHAUST SYSTEM IN CARS WITH POLLUTION CONTROL EQUIPMENT

Refer to the illustration on the previous page for close-ups of the lettered parts.



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CU

Corned Beef Suppers



Buying information, page 160

PEACH-GLAZED CORNED BEEF SUPPER

- **3-pound corned beef brisket**
- **2 medium acorn squash, quartered and seeded**
- **4 small apples, cored and quartered**
- **½ cup peach preserves**
- **½ teaspoon ground ginger**

Rinse meat in cold water to remove pickling juices. Place meat, fat side up, on a rack in a shallow roasting pan. Add *2 cups water*; cover pan with foil. Bake in 350° oven for 2 to 2¼ hours. Drain liquid from pan; discard. Place squash and apple pieces, skin side down, around meat. Sprinkle squash with a *little salt*. Add *½ cup hot water*. Cover; bake 45 minutes. Mix preserves and ginger. Spoon over meat, apples, and squash. Bake, uncovered, 10 minutes. Makes 6 to 8 servings.



Photographs: Dieter

BAKED CORNED BEEF BURGERS

- **1 slightly beaten egg**
- **1½ cups soft bread crumbs (2 slices bread)**
- **½ cup finely chopped onion**
- **¼ cup mayonnaise or salad dressing**
- **Dash pepper**
- **1 12-ounce can corned beef, flaked**
- **⅓ cup fine dry bread crumbs**
- **2 tablespoons cooking oil**
- **1 recipe Celery Sauce**
- **3 slices (3 ounces) sharp American cheese, halved diagonally**
- **3 English muffins, halved**

In a bowl, combine egg, soft bread crumbs, onion, mayonnaise, and pepper. Stir in corned beef; mix well. Shape mixture into 6 patties. Coat with dry bread crumbs. Brown patties in hot oil about 2 minutes per side. Spoon *half* of the Celery Sauce into a 12x7½x2-inch baking dish. Add patties. Spoon remaining sauce atop. Bake, uncovered, in 400° oven for 15 to 20 minutes. Top each patty with a halved cheese slice. Bake 2 to 3 minutes. Toast muffin halves. Serve patties atop. Makes 6 servings.

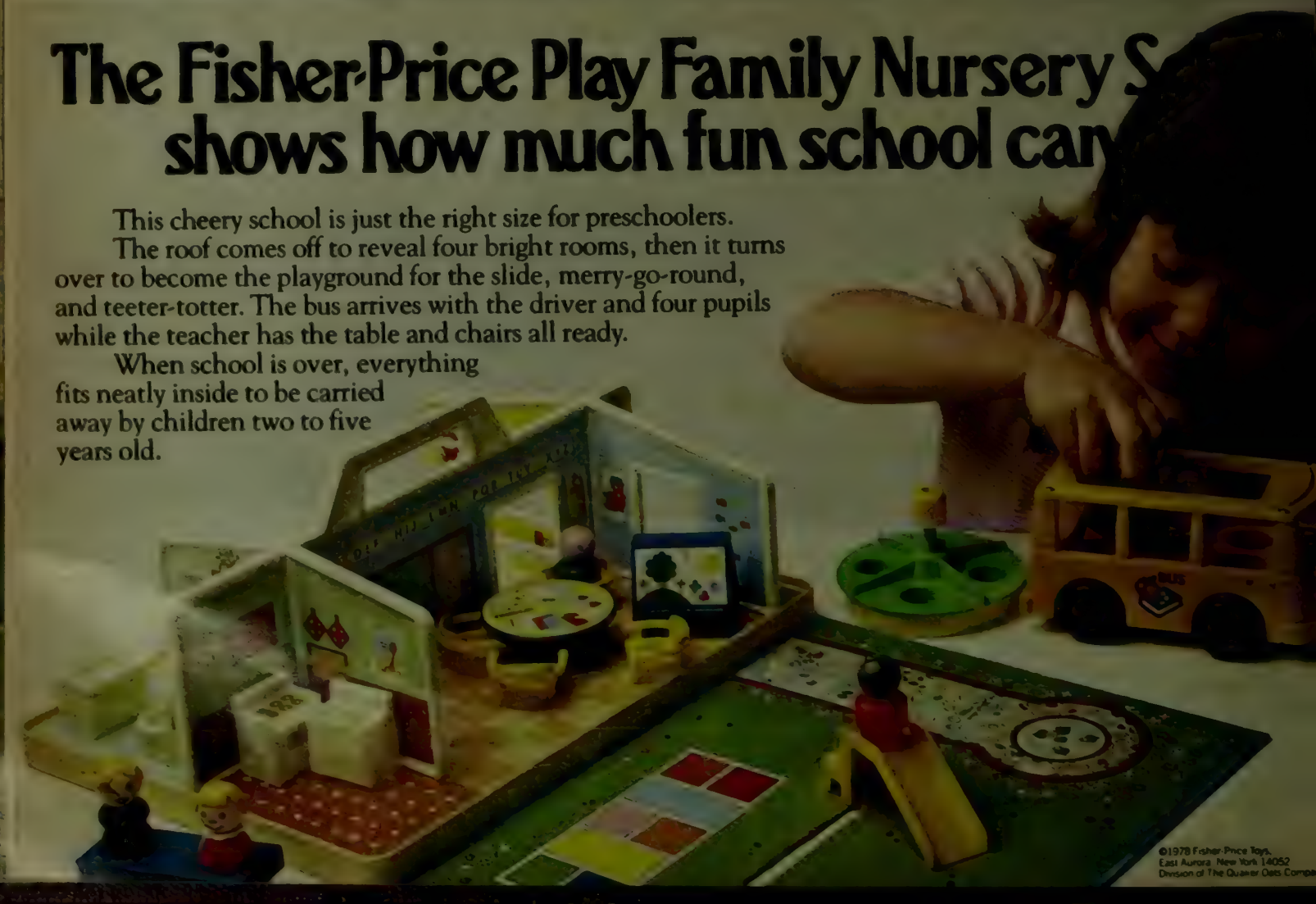
To make Celery Sauce: Combine *1 can condensed cream of celery soup, one 8½-ounce can mixed vegetables, drained,* and *1 teaspoon prepared horseradish-mustard.* Stir in *⅓ cup milk* till smooth. ■

The Fisher-Price Play Family Nursery S shows how much fun school can

This cheery school is just the right size for preschoolers.

The roof comes off to reveal four bright rooms, then it turns over to become the playground for the slide, merry-go-round, and teeter-totter. The bus arrives with the driver and four pupils while the teacher has the table and chairs all ready.

When school is over, everything fits neatly inside to be carried away by children two to five years old.



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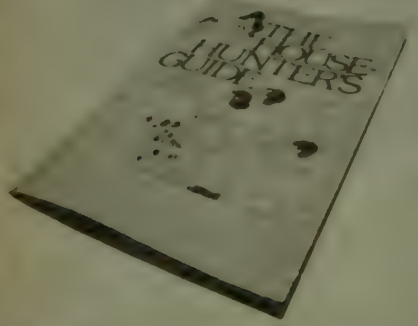
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Man-made fibers

It pays to be knowledgeable about man-made fibers because they play such an important role in home furnishings products. Today 70 percent of the fibers used by United States textile mills and nearly all surface fibers for carpets are synthetically produced.

Types of fibers

Acetate, rayon, and *triacetate* are fibers derived from cellulose, which is produced from wood pulp. Almost all other synthetic fibers are made by combining chemical elements such as nitrogen, oxygen, hydrogen, and carbon (petroleum products). Often various fibers are blended to combine the best properties of each.

Uses of different fibers

Here's a rundown on some characteristics and uses of the leading synthetic fibers produced for home furnishings. The fibers are listed with the generic, trademarked, and manufacturers' names.

Acetate and the related but more heat-resistant *triacetate* add softness and luster to blends. Fabrics made from acetate drape beautifully. They're mainly used for bedspreads, draperies, fiberfill, and upholstery. Trademarks include Arnel, Celaperm (Celanese Corp.); Acele (E. I. du Pont de Nemours and Co., Inc.); Chromspun, Estron (Eastman Kodak Co.); Avisco, Avicolor (FMC Corp.).

Acrylic fibers produce some of the most luxurious woollike carpets on the market. Acrylic carpets are easy to maintain and resist crushing and abrasion. Other uses for acrylic fibers are blankets, draperies, upholstery, and fiberfill. Among the trademarks are Acrilan, Elura (Monsanto Textiles Co.); Creslan (American Cyanamid Co.); Orlon (Du Pont); Verel (Eastman); Zefran (Dow Badische Co.).

Glass fibers are made of specially prepared glass marbles that are melted in an electric furnace. These fibers are used mostly for draperies and curtains and, combined with other materials, as a framework for furniture. Trademarks include Fiberglas (Owens-Corning Fiberglas Corp.); Garan (Johns-Manville Fiber Glass, Inc.); PPG (Pittsburgh Plate Glass Co.).

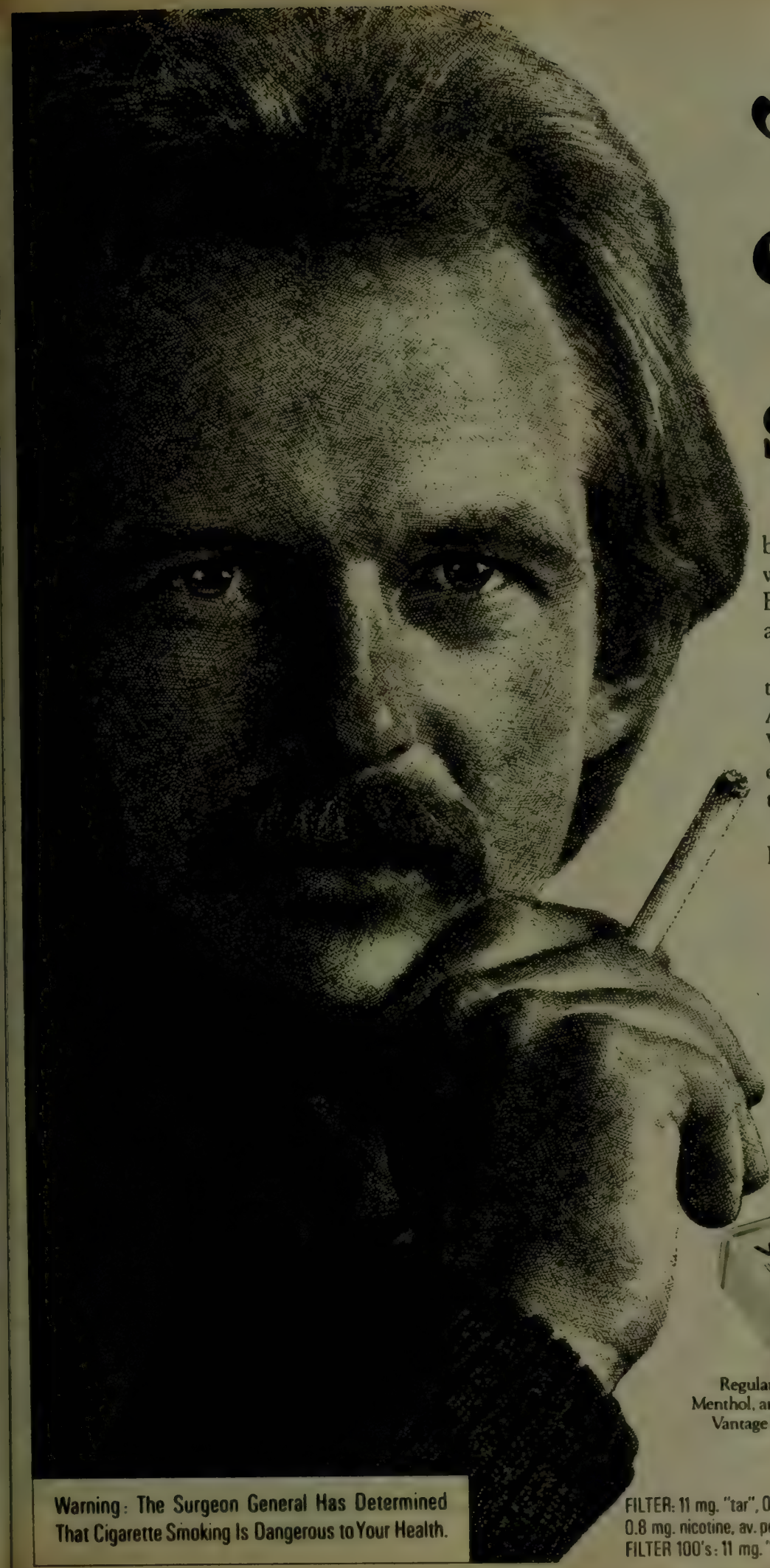
Nylon, the first fiber made completely from chemicals, is exceptionally strong, elastic, and resilient, and can be dyed in a wide range of colors. It's produced under such trademarks as Antron, Qiana (Du Pont); Caprolan, Anso (Allied Chemical Corp.); Celanese (Fiber Industries Inc., marketed by Celanese Corp.); Cumuloft (Monsanto); Guaranteeth (Allied Chemical Corp.); Phillips 66 Nylon (Phillips Fibers Corp., subsidiary of Phillips Petroleum Co.); Twix, Enkalure, Stria (American Enka Co.); Zefran (Dow Badische).

Olefin fibers have an inherent resistance to soil and are easy to clean. They have great strength and give good bulk, which makes them ideal for carpets, upholstery, and fiberfill. Registered trademarks for olefin fibers include Herculon (Hercules, Inc.); Marvess (Phillips).

Polyester fibers also are strong and won't stretch or shrink. They retain heat-set pleats and creases, and wash easily. Polyester carpet feels something like wool. Trademarks include Avlin, Avisco (FMC Corp.); Dacron (Du Pont); Fortrel (Fiber Industries/Celanese); Kodel (Eastman); Trevira (Hoechst Fibers Inc.); Golden Touch (American Enka); Zefran (Dow Badische).

Rayon, oldest of the synthetics, produces fabrics that drape well and are economical, but have only fair resistance to abrasion, mildew, and wrinkling. Many rayon fabrics have to be dry-cleaned or washed by hand. Among the trademarks are Enka, Jetspun, Zantrel (American Enka); Aviloc, Avril (FMC Corp.). ■

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GARDENING IN AUGUST

When you think about garden bulbs, are tulips, hyacinths, and daffodils the only plants that come to mind? Well, now's the time to broaden your horizons by planting a collection of colchicums and fall crocuses. These pint-sized members of the bulb family rarely get over ten inches tall, but they're big on color during the fall when few other plants are in bloom. And best of all, you can plant them now for a welcome show of color this season and in years to come.

Both colchicum and fall crocus do well in a variety of situations, but you'll get better results if you plant them in a cool, moist location that is shaded from direct sunlight. Use either species in standard flower beds, rock gardens, or under shrubs. For a more natural look, try planting them in a lawn or under trees in a wooded setting.

Colchicum and fall crocus, although not related, are quite similar in appearance, growth habit, and life cycle. Both start sending up their coarse, grasslike foliage in midwinter, while other plants are still dormant.

Later, as the weather warms up, the foliage thickens and continues to grow until early July, when hot summer weather makes the plants go dormant.

Then in the fall, the plants burst forth with a profusion of five- to nine-inch flower stalks that bloom right up until cold, snowy weather forces the plants to become dormant again.

To plant both colchicum and fall crocus, dig a hole and cover with fine soil. If you're planting in a lawn, you can replace the sod plug, but try to break it up so the bulbs can grow through.

If you want to naturalize a setting, simply toss a handful of bulbs across the ground and plant them where they land. Don't worry if the bulbs look a little sparse. Both species quickly reproduce and can carpet an area in only a few years.

Once colchicums and fall crocus begin to grow, it's important not to mow or cut back the foliage at any time. The foliage must be allowed to ripen and die back naturally for the plants to flower. Keep this fact in mind when you plant any bulbs in your lawn or flower beds.

Colchicums are available in both single- and double-flowered varieties. Variety Autumnale Roseum Plenum is an outstanding pink-flowering double with a six-inch stem. Good single varieties include Lilac Wonder and Violet Queen.

Fall crocus are available in only single forms but come in a much larger selection of colors than colchicum. Some of the most popular include Medius (orange-scarlet), Sativus (bright red), Speciosus albus (white), Speciosus (blue), and Zonatus (lavender).

To keep plants healthy over the winter, it's a good idea to cover them with a thin mulch of leaves after the flowers die back to the ground. This mulch will also keep weed growth to a minimum during the early spring. Later, as the mulch decays, it will add vital nutrients to the soil. ■

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tter Homes and Gardens S-1


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By Robert E. Dittmer
and Pamela Wilson Cullison

HOW TO TURN A GOOD ROOM INTO A GREAT ROOM

Many decorating schemes can be classified as "good," but few are individual and exciting enough to qualify as "great." The reason for this, we believe, is that most people tend to play it too safe when decorating. What they often wind up with is a room like the one pictured above. It's a good room all right—the furnishings are tasteful, the color scheme is pleasant, and the pieces are comfortably arranged—but the overall effect is as bland as a salad without dressing. What's lacking in this room (and millions of others like it) is a sense of personal style.

On the next six pages we'll show you how easy it is to rev up a decorating scheme. We took our "good" room and gave it three new and noteworthy personalities — traditional, country, and contemporary. With each transformation, the major furniture pieces remain; only small accent pieces and accessories were added to the room.



Photographs: Mirja Dietz

A GOOD ROOM TURNS

TRADITIONAL



Never assume that the style of a sofa must dictate the style of a room. If the sofa has clean, classic lines, you can change its looks (and the personality of the room) with the mere addition of a slipcover. Here we used a colonial print slipcover to set the tone for a traditional theme. Note that the carpet, the wall color, the lamps, end tables, and the other seating pieces stay the same. What transforms this room from nice to notable is primarily the use of accessories and accents. As you can see, just a few new furniture pieces—a butler's tray table, a black-shaded floor lamp, and a small cigarette table—do an excellent job of emphasizing the traditional scheme. Smaller accent pieces—the clock over the fireplace and the new mirror and picture arrangement—also reinforce the style statement.

Sometimes even the subtlest of touches bring distinction to a decorating scheme. Here we gave the curtains a finished look with the simple addition of white braid trim and a back valance. Another significant touch: The usually neglected area where the walls meet the ceiling was dressed up with a classic wallpaper border.

Buying information, page 160



A GOOD ROOM TURNS COUNTRY



Turning a good room into a great room does *not* require spending huge sums of money. In fact, once you have invested in major furniture pieces, your personality will play a much bigger role than your pocketbook.

Our country-style room is a good example—its charm is almost entirely homespun. To create the country feeling, we relied heavily on the use of pattern and color. The pattern comes from the hooked rug, the quilt and afghan draped over the sofa and one chair, and the pillows fashioned from headscarves. We used a provincial print to make a skirt for one of the tables, and a corresponding print to trim the curtains (now tiebacks) with a shirred ruffle and valance treatment.

The handsome pine plate rack is something we designed for you to make in your workshop; ditto the bench coffee table. To give the plate rack added importance, we framed it (and the mantel picture grouping) with a simple stencil design.

A straight-back chair and a wrought-iron floor lamp are the only new (store-bought) furniture pieces in the room.

Buying information, page 160

To order stencil kit and Project Plans, see page 157.



A GOOD ROOM TURNS

CONTEMPORARY



Highly sophisticated yet livable, too, this contemporary setting bears little resemblance to the original "good" room. But here again, no major new furniture pieces were needed to achieve the exciting new look; simple but sensational decorating touches did the trick.

The metamorphosis began when we painted two of the walls a deep, rich brown. We chose this color not just to be different, but to provide a background that would showcase every object in the room. Two accent pieces—the large painting and the area rug—were chosen to make a striking color impact on the otherwise understated color scheme.

Lighting also contributes to the terrific new look. We dramatized the two tall plants by placing "up" lights under the foliage. Two canister lights on the floor show off the painting and emphasize its importance in the decorating scheme. The unusual "egg" lamp in the fireplace is as much a piece of sculpture as it is a source of light.

Contributing to the room's uncluttered look are the bamboo blinds (framed with white-painted casings) and the acrylic nesting tables placed in front of the sofa.

Buying information, page 160

Oriental Poppies

The Flamboyant Perennials

By Douglas A. Jimerson

If you want breathtaking color for your yard next spring, plant some Oriental poppies now. These old-fashioned favorites aren't what they used to be. Today's plants range from ten-inch dwarfs to three-foot giants, and they come in a rainbow of colors.

Poppies put on their biggest show of color through late May and June. After that, their foliage dies down, leaving the stage to baby's breath, hardy aster, and other plants in the perennial border. In late summer and early fall the plants renew growth to get a head start on spring. And best of all, they're hardy enough for even the coldest climates.







Photographs Bill Helms, Maris Seme. Source Bonnie Manaram

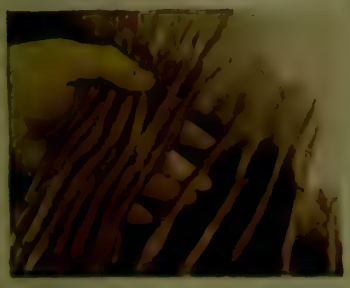




Oriental Poppies

Buying your poppies

The best time to plant poppies is during August and September while the plants are dormant. When you receive your poppy roots from the nursery, don't be discouraged by their long, stringy appearance. Properly planted, these roots will quickly mature into large, blooming plants. Space poppies about two feet apart and mulch them with several inches of leaves or straw to help keep the soil moist and control weeds.



Planting your poppies

Plant poppies in a garden location that gets at least six to eight hours of sunlight a day. Almost any soil type will do as long as it is well drained and relatively fertile. Dig a hole about a foot deep and mix in some well-rotted compost or manure. Hold the scaly crown of the plant even with the surface of the soil and gradually fill the hole with soil. Then water the plant thoroughly and firm the area around the base of the plants.



Dividing your poppies

Poppies prefer to grow undisturbed, but if you want new plants, you can divide large, mature specimens. After the plant becomes dormant, cut the soil in a complete circle around it and then lift up the entire plant with a spade or shovel. Always be sure to dig deep enough so you don't damage the long, brittle roots. With your fingers, separate the clump into three or four smaller clumps. Replant as soon as possible.



Protecting your poppies

In cold climate areas, poppies will occasionally winter-kill if they are not protected before the first hard freeze. Add two wire hoops over each plant at right angles to each other and top with a canopy of burlap. Remove the burlap and wires in early spring.

To order our poppy collection, see page 157.



Drawings: Blaser/Court

How to make the most of a MINI-KITCHEN

By Kristelle L. Petersen and Joan McCloskey

Making a minuscule kitchen work like a charm isn't easy but it can be done—and here's the proof. These two families started out with undersized, underachieving kitchens, and they turned things around by using ingenious space-saving techniques. Some of them might help you unscramble your kitchen, too.

When Suzanne and Dan Iten decided to remodel their 66-year-old kitchen, friends told them they should "dynamite the room" rather than just tear it out. The room's chopped-up floor plan did seem to call for demolition, but the Itens chose instead to dig in and redo the kitchen themselves. Suzanne, a designer, welcomed the challenge of turning the 9x12-foot room into a really efficient kitchen. The Itens achieved their goal by rethinking the traffic pattern and installing built-ins and other space-saving devices. To hold costs down, they committed evenings and weekends to the project for several months.

"I was able to incorporate most of my ideas even though I was limited by space," Suzanne said. "And we got what we both wanted—a very contemporary kitchen in an old house."

The kitchen utilizes the functional sink-stove-refrigerator work triangle, which reduces wasted steps. And the traffic flow was planned so that when Dan or Suzanne comes in the back door with groceries, they can set the bags down on the peninsula counter —halfway between the refrigerator and the sink. Serving is made simple by an open doorway (just to the left of the dishwasher) that leads into the dining room. The plan, *opposite*, illustrates other techniques the Itens used to achieve maximum efficiency in minimum space.

Buying information, page 160





Photographs: William Hopkins Source: Patricia Carpenter

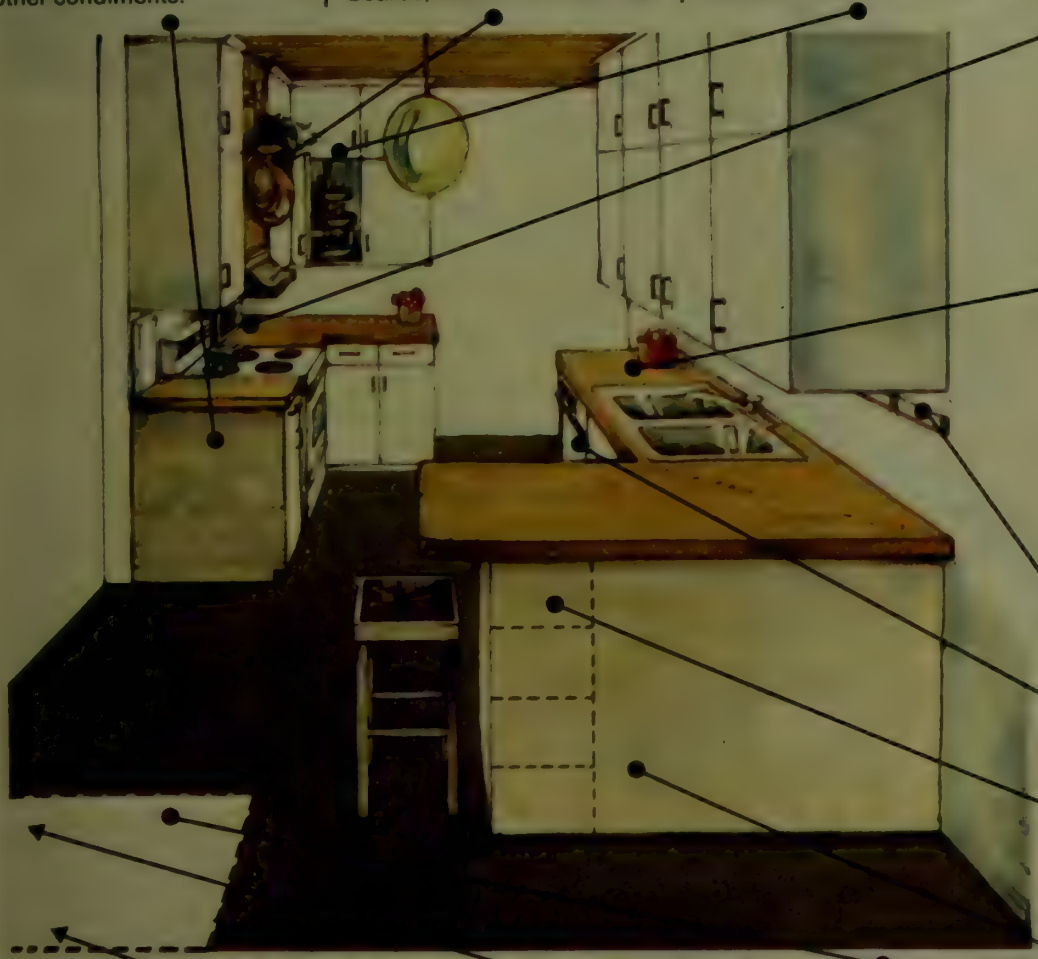




1. A small storage counter and counter top (12 inches wide) were installed to the left of the stove for spices and other condiments.

2. A pot rack was hung above the hood of the stove. The rack comes with two brackets, five hooks, and two boards, which form the track.

3. Custom-made white plastic laminate cabinets wrap around the room and extend up to the nine-foot ceiling for added storage. Lazy Susans in the corners and roll-out shelves elsewhere make use of every inch. The Iltens chose white cabinets to lighten the room.



4. The microwave oven is mounted into the wall to save space. The unit was sunk into empty space from a closed-off closet. Dan encased the oven in a ½-inch plywood box that is about two inches bigger than the unit.

5. The Iltens installed butcher block counter tops and a wood ceiling of standard interior plywood which comes in inexpensive ½-inch-thick sheets. These, along with the brown tweed carpet, lend warmth to the room. A bright poster on the only blank wall adds a splash of color.

6. A track of outlets was installed under the cupboards for added service.

7. A built-in dishwasher next to the sink replaced an older freestanding model.

8. Four custom-made acrylic-plastic bins at the end of the peninsula cabinet store fruits and vegetables.

9. A small peninsula was added next to the sink to serve as a work area and an eating area. The peninsula helps direct traffic from the back door up the stairs.

10. A wine rack was installed above the refrigerator so the Iltens don't have to trek to the cellar whenever they want to serve wine.

11. Adjacent to the refrigerator, floor-to-ceiling white plastic laminate cabinets were installed for storing coats and cleaning equipment.

12. A door and wall to the back entry were removed to make room for the refrigerator. The new entry is just around the corner.

Drawing: Hellman Design Associates

MINI-KITCHEN

More ways to maximize a kitchen

When David and Susan Steele bought their house, its 1928 kitchen was a cramped cubicle lacking adequate storage and modern appliances. Clearly, something had to give, but the Steeles didn't want to expand the kitchen into other needed living space. The only area they could annex was a small 3½x5-foot combined back porch and storage cabinet, where they put the oven.

To create the illusion of spaciousness, the Steeles used strong horizontal lines. Note the 1x4-inch ceiling baffle and the 1x6-inch ash strip that wraps around the kitchen counter. Hardware was left off glass-front cabinets because Susan wanted a clean, uncluttered look. Rich lemon yellow paint was used to brighten up the room and bounce in the maximum amount of light.

The key to the smooth functioning of this small, oddly shaped kitchen is the triangular projection of the sink. This area provides plenty of extra counter and storage space. Although the room's dimensions were increased only slightly, the kitchen is now pleasantly cozy rather than cramped, thanks to the Steeles' clever planning. The plan shows the space-saving tricks they used.

Buying information, page 160







Source: Helen Heitkamp

Photographs: Ernest Braun. Architect: Robert Herman Associates

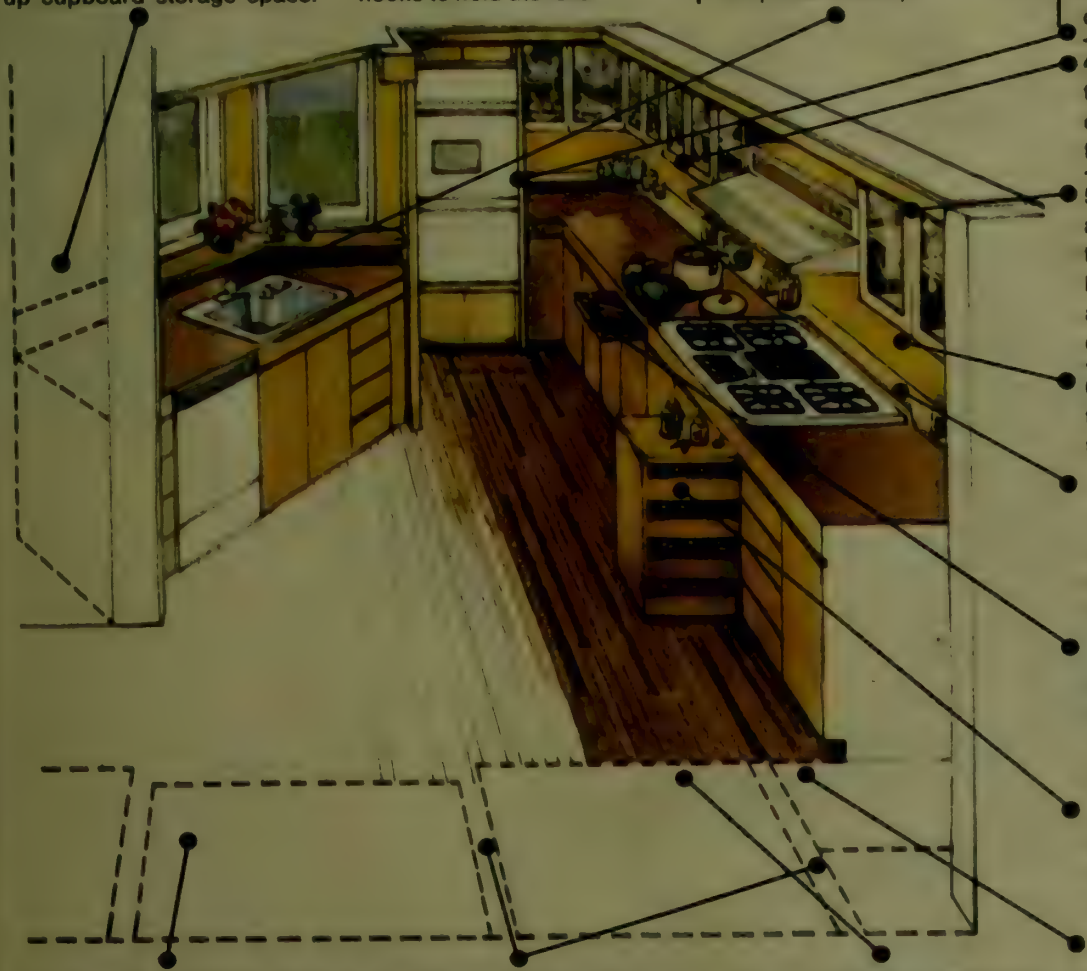




1. A utensil rack was Susan's idea (she likes being able to just grab the utensil she needs). Also, the rack frees up cupboard storage space. The rack was installed by nailing 1x2-inch ash battens with eight-inch spacings to the wall and attaching cup hooks to hold utensils.

2. Ample counter space surrounds the sink, and a shelf above gives extra counter space. The dishwasher below simplifies cleanup.

3. By framing the oven with solid-core doors, the Steeles avoided having to build a space-consuming separate partition. This construction detail saved them money.



4. The Steeles capitalized on the room's oddball shape by designing storage cabinets to fit the nooks and crannies.

5. Cove lighting shielded by a 1x4-inch strip of ash extends around the room. This lighting brightens the ceiling and creates a feeling of spaciousness at night.

6. Incandescent lights under the cabinets are baffled by a three-inch strip of ash.

7. A 5½-inch-deep ash shelf runs around the cabinet space of the kitchen (just seven inches above the counter) for storage of canisters.

8. For Susan, an avid Chinese cook, a sturdy pull-out chopping block was installed. It adds extra counter space when needed.

9. Below and to the right of the range is a pull-out unit that stores spices and condiments on three shelves.

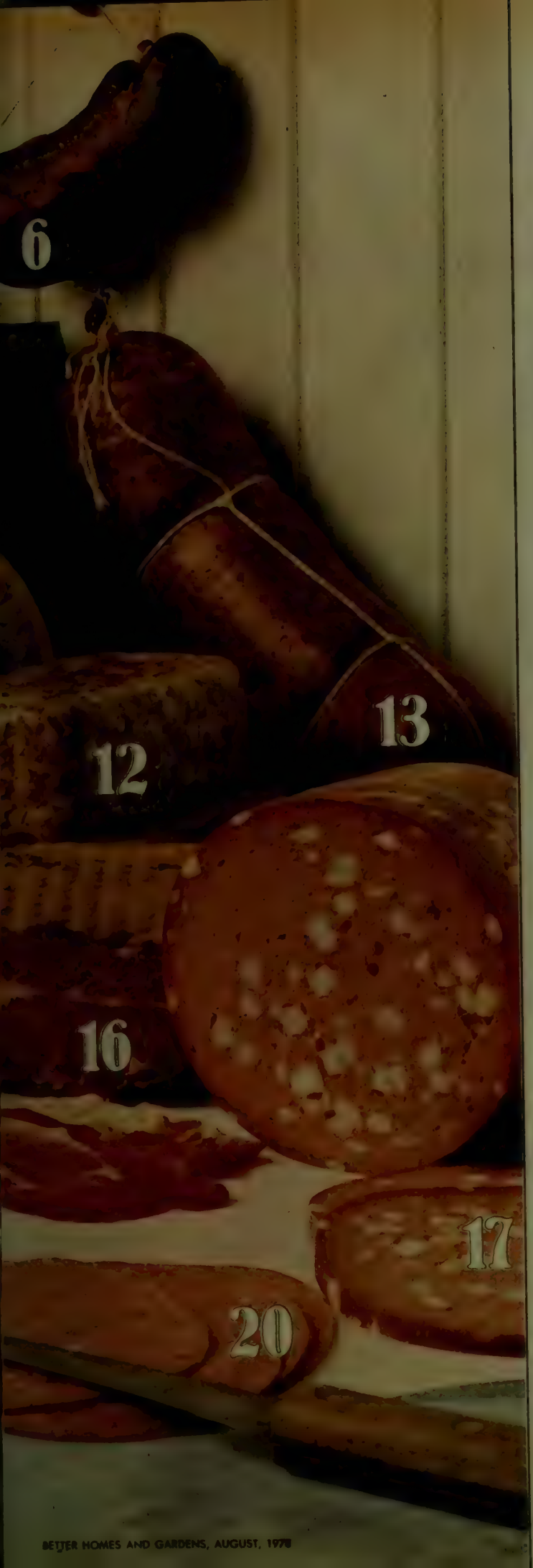
10. The narrow cabinet space to the right of the refrigerator contains a pull-out unit with a blender, which can be plugged into the outlet strip just above the counter.

11. Cook books are stored on a shelf above the refrigerator where they are always within handy reach when Susan needs them.

12. The refrigerator is framed with hollow-core doors, matching other wood trim. These doors avoid the need to build a partition.

13. A multi-functional work space to the left of the refrigerator is used for morning toast making and as a baking-mixing center at other times.


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A WORLD OF WURSTS

By Marlene Brown

Come with us on a taste-bud-titillating tour of the sausage world! Shown opposite is a United Nations of favorites, from salami to beerwurst, many of them available at your neighborhood meat market or deli. And our ten enticing recipes turn wurst into wonderful eating!

1 GENOA SALAMI: Also called Italian or hard salami. Pork flavored with garlic and wine or grape juice.

2 SUMMER SAUSAGE: Generally describes any mildly seasoned smoked sausage that is air dried.

3 THÜRINGER CERVELAT: A tangy variety of summer sausage, seasoned with pepper and ginger.

4 METTWURST: Also called teawurst or smearwurst. A spreadable, mild German sausage.

5 HEAD CHEESE: Not a cheese, but a cooked specialty with pork head meat in a gelatin base.

6 BLOOD SAUSAGE: Cooked pork with beef blood. The French add brandy; the Italians, raisins.

7 KNACKWURST: German beef and pork sausage seasoned with garlic, coriander, and nutmeg.

8 LIVERWURST: Also called liver sausage. Smooth-textured pork liver and jowls; slices or spreads.

9 ITALIAN SAUSAGE: Fresh, highly seasoned pork, and sometimes a little beef. May contain red pepper.

10 KIELBASA OR POLISH SAUSAGE: Garlic- and herb-seasoned pork and beef. Comes smoked.

11 BRATWURST: German "frying sausage." Spiciness varies with the brand. Usually available in links.

12 SOUSE: A cooked meat specialty with a gelatin base. Has a sweet-sour flavor similar to head cheese.

13 BEERWURST: Also called beer salami. Garlic flavored; contains no beer. Comes in bulk or sliced.

14 BLOOD AND TONGUE: Pork or lamb tongue cooked, cured, and centered in blood sausage.

15 COTTO SALAMI: A mild-flavored Italian salami with whole peppercorns. Cooked; may be smoked.

16 PROSCIUTTO: A thinly sliced ham, dry-cured under pressure with spices rubbed in. Has no casing.

17 MORTADELLA: Pork with cubed pork fat. Italian-style has garlic; German-style has pistachio nuts.

18 CHORIZO: Spanish-style pork, highly seasoned with pimiento, sweet pepper, and sometimes garlic.

19 SALAMI: Highly seasoned pork and beef. Has a characteristic fermented flavor from a drying process.

20 BEERWURST: Same as 13, except in sliced form. Made with chopped pork; has a natural casing.

These are merely a sampling from the smorgasbord of sausages available. For information on the basic sausage types and how to cook them, refer to the handy guide on page 124.

Buying information, page 160

Photographs: Foster. Food Stylist: Fran Paulson

A WORLD OF WURSTS

VERSATILE SAUSAGE ENTRÉES

Hearty meals and sausage go hand in hand. Here we've featured Spanish, Italian, Polish, and German sausages, but there's ample room for substitution.

A pour-over batter bakes atop a cheese and German mortadella filling to produce **Popover Pizza** (*left*).

Combine beer salami with oregano, basil, thyme, and beer, and you have **Beerwurst Soup** (*top center*).

Spanish **Chorizo-stuffed Eggplant** (*top right*) features spicy chorizo in tender eggplant shells.

You can make **Italian Sausage Kabobs** (*center right*) with either mild or spicy Italian pork sausage plus a sweet 'n sour marinade.

Kielbasa Pasta Salad (*bottom right*) is a hot, satisfying skillet dish with plump Polish sausage, bacon, and sautéed mushrooms.

Recipes begin on page 124.
Buying information, page 160





A WORLD OF WURSTS

NO-FUSS SAUSAGE IDEAS

Since most sausages need little cooking or none at all, they're ideal for quick snacks and entrées. These raid-the-icebox specials prove the point.

Cool watercress crowns **Mettwurst Pâté** (*top left*), a blender wonder made with spicy mettwurst, blue cheese, and walnuts.

Salami Bagelwiches (*center*) star your favorite salami and feature egg salad, Swiss cheese, and sliced cucumber.

To make **Cervelat Bean Salad** (*top right*), layer strips of cervelat sausage with egg slices, red onion, garbanzo beans, and spinach.

Prosciutto and melon meet again in **Prosciutto Ambrosia Salad** (*bottom right*) with peaches, strawberries, a creamy dress-



ing, and colorful pistachio nuts.

Top pumpernickel with broiled bratwurst links, sauerkraut, a tomato slice, a cheese sauce, and a green pepper ring for a **Swiss Bratwurst Melt** (*bottom left*).

Recipes begin on page 128.
Buying information, page 160

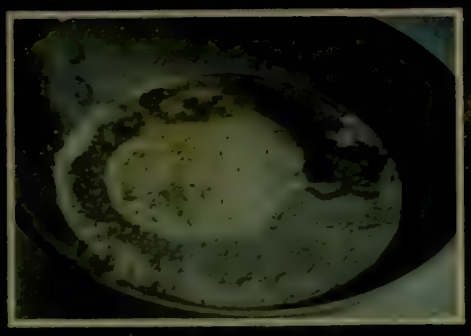
STEP BY STEP TO MAKING OMELETS LIKE AN EXPERT

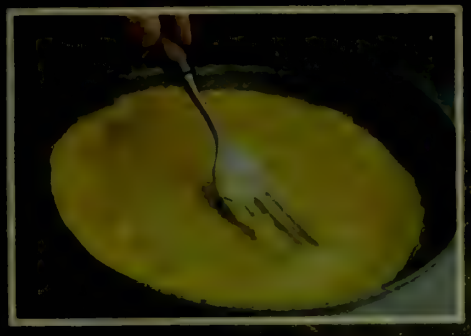
By Nancy Byal



Some people would have you believe that omelet making is only for French chefs or cooking school buffs. Nonsense! Follow along and we'll prove to you that cooking up an omelet is almost as simple as scrambling eggs. Turn the page and you'll find several seasoning, filling, and sauce variations to spark your creativity, too.









THE BASIC OMELET

3 eggs
1 tablespoon water
¼ teaspoon salt
Dash pepper
1 tablespoon butter *or* margarine

STEP 1. In a small bowl beat together the eggs, water, salt, and pepper with a fork till the mixture is blended but not frothy. For an herb-flavored omelet, add ⅛ to ¼ teaspoon of your favorite dried crushed herb.

STEP 2. In an 8-inch skillet with flared sides, heat the butter or margarine over medium heat till butter sizzles and browns slightly. Lift and tilt the pan to coat the sides.

STEP 3. Pour in the egg mixture. Continuing to cook over medium heat, use a fork to rapidly stir in a zigzag pattern just through the top of the uncooked eggs. (During stirring, cooked portions will come to the center.) At the same time, shake the skillet constantly to keep the egg mixture moving; shake carefully so that the depth of the omelet remains even. When the eggs are set on the bottom but still shiny and soft on top, remove the skillet from the heat.

STEP 4. Spoon a filling across the center, if desired. Using a spatula, carefully lift one-third of the cooked omelet and fold over filling. Tilt skillet; with a spatula, gently fold remaining third of omelet over filling. Invert skillet to roll omelet out onto serving plate. Top with sauce or garnish as desired. Serve at once. Makes 2 servings.

Omelet Expertise

- Use a skillet with flared sides that is seasoned or has a non-stick lining.
- Avoid a too-hot skillet. Overheating results in overcooked, tough eggs.
- When cooking the egg mixture, you can stop stirring and shaking the egg once or twice. Then lift the edges of the set egg so uncooked egg will flow underneath.
- Allow two to three minutes' total cooking time.
- Don't attempt anything larger than a three-egg omelet at a time.

continued

Buying information, page 160

Photographs: Foster. Food Stylist: Fran Paulson.

OMELET STEP BY STEP



TARRAGON VEGETABLE OMELET

To duplicate the omelet on the preceding page, use a mixture of sliced carrot and chopped broccoli—

2 teaspoons butter or margarine
1 teaspoon lemon juice
⅛ teaspoon dried tarragon, crushed
Dash *each* salt and pepper
¾ cup cooked vegetables
1 recipe Basic Omelet (page121)

In small saucepan melt butter or margarine. Stir over very low heat till butter becomes dark brown but not burned. Stir in lemon juice, tarragon, salt, and pepper. Add desired cooked vegetables; heat through. Keep warm. Prepare the Basic Omelet as directed up to step 4. Use vegetable mixture to fill omelet. Fold and turn out omelet as directed. Makes 2 servings.

OMELET BENEDICT

Water
½ of 1⅛-ounce envelope (3 tablespoons) hollandaise sauce mix
2 ounces Canadian-style bacon, cut in 1-inch-long strips
2 tablespoons sliced green onion
1 tablespoon butter *or* margarine
1 recipe Basic Omelet (page121)
Snipped parsley

In small saucepan gradually stir *half* the water called for on sauce mix package into the dry sauce mix. Cook and stir over medium-low heat till sauce thickens and bubbles. Remove from heat. Keep warm over hot water.

In a small skillet cook Canadian bacon strips and sliced green onion in butter or margarine till meat and onion are browned and heated through; keep warm. Prepare Basic Omelet as directed up to step 4. Stir *half* the hollandaise sauce into Canadian bacon mixture. Use meat mixture to fill omelet. Fold and turn out omelet as directed. Spoon remaining sauce over; sprinkle with parsley. Serve at once. Makes 2 servings.

FRUIT AND CHEESE OMELET

1 teaspoon cornstarch
2 teaspoons honey
3 tablespoons orange juice
1 teaspoon lemon juice
¾ cup mixed fresh fruit such as sliced strawberries, orange sections, and halved grapes
1 recipe Basic Omelet (page121)
¼ cup shredded cheddar cheese

In small saucepan combine cornstarch and honey; stir in orange juice and lemon juice. Cook and stir till mixture is thickened and bubbly. Stir in fruit to heat through; keep warm. Prepare Basic Omelet as directed up to step 4. Use some of the fruit mixture to fill omelet. Fold and turn out omelet as directed. Top with remaining fruit and cheese. Serves 2.

SWEET AND SOUR OMELET

1 recipe Sweet-sour Sauce
⅓ cup sliced fresh mushrooms
⅓ cup chopped bamboo shoots
⅓ cup chopped cooked chicken
1 tablespoon butter *or* margarine
3 eggs
½ of a 3-ounce package cream cheese, cubed and softened
1 tablespoon milk
⅛ teaspoon salt
1 tablespoon butter *or* margarine

Make *Sweet-sour Sauce:* In small saucepan stir together 1 tablespoon *brown sugar* and 1½ teaspoons *cornstarch;* add ⅓ cup *unsweetened pineapple juice,* 1 tablespoon chopped *green pepper,* 1 tablespoon *vinegar,* 1½ teaspoons *soy sauce,* dash *salt,* and dash *pepper.* Cook and stir till thickened and bubbly; cook 1 minute more. Keep warm.

Cook mushrooms, bamboo shoots, and chicken in 1 tablespoon butter or margarine till mushrooms are tender; keep warm. Beat together eggs, cream cheese, milk, and salt. Heat the remaining butter in an 8-inch flared skillet till the butter sizzles and browns slightly. Tilt pan to coat sides. Pour in egg mixture. Cook omelet as directed in step 3 of Basic Omelet (page121). Fill with chicken mixture as in step 4. Fold and turn out the omelet. Top with Sweet-sour Sauce. Makes 2 servings. ■

PEPPERIDGE FARM



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There's a different Pepperidge Farm Layer Cake for every day of the week—and then some. All of 'em are three layers high and plenty moist—like homemade.

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In your grocer's freezer

548/3139

begins on page 114

A world of wursts

Each type of sausage represents an amazing transformation of plain meat into a bona fide delicacy. Sausage makers add their own special seasoning blends, which can range from familiar garlic and onion to more exotic brandy and pistachio nuts. And the meat can be given a distinctive shape, depending on the kind of casing used. After curing, smoking, drying, and/or cooking, a myriad assortment of unique tastes and textures emerges. Since each type of sausage can vary widely in flavor from brand to brand, experiment to find the one that pleases you.

What's what in wursts

Most sausage recipes are adaptable. You can use any of several sausage varieties, as long as they come from the same group. Here is a breakdown of the seven basic types and some of the varieties within each group:

- **Fresh** sausage includes chipolata, Italian pork sausage, fresh Polish sausage, fresh Thüringer, potato sausage, and fresh bratwurst. These must be thoroughly cooked.
- **Uncooked smoked** sausage includes Portuguese linguisa and country-style pork sausage. Cook thoroughly unless labeled "cooked."
- **Cooked** sausages are blood sausage, braunschweiger, liver cheese, liver sausage, and yachtwurst. They're ready to eat and are usually served cold.
- **Cooked and smoked** varieties are beerwurst, Berliner sausage, bologna, salami, frankfurter, knackwurst, New England sausage, Polish sausage, and smoked Thüringer. They're ready to eat but some, such as Polish sausage, are reheated and served hot.
- **Dry** sausages are made from cured meats that are dried through a process of bacterial fermentation, which acts as a preservative and gives a distinctive flavor and firm texture to the meat. Some dry sausages are firm-textured salami, frizzes, Italian mortadella, and pepperoni. Although they're ready to eat, some, such as pepperoni, are often served hot.
- **Semidry** types, like the dry types, are cured, dried, and ready to eat but generally have a softer texture. Among the semidry sausages are Thüringer cervelat, all summer sausage, and some salamis, such as kosher salami.
- **Prepared meats** are cured, ready-to-eat meats that are considered sausages in the broad sense. This group includes cappicola, dried beef, pastrami, prosciutto, and Westphalian ham.
- **Cooked meat specialties,** alias luncheon meats, include olive loaf, pickle and pimiento loaf, old-fashioned loaf, honey loaf, picnic loaf, souse, and head cheese to name only a few. They are ready to eat and are generally served cold.

A Cooking Primer

Check the sausage label to see if cooking is needed. When you buy sausage over the counter and there's no label, ask your meatman if the sausage is uncooked or cooked. Fresh and uncooked, smoked varieties (except dry and semidry types) require thorough cooking before eating.

- Cook **uncooked patties** in a skillet, uncovered, for 15 to 20 minutes, turning once. Drain well. Or, arrange on a rack in a shallow baking pan; bake in a 400° oven for 20 to 25 minutes.
- Place **uncooked links or rings** in ¼ cup water per half pound of sausage in an unheated skillet. Do not prick. Cook, covered, over low heat for 5 minutes; drain. Uncover and cook over low heat for 12 to 15 minutes more, or till water has evaporated and sausages are thoroughly cooked, turning frequently with tongs.
- Add **fully cooked links** to boiling liquid (use water, beer, or wine) in a saucepan. Reduce heat, then cover and simmer for 5 to 10 minutes or till heated through.

POPOVER PIZZA

The crust is on top of this crazy pizza! Under the hilly, popover-like crust, you'll find cheese, tomato, and chunks of mortadella. If you like, you can use New England or Thüringer sausage instead—

12 ounces mortadella, cubed
1 medium onion, chopped (½ cup)
1 tablespoon butter or margarine
1 15½-ounce jar spaghetti sauce
½ teaspoon fennel seed
1 6-ounce package sliced mozzarella cheese
2 eggs
1 cup milk
1 tablespoon cooking oil
1 cup all-purpose flour
½ teaspoon salt
¼ cup grated parmesan cheese

In skillet cook mortadella and onion in butter or margarine till onion is tender but not brown; drain. Stir in spaghetti sauce and fennel seed. Pour mixture into ungreased 13x9x2-inch baking pan. Arrange sliced mozzarella cheese over top. In bowl combine eggs, milk, and cooking oil; add flour and salt. Beat with rotary beater till smooth. Pour batter evenly over cheese in pan. Sprinkle parmesan atop. Bake in 400° oven for about 30 minutes or till crust is golden. Cut in squares. Serve hot. Makes 6 servings.

BEERWURST SOUP

Simmer 'n serve this robust soup in about 30 minutes. Next time, try Italian or kosher salami—

1 cup chopped celery
1 medium onion, chopped (½ cup)
2 tablespoons butter or margarine

• • •

1 tablespoon cornstarch
½ teaspoon dry mustard
¼ teaspoon garlic powder
¼ teaspoon dried oregano, crushed
¼ teaspoon dried basil, crushed
¼ teaspoon dried thyme, crushed
1 12-ounce can (1½ cups) beer
1 10¼-ounce can (1¼ cups) condensed beef broth

• • •

4 slices French bread
1 cup shredded mozzarella cheese (4 ounces)
12 ounces beerwurst (beer salami), thinly sliced and quartered

In large skillet cook celery and onion in butter or margarine till tender but not brown. Blend in cornstarch, dry mustard, garlic powder, oregano, basil, and thyme; add beer and beef broth. Cook and stir till thickened and bubbly. Cover and simmer over low heat for 30 minutes, stirring occasionally. Meanwhile, arrange bread slices on a baking sheet; sprinkle cheese atop. Broil 3 inches from heat for 3 minutes or till cheese is melted and lightly browned. Add beerwurst to soup; simmer 2 to 3 minutes to heat through. Top soup with hot bread slices. Makes 4 servings.

continued



MORNING BREAK. FAST.



Monday's a hurry-up-and-run day for most of us. Just don't run out the door hungry. Grab a Dole® banana on the way. That goes for your whole family. You never get tired of the sweet, creamy taste. You never get loaded down with calories, either.

Fact: a medium-size Dole banana has only about 101 calories and no cholesterol. It's 99.8% fat-free. And yes, you can enjoy a Dole banana break-fast all day long!

The Dole Banana.
As a snack, it's a natural.

CASTLE & COOKE, INC.

continued

A world of wursts

CHORIZO-STUFFED EGGPLANT

If fresh chorizo is not available in your area, use a spicy Italian pork sausage—

- 3 medium eggplants (1 pound each)
- 1¼ pounds bulk chorizo, crumbled
- 1 small onion, thinly sliced
- 1 green pepper, cut in strips
- 1 tablespoon snipped chives
- ¾ teaspoon dried oregano, crushed
- ¼ teaspoon pepper
- ⅓ cup grated parmesan cheese
- 2 medium tomatoes, sliced and halved
- Cooking oil

Halve eggplants lengthwise. Carefully scoop out pulp, leaving a ½-inch-thick shell; reserve pulp. Cook eggplant shells, uncovered, in a large pan of boiling water 2 minutes or till tender. Drain; sprinkle with *salt*. Set aside. In large skillet cook sausage, uncovered, on low heat for 5 minutes; drain off excess fat. Stir onion, green pepper, chives, oregano, and pepper into skillet; cook till vegetables are tender but not brown. Chop reserved eggplant pulp; add to sausage mixture. Cook, covered, for 5 minutes. Spoon mixture into eggplant shells. Sprinkle parmesan cheese atop. Place shells in an ungreased 15x10x1-inch pan; cover lightly with foil. Bake in 350° oven for 20 minutes; remove foil. Place two tomato slice halves atop each shell; brush lightly with oil. Bake, uncovered, for 5 to 10 minutes longer. Makes 6 servings.



ITALIAN SAUSAGE KABOBS

For a super supper on skewers, choose either mild or spicy Italian sausage links to suit your family's taste. Chipolata is a mild, flavorful Italian sausage you might try—

- ¼ cup finely chopped onion
- 2 tablespoons butter or margarine
- ½ cup apple cider or juice
- ¼ cup red wine vinegar
- 2 tablespoons honey
- 1 tablespoon bottled steak sauce
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 2 pounds mild Italian sausage links
- 16 (1 pound) small white onions
- 16 medium to large mushroom caps
- 8 cherry tomatoes

To prepare sauce: In small saucepan cook chopped onion in butter or margarine till tender but not brown. Stir in cider, vinegar, honey, steak sauce, salt, and pepper. Bring to boiling; simmer, uncovered, for 20 minutes, stirring occasionally.

Meanwhile, in large saucepan add sausage to boiling water. Reduce heat; simmer, covered, for 10 minutes; drain. Cut crosswise into 2-inch pieces. Cook onions, uncovered, in boiling water for 3 to 5 minutes or till nearly tender; drain. On eight 10-inch skewers alternately thread sausage pieces, onion, and mushrooms. Grill over *hot* coals for 10 to 12 minutes, turning and brushing often with sauce. Garnish ends of skewers with cherry tomatoes. Heat and pass remaining sauce. Makes 8 servings.

KIELBASA PASTA SALAD

Potato sausage, weisswurst, or uncooked bratwurst can also be used in

continued



Pick of the crop.

A basket of fruit, a fine natural cheddar—this is our pick for a really fresh dessert. The fruit you pick could be grapes or apples or pears. The cheddar, of course, is Cracker Barrel from Kraft. America spells cheese K_RA_FT.

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KRAFT

continued

A world of wursts

this hearty German-style main dish—

12 ounces kielbasa (Polish sausage)
½ cup water
1½ cups small (1-inch) shell macaroni
6 slices bacon
1 cup sliced fresh mushrooms
3 tablespoons sugar
2 tablespoons all-purpose flour
½ teaspoon salt
⅛ teaspoon pepper
¾ cup water
¼ cup tarragon vinegar
2 tablespoons snipped parsley

In skillet simmer sausage, covered, in the ½ cup water for 20 minutes. Meanwhile, cook macaroni according to package directions; drain. Drain and slice kielbasa; set aside. In large skillet cook bacon till crisp; drain, reserving 3 tablespoons drippings in skillet. Crumble bacon; set aside. Cook mushrooms in reserved drippings for 2 minutes. Stir in sugar, flour, salt, and pepper; add the ¾ cup water and the vinegar. Cook and stir till thickened and bubbly. Add kielbasa, macaroni, bacon, and parsley. Toss together lightly. Garnish with additional snipped parsley, if desired. Serve at once. Makes 4 to 6 servings.

METTWURST PÂTÉ

If mettwurst is not available in your area, you can use either braunschweiger or liver sausage—

8 ounces cooked mettwurst or teawurst
½ cup cream-style cottage cheese
⅓ cup chopped walnuts
2 tablespoons crumbled blue cheese (½ ounce)

Place all ingredients in blender container. Cover and blend till smooth, stopping to scrape down sides as necessary. Turn mixture into oiled 2-cup bowl or mold; cover and chill several hours. Unmold onto serving plate and garnish with watercress, if desired. Serve with crackers. Makes 1½ cups pâté.

SALAMI BAGELWICHES

When you make these sandwiches, choose from some of the many types of salami, such as cotto, German, and Italian varieties—

4 bagels, split and toasted
2 tablespoons butter or margarine
2 hard-cooked eggs, finely chopped
2 tablespoons mayonnaise or salad dressing
1 tablespoon finely chopped onion
2 teaspoons toasted sesame seed
4 ounces Genoa salami, thinly sliced
3 ounces Swiss cheese slices
½ medium cucumber, thinly sliced

Spread toasted surface of bagels with butter or margarine. In small bowl combine chopped egg, mayonnaise, chopped onion, and sesame seed. For each sandwich, spread bottom half of bagel with 2 teaspoons egg mixture; place a fourth of the salami, cheese, and cucumber slices atop. Spread cut side of each bagel top with 2 teaspoons egg mixture; place over bottom half. Makes 4 sandwiches.

CERVELAT BEAN SALAD

Cervelat is a type of summer sausage made with beef and pork. Thüringer cervelat is a tangier variety—

¼ cup olive or cooking oil
¼ cup white wine vinegar
½ teaspoon salt
½ teaspoon dry mustard
⅛ teaspoon pepper

• • •

6 cups torn fresh spinach leaves
1 16-ounce can garbanzo beans, drained
½ red onion, sliced and separated into rings (1 cup)
1 hard-cooked egg, sliced
8 ounces cervelat, cut in strips

For dressing combine oil, vinegar, salt, mustard, and pepper in screw-top jar; cover and shake well. Chill. Place spinach leaves in large bowl. Arrange beans, onion, egg slices, and cervelat strips in layers atop spinach. Just before serving, shake dressing and drizzle over salad; toss. Makes 4 to 6 servings.

PROSCIUTTO AMBROSIA SALAD

Prosciutto teams up with fresh fruits and a lively blue cheese dressing—

8 ounces thinly sliced prosciutto
½ honeydew
½ cantaloupe
Lettuce leaves
1 large peach, peeled, pitted, and sliced
1 cup fresh strawberries, halved

• • •

¼ cup whipping cream
½ cup mayonnaise or salad dressing
¼ cup crumbled blue cheese (1 ounce)
1 tablespoon milk

• • •

Pistachio nuts

Roll up prosciutto slices from the narrow end. Scoop out honeydew and cantaloupe with melon-ball cutter.

On 4 individual lettuce-lined plates, arrange honeydew and cantaloupe melon balls, peach slices, strawberries, and rolled prosciutto slices.

For salad dressing, whip cream; blend in mayonnaise, blue cheese, and milk. Spoon over salads. Sprinkle pistachio nuts atop. Makes 4 servings.

SWISS BRATWURST MELT

Just one of these open-face sandwiches is a meal. Knackwurst is a tasty substitute for the bratwurst—

2 tablespoons butter or margarine
4 teaspoons all-purpose flour
¼ teaspoon salt
¼ teaspoon dry mustard
¾ cup milk
¾ cup shredded process Swiss cheese (3 ounces)

• • •

1 8-ounce can sauerkraut
4 cooked bratwurst links

• • •

4 large slices pumpernickel bread, toasted
4 slices tomato
Green pepper rings
Ground nutmeg (optional)

Melt butter or margarine in small saucepan. Stir in flour, salt, and dry mustard; add milk. Cook and stir till thickened and bubbly. Stir in cheese till melted; cover and keep warm. Heat sauerkraut in small saucepan. Meanwhile, halve bratwurst lengthwise; place, cut side down, on broiler pan or baking sheet. Broil 3 to 5 inches from heat for 3 minutes.

Drain sauerkraut. For each sandwich, place 2 bratwurst halves on a bread slice. Top with a fourth of the hot sauerkraut and 1 tomato slice; spoon a fourth of the cheese sauce over. Garnish with a green pepper ring and sprinkle with a dash of ground nutmeg, if desired. Makes 4 servings. ■

MMMoister.





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ut they're not *SuperMoist*™

perMoist™ is a whole new kind of cake mix.
s the moistest layer cake ever from Betty Crocker.®
ew SuperMoist has a special pudding in
e mix to make it unbelievably moist.

ADD EGGS, OIL & FROSTING

"Mellow Roast® discovered what my Hannah's known for years. Add grain to coffee for great coffee taste without bitterness."



"My wife Hannah's apple pies have won blue ribbons, but her coffee made her famous 'round the county.

"Hannah, like her mother and her mother's mother before her, adde grain to coffee and found the bitterness went away. Now Mellow Roast® Coffee and Grain Beverage does wh they've been doing for years.

"They start with rich, robust coffees; then blend in roasted grain to take away the bitter edge for that good-old, down-home coffee taste.



"Mellow Roast is so good, so delicious we drink it all day long."

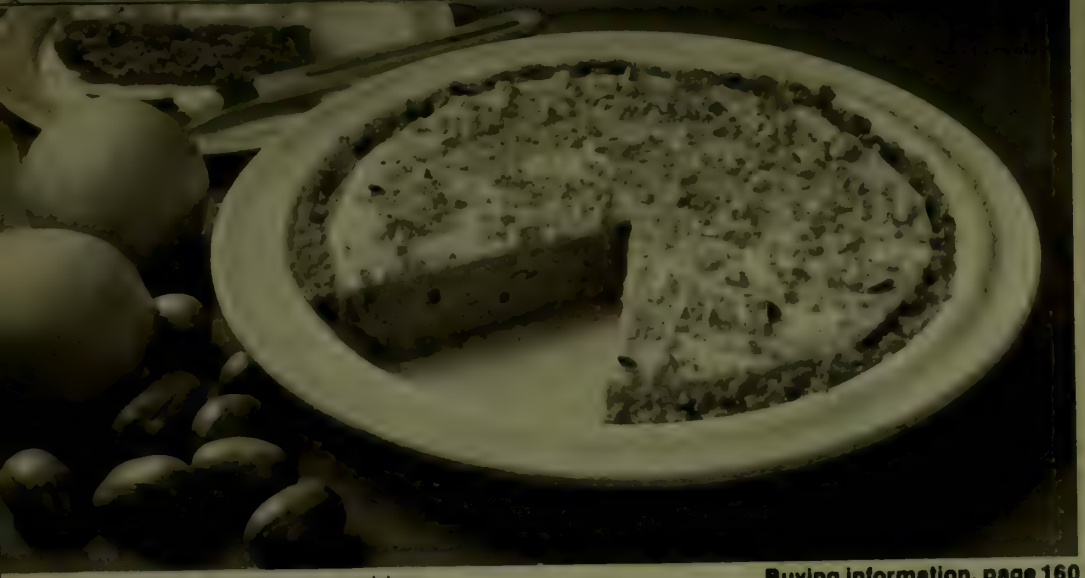
Great coffee taste without bitterness.



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GENERAL FOODS

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File under Appliance cooking

Buying information, page 160

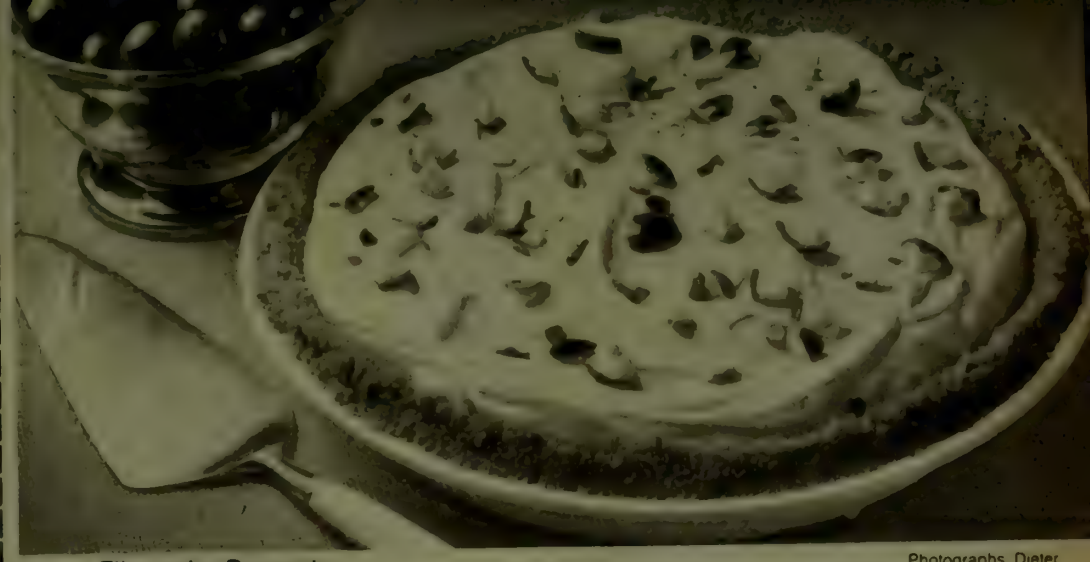
FOOD PROCESSOR RECIPES

Crumb Crust Lemon Cake

Use just the yellow part of the lemon peel for this moist winner—

In food processor bowl chop ¼ cup *pecans* with chopping blade; set aside. With same blade in processor, use an on-off motion to process 1 cup packed *brown sugar* and *peel* from ¼ medium *lemon* till peel is finely chopped. Add 1 cup *all-purpose flour*, ⅓ cup *whole wheat flour*, ½ teaspoon *salt*, and ½ teaspoon ground *allspice;* process till blended. Cut up ½ cup *butter* or *margarine* into pieces; add to flour mixture, processing till mixture forms coarse crumbs. Butter a 9-inch pie plate. Remove *1 cup* of the flour mixture from processor; press onto bottom and sides of pie plate. To remaining mixture in processor add ½ teaspoon *baking soda*; process till well mixed. Add 1 *egg*, ½ cup *plain yogurt*, and 1 tablespoon *lemon juice;* process just till blended. Spoon mixture into crust. Bake in 350° oven for 30 to 35 minutes or till cake tests done; cool. Combine ½ cup sifted *powdered sugar* and 1 tablespoon *lemon juice*; spread over cake. Sprinkle pecans atop.

Mary Pledge Peterson, Cincinnati, Ohio



File under Desserts

Photographs Dieter

ICE CREAM DESSERTS

Malt Shop Pie

This top-rated ice cream pie tastes like a frozen malted milk—

1 pint vanilla ice cream
½ cup crushed malted milk balls
1 tablespoon milk
1 9-inch graham cracker crumb crust
3 tablespoons instant chocolate-flavored malted milk powder
3 tablespoons marshmallow topping
1 tablespoon milk
1 cup whipping cream
Crushed malted milk balls

In a chilled medium bowl stir ice cream to soften; blend in the ½ cup crushed malted milk balls and the first 1 tablespoon milk. Spread in prepared crust; freeze while preparing top layer. In medium bowl blend malted milk powder, marshmallow topping, and remaining milk. Add whipping cream; whip till soft peaks form. Spread mixture over layer in crust. Freeze till firm, several hours or overnight. Sprinkle with crushed malted milk balls.

Leonard Kallok, Hollywood, Calif.



PRIZE TESTED RECIPES ADD TO YOUR COOK BOOK

Order your 400-page loose-leaf cook book. Contains 1,500 tested recipes. Room to add extra pages like this one. At booksellers or mail $9.95 +75c postage to Better Homes and Gardens, Dept. 910,P.O. Box 374, Des Moines, Iowa 50336.



Blueberry Melba Parfaits

1 10-ounce package frozen red raspberries, thawed
¼ cup sugar
1 tablespoon cornstarch
2 cups fresh blueberries *or* 1 10-ounce package frozen unsweetened blueberries, thawed and drained
2 teaspoons lemon juice
1 quart vanilla ice cream
2 tablespoons frozen orange juice concentrate, thawed
1 teaspoon ground cinnamon

Sieve raspberries with syrup; add water to make 1 cup. In saucepan combine sugar and cornstarch; add raspberry puree. Cook and stir till thickened and bubbly. Remove from heat. Stir in blueberries and lemon juice; cover and chill. In a chilled bowl stir ice cream to soften. Combine ice cream, orange juice concentrate, and cinnamon; freeze 2 to 3 hours or till firm. To serve, alternately layer ice cream and fruit mixtures in 6 parfait glasses, ending with ice cream mixture. Serve immediately. Makes 6 servings.

Laura Getschmann, Bremerton, Wis.



Peanutty Ice Cream Roll

Try this with your favorite combination of ice cream or sherbet—

1 quart vanilla ice cream
1 quart strawberry ice cream
1½ cups peanuts, coarsely chopped
Strawberry- *or* chocolate-flavored topping

Line a 15x10x1-inch pan with waxed paper; chill. In a chilled bowl stir vanilla ice cream to soften. Spread in prepared pan; cover and freeze 2 to 3 hours or till firm. In a chilled bowl stir strawberry ice cream to soften. Spread over vanilla layer; cover and freeze 2 to 3 hours or till firm. With a metal spatula loosen ice cream from sides of pan. Starting at narrow end, roll up ice cream quickly as for jelly roll, peeling back paper as you roll. Roll ice cream roll in peanuts. Wrap and freeze. To serve, slice roll crosswise. Pass strawberry or chocolate topping. Makes 10 servings.

Mary R. Bassney, Big Flats, N.Y.



Idaho Spinach-Beef Bake

1 large potato, cooked and peeled
6 ounces cheddar cheese
2 beaten eggs
1 teaspoon salt
¼ teaspoon pepper
1 10-ounce package frozen spinach, thawed and well-drained
1 pound boneless beef chuck, cubed
1 small onion, cut up

In food processor bowl slice potato with slicing blade; set aside. Shred cheese with same blade; remove ½ cup and set aside. In mixing bowl combine potato slices, remaining cheese, eggs, salt, and pepper. In processor bowl chop spinach with chopping blade; add to potato mixture. Then chop *half* the meat with chopping blade till ground; remove from processor bowl. Repeat with remaining meat and the onion. Blend meat and spinach mixture well. Press mixture evenly in a 10x6x2-inch baking dish. Bake in 350° oven for 35 to 40 minutes or till done. Sprinkle reserved cheese atop; bake 2 to 3 minutes longer or till melted. Makes 6 servings.

Susan McClinton, Isle of Palms, S.C.



Creamy Celery-Zucchini Soup

With a food processor you can make this fresh-tasting soup in about 30 minutes—

In food processor bowl slice 6 to 8 stalks *celery* with slicing blade; measure 3 cups. In processor bowl finely chop 3 cut up *green onions* with chopping blade. In a 3-quart saucepan cook celery and onion, covered, in 2 tablespoons *butter* or *margarine* over low heat for 5 to 10 minutes or till vegetables are tender but not brown. Meanwhile, cut 1 medium unpeeled *zucchini* in half lengthwise; slice in processor bowl with slicing blade. Add zucchini, 1 cup *water*, 1 tablespoon *instant chicken bouillon granules*, and ¼ teaspoon *salt* to saucepan; cover and simmer 10 minutes. Blend 1½ cups *milk* into 1 tablespoon *cornstarch;* add to mixture in pan. Cook and stir till thickened and bubbly. Season to taste. Process 2 sprigs *parsley* till chopped; sprinkle atop soup. Makes 4 servings.

Ms. Floy Schrage, Webster Groves, Mo.



NEW TENDER CHUNK™ CHICKEN AND TURKEY. THEY DO EVERYTHING TUNA DOES EXCEPT SWIM.

Now you can get chicken and turkey that are as easy to use as Tender Chunk™ Ham. They're fully cooked and ready to flake with a fork and use just like tuna.

Tender Chunk Chicken is just that. The juicy white meat of young chicken. And Tender Chunk Turkey is a delicious blend of light and dark meat. They're ready to use in salads, sandwiches, casseroles and snacks. Try them soon in your favorite tuna recipes for a great change of taste.

Hormel

Great tasting salads are built bit by bit by Bac•Os.

Today's Bac•Os are better than ever. Even better than the leading canned bacon bits. If it's hard to imagine a taste better than bacon, pick up some Bac•Os and see how they pick up a salad. Or scrambled eggs. Or baked potatoes. Or wherever you want a bit of great flavor.

Betty Crocker
Make a Better Salad
Bac•Os
IMITATION BACON
ARTIFICIALLY FLAVORED

Flavor. That's our bit

FOOD

Mushrooms for all seasons

Add an elegant accent to dining with a fresh mushroom appetizer or salad course. You can serve it anytime because a ready supply of fresh mushrooms is available year-round. When selecting mushrooms, look for caps tucked down close to the stems. Keep mushrooms lightly covered in the refrigerator for up to two days. Before using, rinse the mushrooms and pat dry. Cut off the stem ends.



Buying information, page 160

HERBED STUFFED MUSHROOMS

1 pound large fresh mushrooms, about 1½ inches in diameter
Lemon juice
2 3-ounce packages cream cheese, softened
2 tablespoons butter *or* margarine, softened
1 tablespoon snipped parsley
1 tablespoon snipped chives
1 teaspoon fines herbes
Lettuce leaves
Pitted ripe olives
Prosciutto ham
Cherry tomatoes

With small, sharp knife cut stem out of each mushroom, leaving a smooth cavity. (Refrigerate and save stems for another use.) Coat mushrooms with lemon juice; let dry on paper toweling. In mixer bowl combine cream cheese, butter or margarine, parsley, chives, and fines herbes; beat with electric mixer till light and fluffy. Fill mushroom cavities with cream cheese mixture; sprinkle tops with additional snipped parsley, if desired.

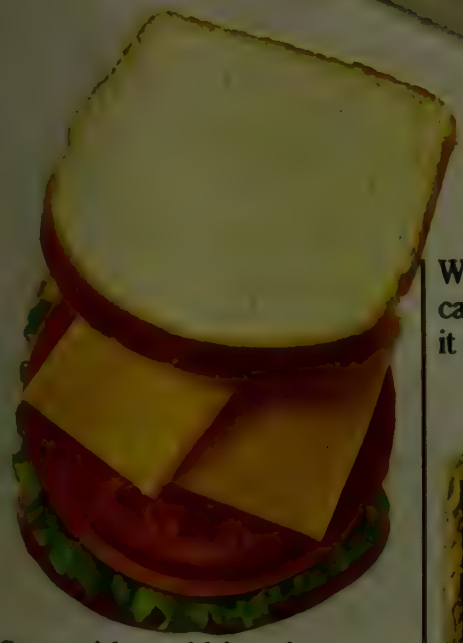
Arrange mushroom caps on lettuce-lined salad plates; add ripe olives, prosciutto, and cherry tomatoes. Makes 8 appetizer servings.

LEMON-MARINATED MUSHROOMS

1 pound fresh mushrooms
½ cup olive *or* salad oil
3 tablespoons lemon juice
1 tablespoon Dijon-style mustard
½ teaspoon salt
¼ teaspoon freshly ground pepper
Lettuce leaves

Cut mushrooms in ⅛-inch slices. In screw-top jar combine olive oil, lemon juice, mustard, salt, and pepper. Cover jar and shake well. Pour mixture over mushrooms, tossing gently to coat. Let mixture stand at room temperature for 1 hour, stirring occasionally. Serve mushrooms on lettuce leaves. Makes 3 or 4 salad servings. ■

GOOD OLD VELVEETA. GOOD IN SO MANY WAYS.



Start with an old favorite way to enjoy Velveeta process cheese spread—in a hearty sandwich.

Velveeta also has a way of making salads more wholesome. Toss chunks of Velveeta with your favorite dinner salad.



What a way to make a casserole! Velveeta makes it flavorful, nutritious and easy.



Slices of Velveeta put rich, creamy flavor on top of a mixture of macaroni, frankfurter chunks, tomatoes and peas.



Here's a new way to enjoy Velveeta. Try Velveeta in a raisin toast grill. This way really has a way with the kids.

How do you love Velveeta from Kraft? Count the ways. There's nothing quite like it for convenience, wholesomeness and delicious flavor.

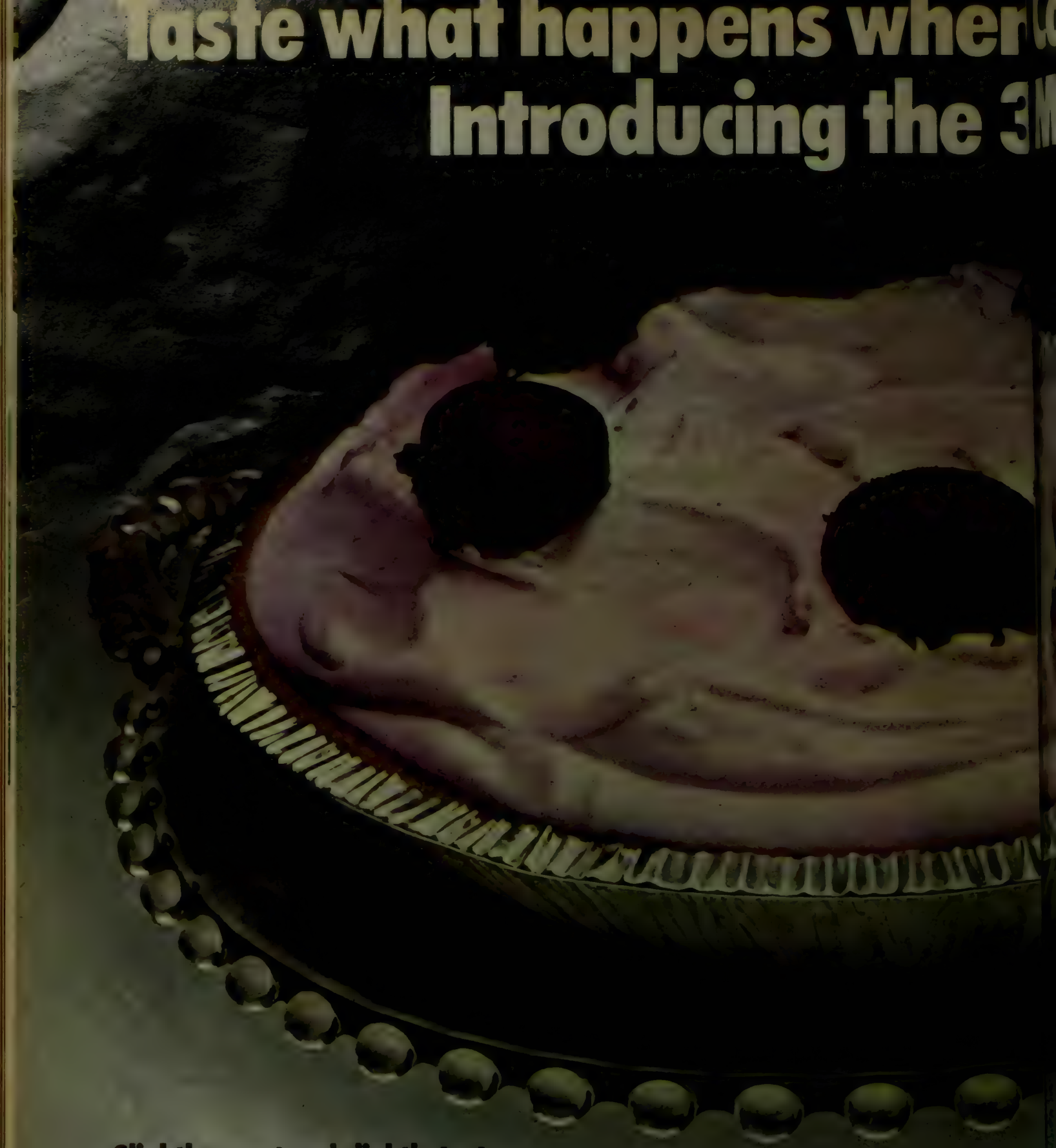
Bringing good food and families together for 75 years.

KRAFT

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Taste what happens when
Introducing the 3M



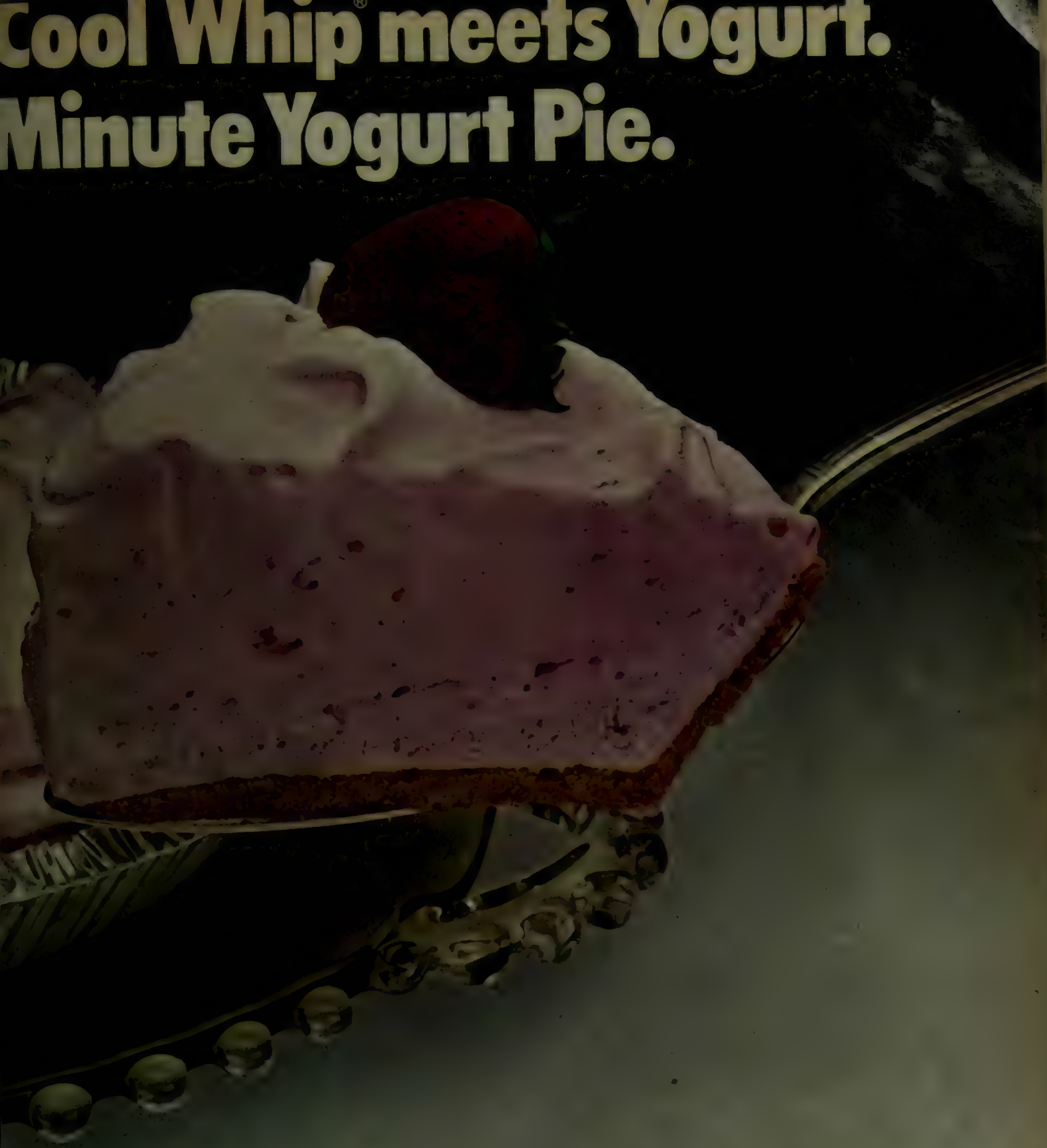
Slightly sweet and slightly tart.
Cool, creamy, and delicious.

1. Just fold the tangy taste of your favorite strawberry yogurt (two 8-oz. containers) into the creamy fresh taste of BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping (one 9-oz. tub). Spoon into a delicious JOHNSTON'S® Graham Cracker READY-CRUST® That's it. Now your freezer does the rest.

2. Freeze until firm (four hours or overnight). Remove from freezer 30 minutes before serving (or longer for softer texture) and place in refrigerator. Garnish with fresh strawberries. In the unlikely event that any pie is left over, just store it in your freezer.

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Johnston's and Ready-Crust are registered trademarks of Robert A. Johnston Co., Div. Ward Johnston, Inc., Milwaukee, Wisconsin 5320

Cool Whip® meets Yogurt. Minute Yogurt Pie.



More tempting 3 Minute Yogurt Pie ideas.



Cool Whip's Tangy Lemon Yogurt Pie.
Simply follow the basic yogurt pie recipe using lemon yogurt. For extra added tang, fold in one tablespoon of grated lemon rind.



Cool Whip's Beautiful Blueberry Yogurt Pie.
Follow the basic yogurt pie recipe using blueberry yogurt. Garnish the pie with fresh or frozen blueberries.



Cool Whip's Red Raspberry Yogurt Pie.
Follow the basic yogurt pie recipe using raspberry yogurt. Garnish with fresh or frozen raspberries.



GF
GENERAL FOODS KITCHENS

HE COOKS

Zucchini Mexicali





Buying information, page 160

Photographs: Hedrich-Blessing; Dieter

"You might say my recipe grew out of an overabundant zucchini crop and my fondness for Mexican food," says Charles T. Cady, Jr. He adds that his lively vegetable combo works well for the way he and his wife, Susan, like to entertain—inviting a few close friends over for a simple dinner at home.

Charles emphasizes the importance of cooking the vegetables just till crisp-tender. "It's the crispness that makes Zucchini Mexicali distinctive," adds Charles. "We build a whole meal around it by adding grilled steaks, salad, homemade breadsticks, and wine."

ZUCCHINI MEXICALI

To dress up each serving, sprinkle shredded sharp cheddar or mozzarella cheese on top—

- **¼ cup cooking oil**
- **1 pound unpeeled zucchini, thinly sliced (4 cups)**
- **1 large carrot, coarsely shredded (1 cup)**
- **1 large onion, chopped (1 cup)**
- **¾ cup chopped celery**
- **½ medium green pepper, cut into thin strips**
- **½ teaspoon garlic salt**
- **¼ teaspoon dried basil, crushed**
- **Dash pepper**
- **⅓ cup taco sauce**
- **2 teaspoons prepared mustard**
- **2 medium tomatoes, cut into wedges**
- **Salt**

Heat cooking oil in a 10-inch skillet. Add sliced zucchini, shredded carrot, chopped onion, chopped celery, green pepper strips, garlic salt, basil, and pepper. Toss to mix well. Cook, covered, over medium-high heat for 4 minutes, stirring occasionally.

Combine taco sauce and mustard; stir into vegetables. Add tomato wedges; cook, uncovered, 3 to 5 minutes or till heated through. Season with salt. Serve in the skillet or transfer to serving dish. Makes 4 to 6 servings.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If yours is selected for the He Cooks feature, we'll pay you $50 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. Recipes become the property of Meredith Corporation.


Dole Pineapple in its own juice.
No extra heavy syrup,
no sugar added–just juice.
Dole
chunk
pineapple
IN UNSWEETENED PINEAPPLE JUICE
IN ITS OWN JUICE
no sugar added
(And what a luscious dessert it makes
with ginger ale and whipped cream!)

How to make the best garden vegetable salad ever.

2 quarts mixed salad greens, torn into pieces (including spinach and red cabbage)
Fresh Garden Vegetables*
Wish-Bone Deluxe French Dressing

In salad bowl, arrange greens and Fresh Garden Vegetables; chill. Just before serving, top with Wish-Bone Deluxe French Dressing, and toss. Makes about 6 servings.

*Fresh Garden Vegetables—try any combination of the following, cut-up, to equal 4 cups: tomato, red onion, cucumber, cauliflower, carrots, zucchini, asparagus, broccoli, green beans, mushrooms.



"I-don't-know-we-haven't-done-that-before" variety. Use flyers or phone calls for communicating follow-up details.

If you want to block off part of the street, check with your local government on the necessary procedures. Other possible locations are a large backyard, several adjoining yards, or a nearby playground or park.

Planning food and beverages

Refreshments can run the gamut from pretzels and beer to a complete meal. The food can be planned and purchased by the organizing group or by those attending. You might corporately purchase the paper products, utensils, condiments, and drinks. Then let each family provide its own hamburgers or hot dogs, buns, and a potluck salad, vegetable, or dessert to share with about eight others.

Beverages should be kept simple—perhaps just beer and soft drinks. Use kegs of beer; have pitchers available for the soft drinks, rather than using bottles and cans.

Setup and scheduling

Setup tasks include decorations, tables and seating, and music. The decorating could involve balloons and streamers, posters, and street drawings.

For tables and seating, gather picnic tables, benches, and lawn chairs. Don't forget to also arrange for barbecue grills and garbage cans.

Music and a good PA system add to the atmosphere, and this is an area the teen-agers can manage. Gather a collection of suitable records and arrange for the necessary

HOME ENTERTAINING

How to plan A BLOCK PARTY

Is the time-honored tradition of neighborliness becoming extinct in America? People nowadays do tend to remain aloof, even when they live cheek by jowl. But there is a way to transform a row of houses into a close-knit community—and that's by throwing a block party.

What is a block party?

A block party is a social event planned by and for the residents of a neighborhood. It can be modest or elaborate. The key to success is to start with a simple, low-cost affair that will encourage participation and require a minimum of time and effort. Plan the day for the children—if they have a good time, so will everyone else.

How to get started

Discuss the block party idea with some adventurous neighbors and set a tentative date. Then decide who will be included. You may designate an "official" four-block area, for example. But *do* encourage families within the area to invite guests as well.

Good publicity is essential, particularly the first year. Invite each household personally and explain the plans fully to minimize any misunderstandings and resistance of the

And top it.

The only way to top the best garden vegetable salad ever is with creamy and mild Wish-Bone® Deluxe French Dressing.

It's a mingling of rare spices, herbs and tomatoes with golden oil and vintage vinegar blended for true French flavor.

Only one French Dressing bears the name, deluxe. Wish-Bone Deluxe French Dressing. All of our care and skill goes into making it the best French Dressing you'll ever taste. Because, for Wish-Bone, only the best is good enough.



Wish-Bone® Salad dressing is the only thing we put our name on.

How to make the best chef's salad ever.

2 quarts mixed salad greens, torn into pieces
Avocado slices
Hard-cooked egg slices
Cherry tomatoes
Suggested Meats and Cheeses*
Wish-Bone Thousand Island Dressing

In salad bowl, arrange greens, avocado, egg, tomatoes, and suggested Meats and Cheeses; chill. Just before serving, top with Wish-Bone Thousand Island Dressing and toss. Makes about 6 servings.

*Suggested Meats and Cheeses—try any combination of the following, julienne-cut, to equal 1½ pounds: ham, roast beef, tongue, bologna, chicken, turkey; Swiss, cheddar, muenster, or brick cheese.



JOBS THAT NEED DOING

Chairperson: Gets the idea and solicits helpers.

Co-chairperson: Handles finances and agrees to be the chairperson for next year's block party.

Food committee: Buys communal provisions, supervises setup of grills and tables, arranges food.

Games committee: Plans games, supplies required props, makes ribbons, and organizes the games.

Decorations committee: Makes plans, buys supplies, organizes jobs.

Music person: Acquires and sets up the sound system, collects records, and returns them.

Pickup committee: Picks up and returns grills, tables, chairs, and other large-scale supplies.

Drinks committee: Purchases, sets up, and cools/heats beverages throughout the day.

Special events: Each activity should have its own sponsor to plan, prepare, and solicit participation.

Cleanup committee: Sets up trash collection points, borrows garbage cans, and supervises workers.

SPECIAL TIPS

- Check with local authorities in plenty of time to satisfy special requirements or ordinances.
- Include a rain date in your plans.
- Be sure that owners' names are taped onto tables, chairs, records, and other borrowed items.
- If you are cooking out, stagger grill-lighting times.
- Declare a post-party lost and found address. ■

equipment. Speakers and other components can be rented or borrowed from neighbors.

Games and races

Children's games and races for various age groups can begin as soon as setup tasks are completed. Instead of awarding prizes, hand out colorful award ribbons—they last longer and allow for many winners. The game agenda might include a relay, wheelbarrow race, sack race, three-legged race, Frisbee toss, and tug-of-war.

Special activities

Just before supper, form a parade at one end of the block, put on a martial record, and signal the participants with their decorated bikes, trikes, and wagons to start up the street. They can continue until the food is ready. You could also plan a talent show or hay ride for after dinner.

Budget and finance

Finance the block party by (1) estimating the number of attendees and the associated expenses; (2) setting a somewhat arbitrary price per person; and (3) collecting the fee in advance. If you come up short, collect a little extra per family on the day of the party.

It's hard to know where you stand until the day arrives, but this rule of thumb will give you a rough idea: If you have 25 to 30 families on your block, expect about 125 people and charge 50 cents per child, 75 cents per teen, and $1.50 per adult.

And top it.

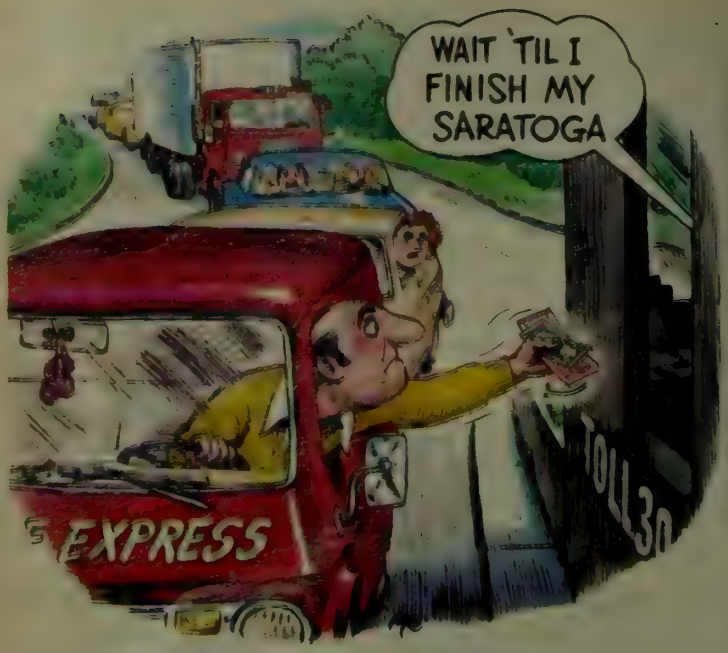
The only way to top the best chef's salad ever is with delicious Wish-Bone® Thousand Island Dressing.

It's brimming with pickle relish, mustard, onions, red and green peppers, celery, seasoning and eggs. Blended together by the Wish-Bone experts for true Thousand Island flavor.

Thick, rich and creamy Wish-Bone Thousand Island. All of our care and skill goes into making it the best Thousand Island dressing you'll ever taste. Because, for Wish-Bone, only the best is good enough.



Wish-Bone® Salad dressing is the



Enjoy smoking longer without smoking more.

Rich, full-flavored Saratoga 120's give you extra smoking time and extra smoking pleasure. And they cost no more than 100's.



Saratoga 120's

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Regular: 16 mg "tar," 1.0 mg nicotine—Menthol: 15 mg "tar," 1.0 mg nicotine av. per cigarette, FTC Report Aug.'77

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



LAMB MAIN DISHES AND BAR COOKIES

Have you devised a favorite main dish that you make with lamb? Are bar cookies your specialty for family snacks or parties? Send us your recipes—you could win next March. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipe pages next March. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Lamb Main Dishes

You could be a winner with a tasty recipe for a lamb entrée. Do you use cubed lamb in a hearty soup or stew? Maybe you have an unusual stuffing for leg of lamb. Tips: **garlic-sauced lamb chops, minted lamb burgers, sweet 'n sour lamb kabobs.**

Bar Cookies

Any filled, layered, no-bake, or frosted bar cookie could win. Yours might have a unique broiled-on topping. Do you use shortcuts, such as a convenient cake or cookie mix? Hints: **no-bake peanut butter bars, coconut-orange squares, two-tone brownies.**

THIS MONTH'S WINNERS

(See recipes on page 131 and 132)

Cooks-of-the-Month

Leonard Kallok, Hollywood, Calif.
Mary Pledge Peterson, Cincinnati, Ohio

Runners-up

Mary R. Bassney, Big Flats, N.Y.
Laura Getschmann, Bremerton, Wis.
Susan McClinton, Isle of Palms, S.C.
Ms. Floy Schrage, Webster Groves, Mo.

Honor Roll

Mrs. A. U. Adams, Jr., Columbia, S.C.
Mrs. Raymonda Crowe, East Northport, N.Y.
Ms. Carley Lindsay, Iowa City, Ia.
Margaret Murray, Lindsey, Ohio
Mrs. Carol Seyfert, Pratt, Kans.
Phoebe Shagan, N. Merrick, N.Y.
Mary Ann Skidmore, Kalamazoo, Mich.
Mrs. Shirley Strieber, Crofton, Md.
Evelyn Vick, Las Vegas, Nev.
Mrs. Teresa A. Wolff, Hartwick, N.Y.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "March Lamb Main Dishes" or "March Bar Cookies."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **Recipes submitted become the property of Meredith Corp.**
5. **Entries must be postmarked by midnight, August 31. Where duplicate recipes are submitted, the one with the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7903 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**

Cuisinart, eat your heart out.

The Waring Food Processor comes with a lifetime—*your* lifetime—motor guarantee.* Unfortunately, Cuisinart doesn't.

The Waring Food Processor can do two food processes—like grating and mixing—at the same time. Unfortunately, Cuisinart can do only one.

The Waring Food Processor has an automatic pulse control that gives you precision control, automatically. And a special braking system to help keep it from overprocessing food. Unfortunately, Cuisinart doesn't come with either feature.

Waring believes you deserve all these things when you pay for a quality food processor. Cuisinart, don't you agree?

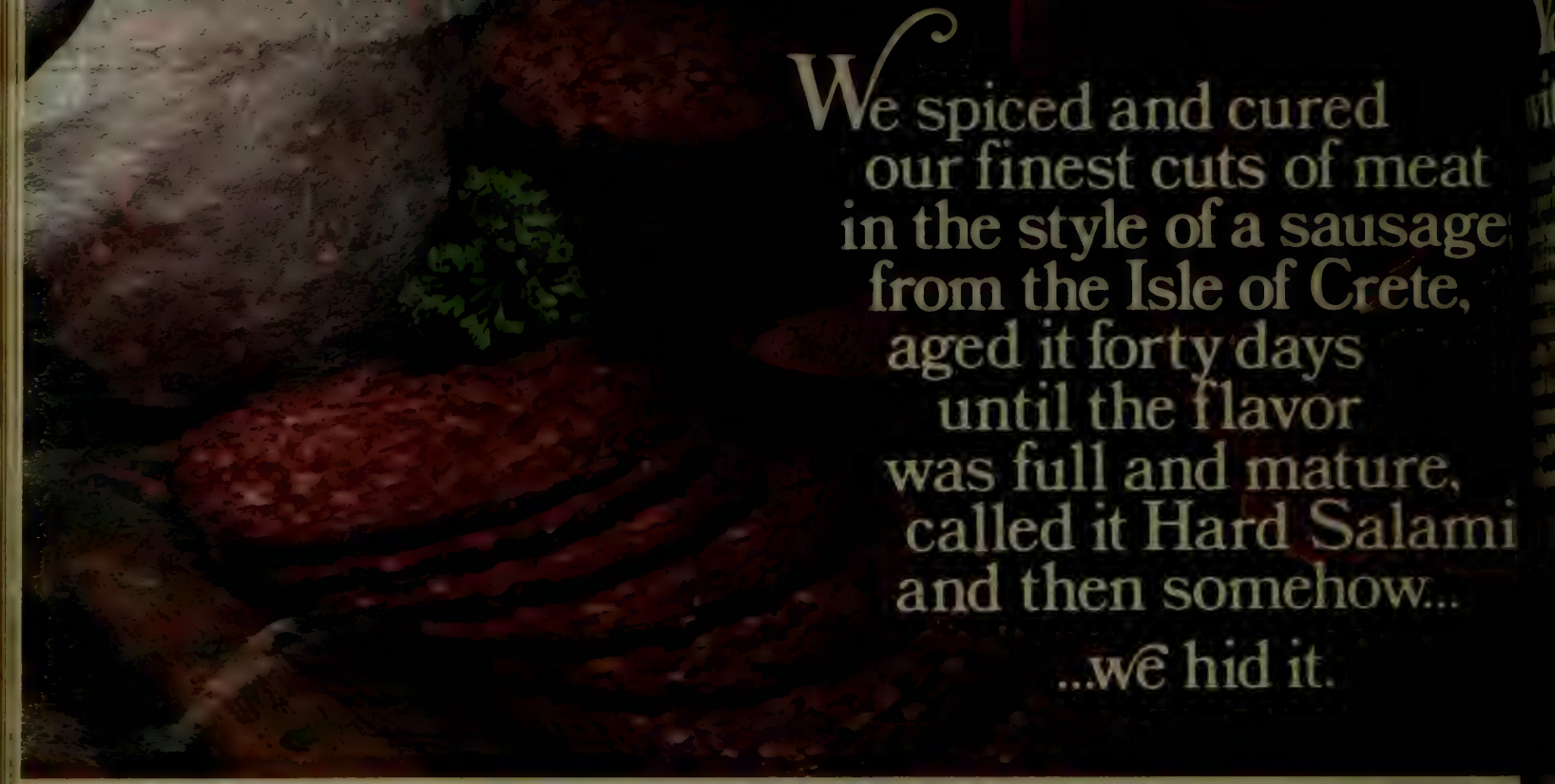
The Waring Food Processor

* Waring will repair or replace any defects in workmanship or materials of motor for your lifetime.

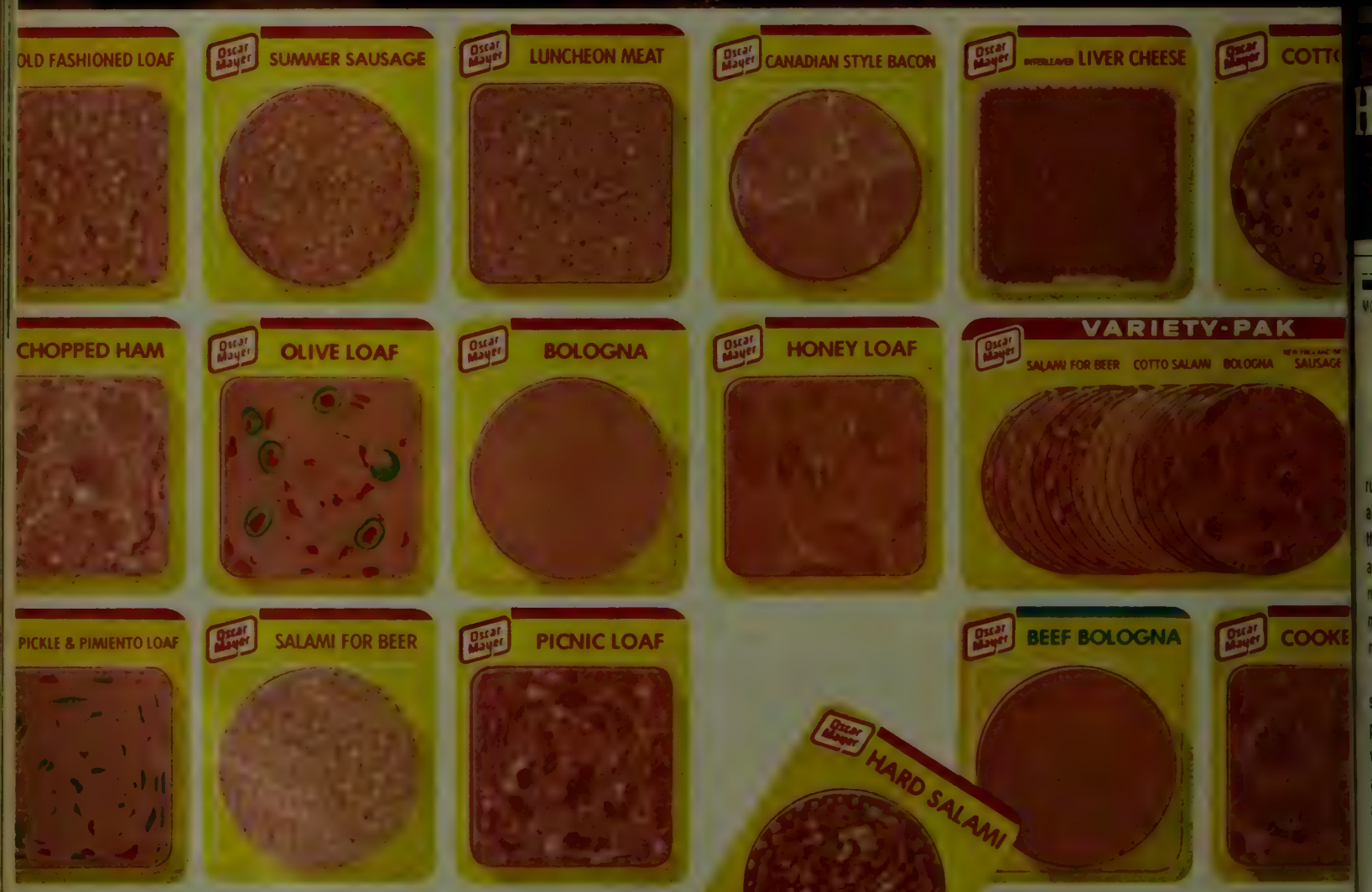


WARING

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We spiced and cured
our finest cuts of meat
in the style of a sausage
from the Isle of Crete,
aged it forty days
until the flavor
was full and mature,
called it Hard Salami
and then somehow...
...we hid it.



What a find!

Oscar Mayer

Oscar Mayer Hard Salami.

For unique serving ideas send for: "The Art of Cold-Cutting."
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You can practically taste it with your eyes.

Some foods look so fresh, so perfectly prepared, you can see how good they're going to taste. Like Home Pride® Butter Top bread. It looks and tastes like real bread should. The secret's in the split. That's where we bake real butter right into Home Pride Butter Top White and Wheat.



We split the top, add pure creamery butter...



...and let it bake right in.



Home Pride Butter Top Bread.

© 1978 Continental Baking Co.

MONEY Margaret Daly

RETIREMENT PLANNING: START NOW TO BUILD FOR SECURITY LATER

What with inflation and recent rumblings about social security and pension troubles, you may think your chances for a comfortable retirement are slim. Or, you may be so caught up with the demands of the present that retirement isn't even in your thoughts.

Pessimist or procrastinator, you should be doing some hard-nosed planning starting now. That's true whether your retirement is 30 years away, or two. Strategies will differ according to your age and financial resources.

How much money will you need?

To maintain your standard of living during retirement years, you'll probably need just two-thirds or three-fourths of your annual pre-retirement income. That's because you won't spend so much on clothes, transportation, business lunches, gifts, or entertainment. And after age 65, you'll have special tax advantages: double exemptions, retirement income credit, reduced capital gains taxes when you sell your home, non-taxable income, and local and property tax exemptions.

If you're willing to simplify your lifestyle and move to a less expensive place (some spot in the Sun Belt, for example), you and your spouse could retire comfortably tomorrow on an income of about $10,000 a year—provided your major financial obligations, such as mortgages and college are paid off, and you have at least $10,000 in savings or investments.

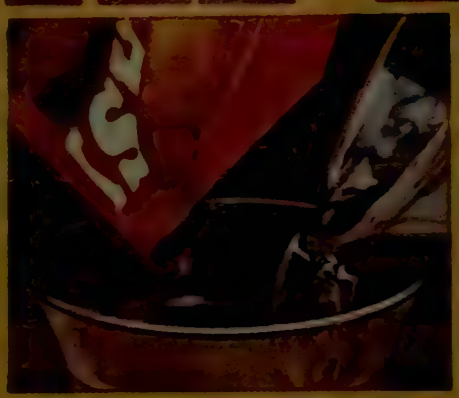
But no matter what your resources, your retirement needs are bound to become greater in succeeding years, thanks to inflation. Since 1970, the Consumer Price Index has risen an average of more than five percent a year. That pace is not likely to slow; in fact, recent figures run well over six percent. At an inflation rate of six percent compounded annually, you'll need $1,338 five years from now for every $1,000 today; $1,791 in ten years; $3,207 in 20; $5,743 in 30.

Clearly, inflation must figure in your planning, and the longer you live, the more you must take inflation into account. Some retirement income will come in predictable amounts; other

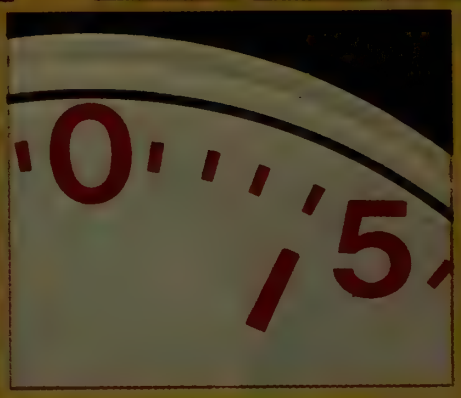
continued

New kind of dessert from Pillsbury

5-MINUTE APPLEASY®



Add boiling water, stir 1 minute . . .



wait 4 minutes . . .



sprinkle on the streusel topping.



Pillsbury

Apples, warm cinnamon sauce and a crunchy streusel topping. That's Appleasy.®

New Appleasy® is not only easy to make, it's easy to serve. Because it comes in a handy four-pack for individual servings, and in an economical bulk pack for family servings.



The 5-Minute Apple Dessert.

Cheese apple-cinnamon or apple-raisin Appleasy® from Pillsbury. Takes just five minutes to make, but tastes like it took longer.

©TPC 1978

continued

Retirement planning

income will have to make up the gaps inflation creates.

Where will the money come from?

Most retirees depend mainly upon these major sources of income:

- *Social security.* On the average, social security replaces about 44 percent of a person's former income. However, if you earn over the maximum taxed for social security, benefits might replace only 35 percent. If you earn less than the maximum (say, under $10,000), 58 percent or more of your income may be replaced by social security.

One way to figure your possibilities is to get the booklet *Estimating Your Social Security Retirement Check* from your local social security office. Use their guidelines to estimate what percentage of your income would be replaced if you retired today.

- *Pension.* Everyone should be eligible for a pension today, whether it's an Individual Retirement Account (IRA), a Keogh Plan, or an individual company plan. Unless you have precise information about your plan, experts suggest this formula for estimating company pension payouts, based on national averages: Assume future salary increases of five percent a year. Then figure your annual pension as approximately 1.1 percent of the average last five years' salary, multiplied by the number of years worked. However, don't forget to take reductions into account if you retire early.

On the average at this time, combined social security and pension plans replace about 60 percent of retirees' former pay. But, if you're to live comfortably, you'll likely want about 75 percent of your present income.

How do you make up the difference?

Start to build up funds now, whatever your age. Your goals and your choice of savings and investment tools will depend upon when you plan to retire, what funds you think you'll need, what other obligations you face, what you can afford to risk. (With most investments, the higher the risk, the greater the potential gain—or loss.)

Generally, the younger you are and/or the more money you have, the more risks you can take—provided you've met other family obligations, of course. The older you are and/or the less money you have, the more you should stress safety and income.

During the past 40 years, investments in common stocks, mutual funds, closed-end funds, and real estate have kept pace, overall, with inflation. That's fortunate, since these are investments generally designed to grow in value, rather than just generate guaranteed income. But that's a general track record. The values of specific investments and even entire investment categories often deviated drastically from the general trend.

It takes knowledge and timing to invest in such a way that values keep up with inflation. Investments designed to grow in value are riskier than more conservative, income-producing invest-

continued





Pour yourself some Mmm-Meat Loaf.

This Heinz 57 Sauce recipe turns simple meat loaf into something special.

You haven't tasted meat loaf until you've tasted Mmm-Meat Loaf. Heinz 57 Sauce's tantalizing blend of spices gives everyday meat loaf a zesty, tangy flavor.

Mmm-Meat Loaf. Another very simple, very special recipe idea from Heinz 57 Sauce—the steak sauce you can cook with.

Mmm-Meat Loaf.

1½ lbs. ground beef
1 egg, slightly beaten
1 cup soft bread crumbs
½ cup milk
3 tablespoons Heinz 57 Sauce
1¼ teaspoons salt
Dash pepper

Combine ingredients thoroughly. Shape in loaf (8" x 4" x 1½") in lightly greased shallow baking pan.* Brush top with additional 57 Sauce, if desired. Bake in 350° F. oven for 1 hour. Allow meat loaf to stand 5 minutes before slicing. Makes 6 to 8 servings.

*To decorate, score top lightly with knife before baking.

For more free 57 Sauce recipes, write Heinz 57 Sauce, P.O. Box 28, DP-22, Pittsburgh, Pa. 15230.

Heinz

© 1977 H. J. Heinz Co.

continued

Retirement planning

ments. The former are more attractive to younger persons who have more time to recoup any losses and who must provide for financial security further into the future when most likely the value of a dollar will be even more ravaged by inflation.

Figuring an average annual inflation rate of at least six percent, your investments that are designed to hedge against inflation should yield (in capital gains and dividends) at least eight percent before taxes. Spend a lot of time studying your options and seek expert advice.

When you near retirement, you'll want to switch over to more conservative, income-producing investments. Generally, fixed-income investments offer the safe, high yield you need. Some of the more common possibilities are listed below. (For more details on several, see "Where Can Your Money Earn The Best Interest," page 82.)

- U.S. Treasury bills, notes, and bonds, backed by the "full faith and credit" of the U.S. Government. They generally yield more than savings accounts and are exempt from local taxes.
- Federal agency issues, such as certificates from the Government National Mortgage Association. Almost as secure as U.S. Treasury issues, these usually produce a slightly higher yield.
- Money market mutual funds, which concentrate on maximizing income by investing in highly liquid, short-term securities. At times of high short-term interest rates, these funds earn far more than savings accounts.
- Corporate and utility bonds. Such bonds represent the top-priority obligations of a company, so you're assured of receiving your interest before stockholders are paid.
- Tax-exempt bonds, especially if your income is high.
- Various forms of preferred stocks, such as "sinking fund" and "convertible preferreds."
- U.S. savings bonds, which provide special tax breaks.
- Annuities—including perhaps some "variable annuities" designed to try to keep up with inflation. ■

(Produced in cooperation with Peter A. Dickinson.)



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COUPON EXPIRES AUGUST 31, 1979

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Same delicious taste, any way you mix it.

With Buttermil





FOOD

Home-roasted peanuts

It's easy and fun to dry-roast peanuts at home. All you need are raw shelled peanuts (available at local health food stores), butter or margarine, and seasonings. Once you've mastered dry-roasting, blend some of the nuts into your own peanut butter, too.



DRY-ROASTED PEANUTS

3 cups raw shelled peanuts (16 ounces)
2 tablespoons butter *or* margarine

Spread peanuts in a 15x10x1-inch baking pan. Roast in a 350° oven for about 35 minutes. Stir or shake peanuts often. Check on brownness occasionally by removing skins from a few nuts. Cool peanuts; slip off skins. Use to make Homemade Peanut Butter *or* season the peanuts, like this. Melt butter or margarine in saucepan and stir in desired seasoning listed below. Add peanuts, stirring to coat thoroughly. Spread nuts on paper toweling to cool. Store in a covered container. Makes 3 cups nuts.

Salted Plain Peanuts: red skins may be left on, if desired. Season with 1½ teaspoons *salt*.

Garlic Peanuts: season with 1½ teaspoons *garlic salt*.

Onion Peanuts: season with 1 tablespoon *onion powder* and 1½ teaspoons *salt*.

Chili Peanuts: season with 1 tablespoon *chili powder* and ¾ teaspoon *salt*.

Curry Peanuts: season with ¾ to 1½ teaspoons *curry powder* and ¾ teaspoon *salt*.

Barbecue Peanuts: season with 1 tablespoon *barbecue spice*.

Cinnamon Peanuts: season with 1 tablespoon *sugar*, 1½ teaspoons ground *cinnamon*, and ¾ teaspoon *salt*.

HOMEMADE PEANUT BUTTER

Keep this creamy butter on hand for sandwiches or to use in cakes, cookies, or breads—

1 cup unsalted Dry-Roasted Peanuts (recipe left)
3 tablespoons peanut *or* cooking oil
¼ teaspoon salt

In blender container combine peanuts and *half* of the peanut or cooking oil. Cover; blend till peanuts are smooth. Gradually blend in remaining oil till peanut butter is of desired consistency. Turn into bowl; stir in salt. Store peanut butter, covered, in refrigerator. Makes ⅔ cup. ■

16 of the reasons why Ford Pinto Wagons are



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13. Precise rack and pinion steering.
14. Power front disc brakes.
15. Larger standard engine (2.3 litre, 4-cylinder cast iron) than Datsun F-10 Sportswagon, Toyota Corolla and Corona.
16. Even larger optional engine (2.8 litre V-6) for even more performance.

Pinto Squire Wagon

the best sellers in their class.

Pinto Wagons have 2.3 litre overhead cam engines, for example, that have power to climb hills, pass, and enter highways.

Pinto has room for four, and a variety of interiors, options and colors.

Pinto also has the kind of economy you may be looking for in a little car, and the kind of cargo room you may be looking for in a little wagon.

33 mpg highway	23 mpg city

Based on EPA estimates: With 2.3 litre engine, manual transmission. Your actual mileage will vary depending on your vehicle's condition, optional equipment and how and where you drive. California ratings differ.



Luxury vinyl seats are standard on Pinto Squire.



*Based on Ford's Service Labor Time Standards Manual, a $14.50 labor rate, and suggested retail parts prices in effect 8/31/77.

FORD PINTO

FORD DIVISION

Ford 75TH ANNIVERSARY

BARBECUE BUDDIES

Bring out the best in your barbecue entrée with some quick and easy accompaniments. These tempting go-alongs taste as good as they look.



APPETIZER SKEWER DOGS

To tell if coals are medium hot, hold your hand, palm side down, just above coals at the height the food will be cooking. You should be able to hold your hand there for four seconds—

- 1 beaten egg
- 1 cup soft bread crumbs (1½ slices bread)
- 2 tablespoons chopped onion
- 2 tablespoons milk
- ½ teaspoon salt
- 1 pound ground beef
- 16 cocktail franks
- 16 dill pickle slices
- 1 cup catsup
- ¼ cup butter *or* margarine
- ¼ cup dark corn syrup
- 2 tablespoons vinegar

In mixing bowl combine egg, bread crumbs, onion, milk, and salt. Add ground beef; mix well. Cover and chill. Form meat mixture into 16 meatballs. Thread cocktail franks, pickles, and meatballs alternately on skewers. Grill kabobs over *medium* coals about 10 minutes, turning once or twice. Meanwhile, in saucepan combine catsup, butter or margarine, corn syrup, and vinegar; simmer till heated through, stirring occasionally. Brush sauce over kabobs the last few minutes of grilling. Makes 16.



QUICKIE CHEESED POTATOES

Frozen French-fried potatoes make this vegetable a fast barbecue or picnic fix-up. Put potatoes on the grill 30 minutes before the entrée is done—

- 1 16-ounce package frozen French-fried potatoes, thawed
- 3 tablespoons creamy Italian salad dressing

• • •

- 1 teaspoon instant minced onion
- ¼ teaspoon dried dillweed

• • •

- 1 cup shredded American cheese (4 ounces)

Place thawed French-fried potatoes on an 18x18-inch square of heavy foil. Pour Italian salad dressing over potatoes, coating thoroughly. Sprinkle with instant minced onion and dillweed. Bring edges of foil up, leaving a little space for the expansion of steam. Seal securely, forming a packet. Heat packet over *medium* coals about 20 to 25 minutes or till potatoes are hot, turning packet frequently. Place hot potatoes in serving bowl. Top with shredded American cheese. Toss and serve at once. Makes 6 servings.



ITALIAN SALAD BOWL

The blue cheese marinade doubles as a delicious dressing—

- 1 cup crumbled blue cheese (4 ounces)
- ½ cup salad oil
- 2 tablespoons lemon juice
- ½ teaspoon sugar
- ½ teaspoon salt
- Dash pepper
- Dash paprika
- 2 medium onions, thinly sliced and separated into rings
- ½ cup sliced fresh mushrooms

• • •

- ½ medium head lettuce, torn into bite-size pieces (5 cups)
- ½ medium head romaine, torn into bite-size pieces (4 cups)
- 2 cups thinly sliced raw zucchini
- ½ cup sliced radishes

In a screw-top jar combine crumbled blue cheese, salad oil, lemon juice, sugar, salt, pepper, and paprika. Cover; shake well. In bowl combine onion rings and mushrooms; pour blue cheese dressing atop. Cover tightly; refrigerate vegetables and marinade 3 to 4 hours or overnight. To serve, combine torn lettuce, torn romaine, sliced zucchini, and sliced radishes in salad bowl. Top with onion-marinade mixture. Toss to serve. Makes 6 servings. ■



Duncan Hines new Pudding Recipe cakes!

They're so moist, they almost belong in pudding dishes!



Pudding in the mix makes 'em so moist. Duncan Hines makes 'em so delicious.

Moist! Delicious! That's our brand new Pudding Recipe layer cake mixes. Pudding in the mix makes our new cakes so flavorful and so moist your family won't be able to resist 'em!

They're available in your favorite flavors.

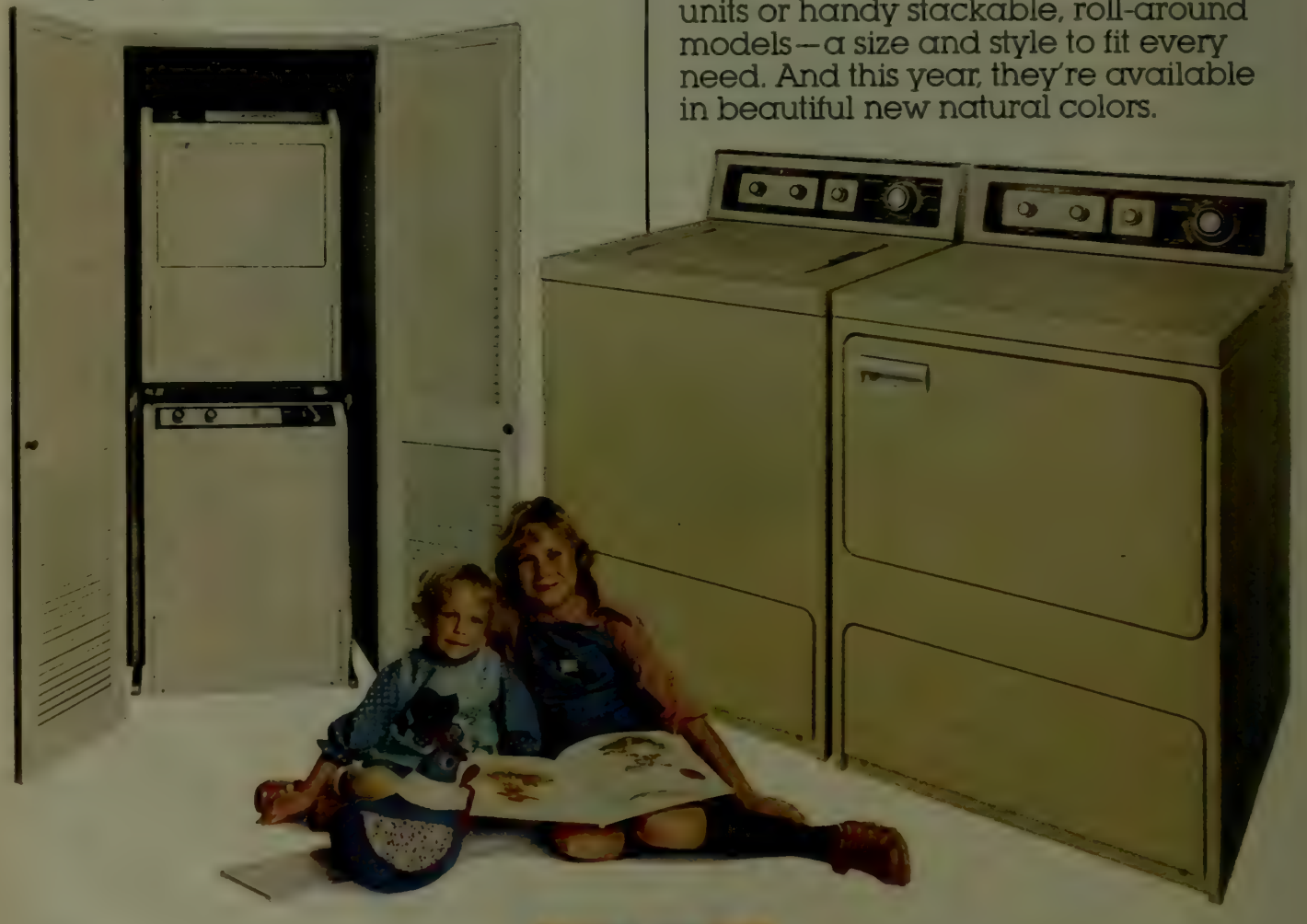
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SHOPPING

How to order material from the magazine

ORIENTAL POPPIES shown in this issue will give you a colorful garden next spring. Poppy bulb package includes Burgundy, a lovely maroon-red, Doubloon, a double clear orange, Snow Queen, white with black spots, and crimson red Glowing Embers. Grow 2-2½ ft.

PROJECT PLANS for the two Better Homes and Gardens® designs shown in this issue are available below. Each plan packet includes professional drawings, materials list, wood-cutting diagrams and instructions.

COUNTRY FLOWER STENCIL KIT An EXCLUSIVE kit to create the wall stencils shown in this issue's Country Room, plus additional appealing floral designs. Kit includes a special blunt-end stencil brush.

ALPHABET SAMPLER Crewel kit, shown in the June issue, includes design on linen, wool yarn, needle, and instructions. 22"x26" sampler fits our solid oak frame.

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Page	Description	Qty.	Price	Total
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102	No. 50357 Bench Project Plan $3.00			
102	No. 50358 Dishrack Project Plan $3.00			
102	No. 11335 Country Flower Stencil Kit $7.99			
	No. 14326 Alphabet Sampler $19.99			
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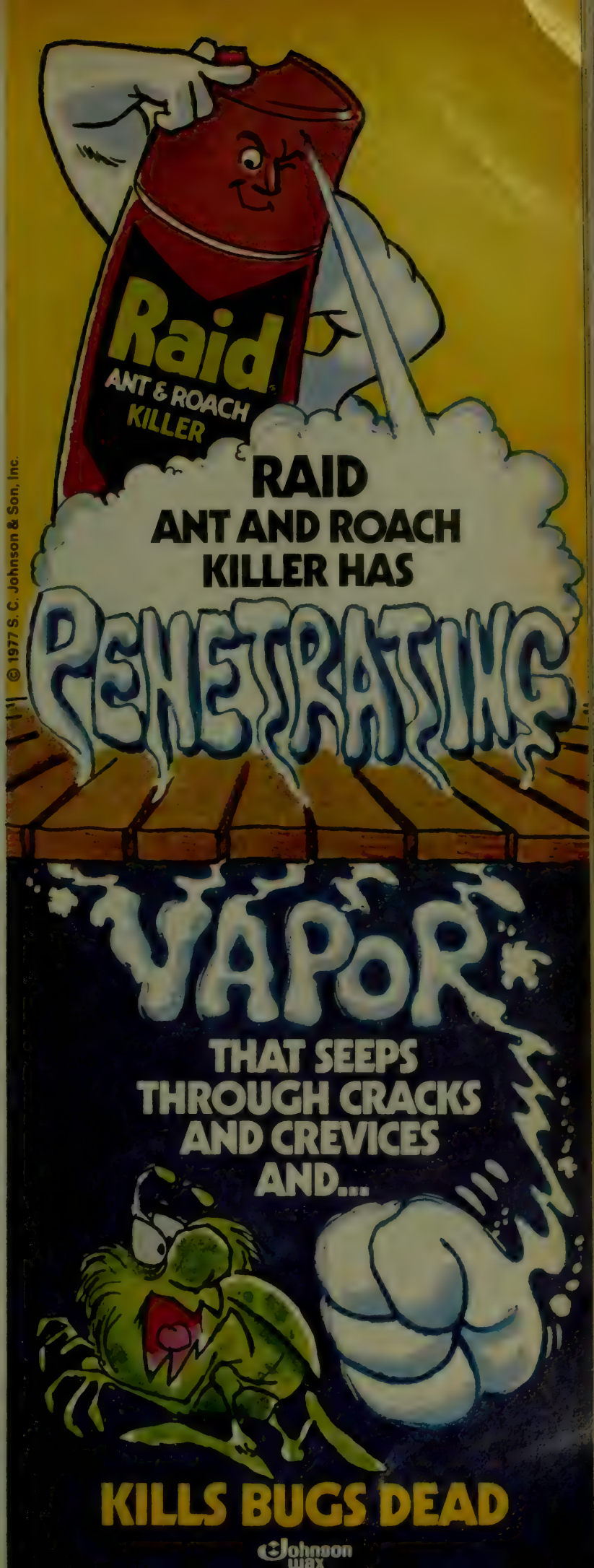
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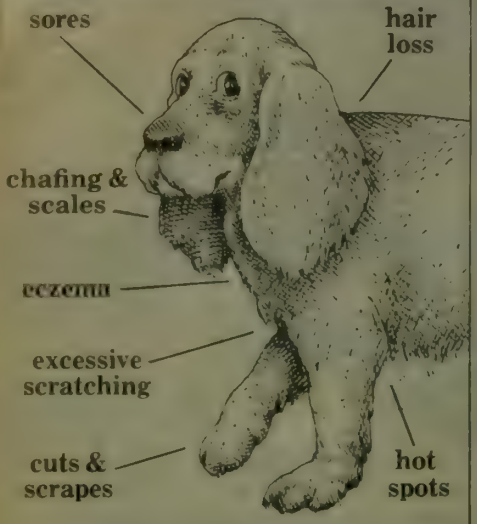
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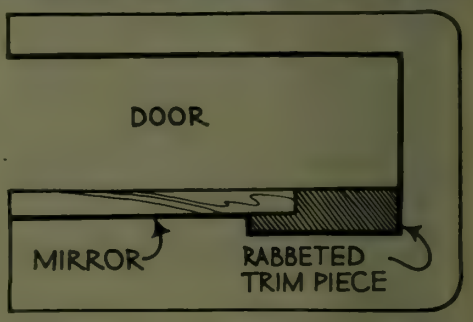
BUILDING

MIRROR MAGIC FOR DOORS



Photograph: E. Alan McGee. Design: William Jordan. Source: Ruth Grenci

Here's a bright way to give a new lease on life to a dull or battered set of doors. And you don't have to be a master craftsman to do the job. All you need is patience plus skill with a saber saw and a glass cutter.



The sparkling new face above started with a piece of plywood cut to form a pattern and nailed onto the front of existing closet doors. Cut-to-fit pieces of mirror were then glued in place inside the cutouts. You can, of course, apply the same concept to a single door. If you're covering a paneled face, nail a piece of plywood over it so you'll have a flat surface to work with.

Begin by drawing your design on paper. The shapes should be fairly simple, to shorten your cutting job. Or, if you wish, just adapt our design. Transfer it to the plywood and cut it out with a saber saw. Make as few cuts as necessary in the plywood; the design pictured requires just two cuts for each door—the bottom rectangle and the upper curved portion. It's much easier to make the smaller squares by nailing on pieces of molding later.

Nail the plywood cutout onto the door, then measure and cut the smaller pieces of your design from molding and nail them on. Use a glass cutter to cut out the mirror shapes, and glue them to the door inside the cutouts with mirror mastic.

If you don't feel adept enough to cut curves in glass, you can try this alternate method for assembling the door. Glue four pieces (two for the bottom rectangles, two for the upper curved portions) of glass onto the doors with mirror mastic, leaving an edge all around the frame so you can nail rabbeted plywood directly to the doors. Use a router to cut rabbets for the curved parts of the trim. (See the diagram *above*.) Then glue the molding trim pieces directly onto the front of the mirror with mirror mastic. Be careful not to use too much; cleanup is difficult. Paint your completed door with white enamel for a glossy finish. ■


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1.3 mg. nicotine av. per cigarette FTC Report AUG. '77.

BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

LIVE IT UP IN A LOFT

Pages 72 & 73: Bedspread fabric—Bloomcraft, Inc., 295 5th Ave., N.Y., N.Y. 10016. Floor lamp—George Kovaks Lighting, Inc., 831 Madison, N.Y., N.Y. 10021.
Page 74 (top): Sofas—Knoll International, 240 Greenwich Ave., Greenwich, Ct. 06830. Coffee table and dining table—Directional Contract Furniture Corp., 979 Third Ave., N.Y., N.Y. 10022. Dining chairs—Selig Mfg. Co., Inc., 54 Green St., Leominster, Mass. 01453.
Page 77: Loft carpet—Alexander Smith Carpet, 57 Lyon St., Amsterdam, N.Y. 12010.
Page 78 (top): Comforter—Wamsutta Carpet Mills, Suite 3000, Emerson Center, 2814 New Spring Rd., Atlanta, Ga. 30339.

CORNED BEEF SUPPERS

Page 94 (left): Platter—Ginori, 711 5th Ave., N.Y., N.Y. 10022. (Right): Fork—Ceramar, Inc., 225 5th Ave., N.Y., N.Y. 10010.

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Architect: Architectural Workshop—Moscow, Idaho. John Anton Berg—Designer

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HOW TO TURN A GOOD ROOM INTO A GREAT ROOM

Page 99: Carpet—Lees Carpets, Valley Forge Corporate Center, King of Prussia, Pa. 19406. Drapery fabric—Waverly Decorative Fabrics, 58 W. 40th St., N.Y., N.Y. 10018. All upholstered furniture—Henredon Furniture Industries, P.O. Box 70, Morganton, N.C. 28655. Pembroke end tables—Hickory Chair Co., P.O. Box 2147, Hickory, N.C. 28601. Table lamps—Paul Hanson Co., Inc., 41 Madison Ave., N.Y., N.Y. 10010.
Pages 100 & 101: Mirror—La Barge Mirrors, 875 Brooks, Holland, Mich. 49423. Cocktail table—Henredon Furniture Industries (address above). Clock—Ridgeway Clock Division, Gravely Furniture Co., Ridgeway, Va. 24148. Floor lamp—Chapman Mfg. Co., 481 W. Main St., Avon, Mass. 02322. Cigarette table—Fine Arts Furniture Co., 802 Monroe Ave., N.W., Grand Rapids, Mich. 49503. Wallpaper border—Albert Van Luit & Co., 4000 Chevy Chase Dr., Los Angeles, Calif. 90039. Slipcover—F. Schumacher & Co. (address below).
Pages 102 & 103: Hooked area rug—F. Schumacher & Co., 939 Third Ave., N.Y., N.Y. 10022. Drapery trim and table skirt fabric—Cyrus Clark Co., 267 Fifth Ave., N.Y., N.Y. 10016. Fabric used for toss pillows—Souleiado at Pierre Deux, 353 Bleeker St., N.Y., N.Y. 10014. Pull-up chair—Churchill Concepts, 2119 W. Churchill St., Chicago, Ill. 60647. Wrought-iron floor lamp—Classic Design Studio, 10 W. 25th St., Baltimore, Md. 21218. Soft sculpture cat—Toy Works, Middle Falls, N.Y. 12848. Brass duck bookends—Sarried Ltd., P.O. Box 3545, Wilson, N.C. 27893.
Pages 104 & 105: Floor lamp, egg lamp, and can lights—Koch & Lowy, 21-24 39th St., Long Island, N.Y. 11101. Rug—"Canyon" by Regal Rugs, 819 Buckeye St., North Vernon, Ind. 47265. Nested tables—Vanhorn Plastics, Inc., 8165 University Blvd., Des Moines, Iowa 50311.

HOW TO MAKE THE MOST OF A MINI-KITCHEN

Page 110 (top right): Stove—General Electric Appliance Park, Louisville, Ky. 40205. Overhead vent—Broan Mfg. Co., 926 West State St., Hartford, Wis. 53027. Pot rack and shelves above stove—Taylor & NG, 400 Valley Dr., Brisbane, Calif. 94005. Refrigerator—Frigidaire Div., General Motors Corp., 300 Taylor Street, Dayton, Ohio 45401. Ceiling light fixture—Prescalite Mfg. Corp., 1251 Doolittle Dr., San Leandro, Calif. 94577. (Lower right): Wall poster—Herman Miller, Zeeland, Mich. 49464.
Page 111 (left): Microwave oven "Minute Master"—Litton Industries, Atherton Div., 2530 North Second St., Minneapolis, Minn. 55411. Dish with brussels sprouts—Heller Designs Inc., Mamaroneck, N.Y. 10543. (Right): Drawer pulls—The Ironmonger, 446 N. Wells, Chicago, Ill. 60610.
Page 112 (top right): Sink—Kohler, Kohler, Wis. 53044. Dishwasher—KitchenAid, Division of the Hobart Mfg. Co., Penn Ave., Troy, Ohio 45373. Ovens—Thermador, 5119 District Blvd., Los Angeles, Calif. 90058. Recessed lights—Lightolier, 346 Claremont Ave., Jersey City, N.J. 07305. (Lower right): Range—Magic Chef, King Edward Ave., Cleveland, Tenn. 37311. Hood—Nu Tone Inc., Madison and Red Bank Rd., Cincinnati, Ohio 45227. Refrigerator—General Electric, Appliance Park, Louisville, Ky. 40205.

A WORLD OF WURSTS

Page 116 (front left): Oblong baking pan—Waterford Glass Inc., 225 Fifth Ave., N.Y., N.Y. 10010.
Page 119 (right back): Glass bowl—Corning Glass Works, Consumer Products Div., Corning, N.Y. 14830.

STEP BY STEP TO MAKING OMELETS LIKE AN EXPERT

Page 121 (top left): Glass bowl—Arabia, Inc., P.O. Box 12457, Kansas City, Mo. 64161. (Bottom right): White platter "Shenango"—Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.

PRIZE TESTED RECIPES

Page 131 (left): Plate—Rosenthal USA Ltd., 411 E. 76 St., N.Y., N.Y. 10021. (Right): Pie plate—Pyrex, Corning Glass Works, Corning, N.Y. 14830.
Page 132 (left): Parfait glasses—J.G. Durand International, Wade Blvd., Millville, N.J. 08332. (Center left): Spoon "Spectro"—Supreme Cutlery Corporation, Div. of Sigma Marketing Systems, 225 Fifth Ave., N.Y., N.Y. 10010. (Center right): Plate—Royal Doulton Co. Inc., 400 Paterson Plank Rd., Carlstadt, N.J. 07072.

MUSHROOMS FOR ALL SEASONS

Page 134: Plate—Rosenthal USA Ltd., 411 E. 76 St., N.Y., N.Y. 10021. Wine glass "Pristine"—Gorham, Div. of Textron, 333 Adelaide Ave., Providence, R.I. 02907.

PEACH-RASPBERRY COBBLER

Page 136 (top left): Glass bowl and measuring cup—Pyrex, Corning Glass Works, Corning, N.Y. 14830. (Bottom left): Spoon—Dansk Designs, Inc., Radio Circle Road, Mt. Kisco, N.Y. 10549. Spatula—Wilton Enterprises, 833 W. 115th St., Chicago, Ill. 60643.

HE COOKS, ZUCCHINI MEXICALI

Page 140 (left): Skillet—Copco, Inc., 230 Fifth Ave., N.Y., N.Y. 10001.



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PETS Barbara Humeston

How to cope with common pet emergencies

When an emergency comes up involving your dog or cat, there's no time to wonder what to do and no room for guesswork. Being aware of the basics of pet first aid will equip you to take quick and effective action—which may save your pet's life.

The first step, of course, is to recognize an emergency. Any prolonged sickness, including persistent diarrhea and vomiting, should be called to a veterinarian's attention. But there are other conditions that usually spell imminent danger for your pet: uncontrolled bleeding, labored breathing, continuous or recurrent convulsions, unconsciousness, shock, and sudden paralysis.

The best thing you can do for your pet is stay cool and in control. That way you're less likely to make bad decisions that could make your pet's condition worse. Also keep your veterinarian's telephone number handy, along with the name and number of a "back-up" in case your usual veterinarian can't be reached, and the number of your local poison information center (they can help with pets, too).

Protect yourself

When a dog or cat is in pain, he doesn't always react as you'd expect. Even the gentlest creatures can go **continued**

Emergencies	Symptoms	First aid
Bleeding	Arterial bleeding or cuts and wounds that don't stop bleeding.	Apply a pressure bandage to the wound. Use a tourniquet (loosen at least every 15 minutes) if the bandage fails.
Thermal burns	Burned hair and accompanying odor, along with red, inflamed skin underneath.	Flush the area with cold water. Apply an ice compress or wet pack of strong tea or diluted soda solution.
Fractures	A limb dangles loosely, or your pet limps with severe pain.	Immobilize the limb. Keep your pet warm and transport him carefully to a veterinarian.
Convulsions	Loss of consciousness, loss of muscle control (uncontrollable "swimming" or "running" action), involuntary urination or defecation (especially common with poisoning).	Restrain your pet with a blanket, towel, etc., to keep him from injuring himself and/or you. Keep the animal warm, but don't give any medication unless prescribed by a professional. See a veterinarian.
Heat stroke	Panting, collapse, fast pulse rate, reddened gums, anxious or staring expression.	Move your pet to a cool spot. Bathe him in cold water. Apply an ice pack to his head. Massage his limbs gently.
Paralysis	Inability to move one or more limbs or head.	Keep your pet warm. Avoid moving him if possible, and contact a veterinarian. Immobilize your pet on a flat surface if he must be moved or transported to a veterinarian.
Respiratory difficulty/choking	Gagging, pawing at the mouth, shallow breathing or lack of chest movement, or unconsciousness.	Check your pet's nose, mouth, and throat for foreign objects, bones, or food. Apply mouth-to-muzzle resuscitation if breathing has stopped. Rush to a veterinarian.
Internal injuries	Labored breathing, bloody urine, extreme sensitivity or tenderness in the stomach or another abdominal area.	Keep your pet warm and as quiet as possible. See a veterinarian.
Poisoning	Convulsions, intense abdominal pain, vomiting, trembling, difficulty breathing, coma.	**Speed is crucial to treatment.** If convulsions or other symptoms are advanced, or if you're uncertain about the poison, rush your pet, along with a sample of the poison or vomitus, to a veterinarian. If you can identify the poison, administer the antidote on the product's label. If vomiting is indicated, place a teaspoon of hydrogen peroxide or one-half teaspoon of salt (more for dogs over 30 pounds) near the base of the animal's tongue; one-fourth teaspoon for cats. Repeat if vomiting doesn't occur in a few minutes. Both materials also can be mixed with warm water. Don't induce vomiting if the poison is corrosive (acids, alkalis, petroleum products). Always seek professional help immediately; take along the poison in its original container if possible.
Stings (insects, including bees and wasps)	Localized irritation and/or swelling and tenderness, usually around the muzzle, eyes, and tongue.	Remove the stinger (if you can find it) with tweezers. Apply a compress of baking soda or a weak ammonia solution. Watch for difficult breathing, swelling, and signs of an allergic reaction that call for immediate professional attention.

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continued

Pet emergencies

wild, so muzzling your dog can be a good idea. A piece of clothing—belt, nylon stocking, shirt sleeve—wrapped around his jaws and then knotted behind his head works well. But a makeshift muzzle shouldn't be tight enough to restrict your pet's breathing, and it should be left on only for a short time (watch for overheating).

A blanket, pillowcase, or towel can be used to catch and/or calm an injured cat. Grip the back of the cat's neck through the material, then uncover him. If your cat doesn't calm down, keep him under cover till you can get to a veterinarian. Make certain, however, that your pet has room to breathe. A cardboard box or laundry basket also is a convenient container for transporting an injured pet.

Caution children to keep away from injured animals. When you approach any animal in trouble—even if he seems calm—be sure he sees and hears you coming, and don't make any sudden moves. To treat the animal, always work from his back side and wear gloves if they're available.

Tackle the worst first

When your pet is under control, assess his condition and symptoms, then tackle the most serious problem first. Move your pet as little as possible during the examination.

If your pet has stopped breathing but you can still feel his heartbeat (slide your hand down the left side of your pet's chest), try resuscitation. First, clear your pet's mouth and throat. Then cup two fingers and your thumb around your pet's nose to close his mouth. Place your mouth on your cupped hand and blow into your pet's nose for about one second. Wait two seconds and blow again. To assist your pet's heart, press lightly on the animal's chest while he's exhaling. Your pet should respond within four minutes.

Is there bleeding? Any kind of cloth, even facial tissue or other soft paper, will serve as emergency bandages. Apply pressure to the bandages to help control bleeding. A tourniquet may be necessary, but can be dangerous if not applied properly. Never probe or attempt to clean a serious wound. It requires a veterinarian's attention. When there's a compound fracture (a bone has punctured the skin), protect the area with a sterile bandage.

Always assume an injured pet is in shock. Keep him warm and in a reclining position till you can get professional help. But never wrestle with your pet to keep him down. Signs of shock include: depression and lack of response, rapid heart rate and breathing, poor circulation (press your thumb against the animal's gums till they whiten; color should return in a couple of seconds), pale mucous membrane around the eyes and on the underneath side of the eyelids, and low body temperature (coolness in legs and paws).

Limit emergency first aid to critical situations when a veterinarian isn't around and usually to your own pet. If you find a strange animal that needs help, immediately call the police, local humane society, animal rescue league, or animal shelter. Always follow up emergency treatment by consulting a veterinarian. ■

Choosing Needlepoint Thread

There's more to selecting needlepoint thread than just picking a pretty color. Factors such as durability, workability, and suitability to your project must also be considered. Here are some facts to help you choose wisely.

What to look for

Needlepoint yarns are selected for their suitability for all kinds of canvas work. They must be durable enough to withstand repeated tugging as well as everyday wear and tear once the project is done. The yarn must cover the canvas completely so only the design shows through, and it must work well with a variety of stitches.

A quality yarn should have minimum elasticity so stitches will remain firmly in place. Yarn has a tendency to fray, twist, and knot if it's weak, if the grain isn't consistent, or if the strands aren't joined together well.

Needlepoint yarns are made of wool, cotton, or silk with each thread formed from "plies" (strands or filaments). Depending on the canvas size and effect you want, threads can be divided, doubled, or tripled by adding or subtracting plies.

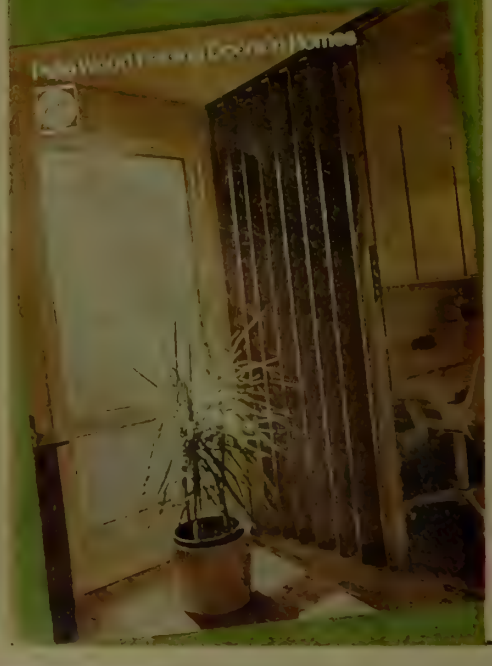
What's available

Here's a checklist of the most common kinds of needlepoint thread:

- ***Persian wool*** is a popular, practical, and versatile thread. Composed of three loosely twisted strands, it can be divided or added to easily. It's an all-purpose thread that works up quickly, and doesn't tangle. Available in over 300 shades, this wool is sold in nine- to 40-yard skeins or precut in lengths and sold by the ounce.
- ***Nantucket wool*** is similar to Persian wool except that it's thinner—four strands equal two of Persian. The entire strand of Nantucket wool is used on size 12, 13, or 14 canvas. This wool goes farther than Persian, so it usually costs a bit more.
- ***Crewel yarn*** is a resilient, two-ply wool used in embroidery or needlepoint. The yarn is fine-textured but durable. Although it doesn't divide well, it can be doubled, tripled, or combined with other single-thread yarns to cover many canvas sizes. It is sold in nine- to 40-yard skeins or by lengths.
- ***Tapestry wool*** is always four-ply and is best suited for needlepoint and tapestry work. But it can also double for use on rug canvas. Tapestry wool comes in consistent dye lots, so if you suddenly run out of yarn, you can still match the color. This wool doesn't split easily, is used for background work on ten- or 12-count canvas, and is available in 40- to 100-yard skeins.
- ***Rug wool*** is thick, rough-textured, and best suited for large needlework projects. Although this three-ply wool doesn't split or combine well with other threads, it comes in a rainbow of colors in varying weights. This wool is durable and moderately priced, and is sold in packages as small as 70 yards.
- ***Silk embroidery thread*** has six plies, is thin-textured, and is usually available in 8.8-yard skeins. The thread is doubled and tripled when used on small-mesh canvas. Silk thread gives a glossy look and is often combined with cotton and wool to add design highlights.
- ***Cotton embroidery thread*** has six plies, divides easily, and comes in a wide range of colors. When color strands are mixed you can get a pleasingly subtle blend. Cotton is less likely to snag and easier to wash than wool, and comes in nine-yard skeins.
- ***Acrylic yarn*** is a relative newcomer to the realm of needlepoint threads, but already it's a popular alternative to the more traditional wool. Acrylic costs less, and is more durable and easier to clean. But there are also some disadvantages. The yarn has a sheen so the color selection is limited and dye lots are hard to match. This yarn can't be divided, but it comes in a variety of weights in many size skeins. ■

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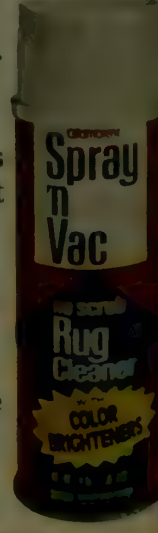
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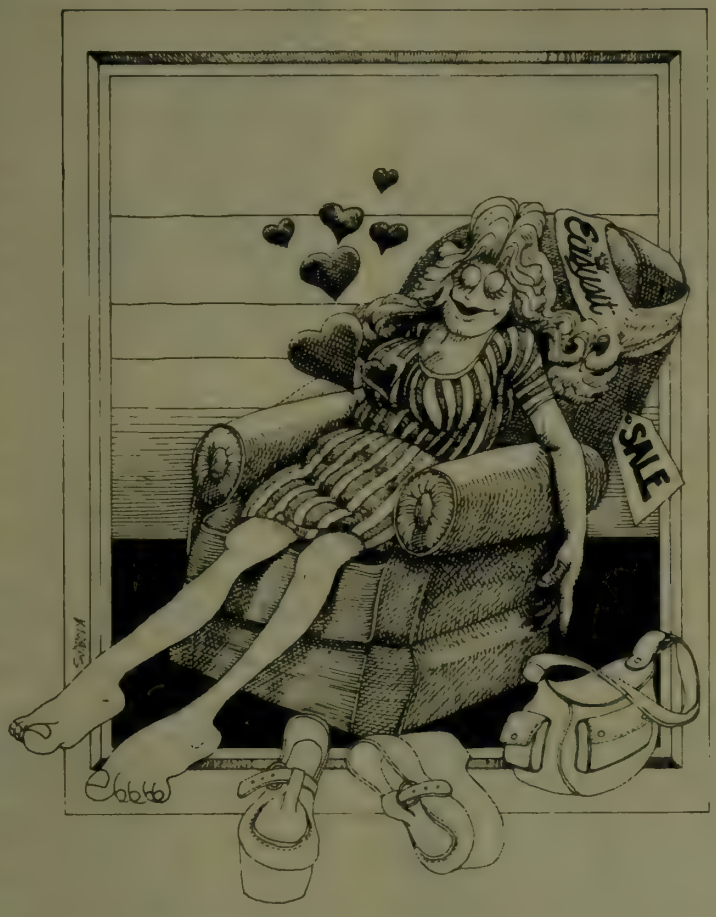
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Sizing up upholstered furniture



A sofa or upholstered chair is a major investment that should pay off in many years of service. To help you choose wisely, here are some important points to check before you buy.

Window-shopping

Spend some time strolling through the upholstered furniture departments of several stores before you start shopping in earnest. That will give you an idea of what's available, and what styles appeal to you most.

Shop at stores you can depend on and look for reliable brand names. Sizing up upholstered furniture is tricky because most of the assets and liabilities are hidden. Of course you can't rip off the covering to see what's underneath, but you can check the information on the labels and hangtags. Read them carefully.

Take your room and doorway measurements with you to be sure the furniture you select will fit.

Also take samples of your wallpaper, carpet, fabrics, and paint chips, so you can check colors and patterns in the stores.

First steps

Once you've spotted a sofa or chair you like, the first thing to do is sit down on it. Wiggle, squirm, and bounce. Kick off your shoes and curl up as you would with a good book. Take your time. This probably is the most important test you can make. If the furniture isn't comfortable to sit on, it's not for you. Have family members give it the sit test, too.

Lean and push against the back of the furniture to make sure it doesn't give. The springs and frame should be padded so you don't feel them.

Listen while you wiggle and bounce. The frame should not creak and the springs should not squeak.

Now feel the furniture all over with your hands. You should not be able to detect metal or wood through the padding and upholstery. If you do, the hard edge will wear through before long.

Check patterns. Careful matching of patterns is costly to the manufacturer in terms of fabric and labor, and is a sign of quality workmanship. Plaids, stripes, and checks should flow together from the top of the back to the floor. Flowers should be centered on cushions and along the back panel above cushions. Fabric on the back should be matched carefully, so the furniture can be used freestanding in the room. Patterns on both arms should match. The deck (the area under the seat cushions) should be covered in a matching color.

Skirts should hang straight and they should be lined for durability.

On tufted pieces, wrinkles should spray outward from the tuftings. Check the buttons to see that they are firmly attached.

Any details, such as exposed wood, color, or carving, should be uniform over the piece.

Are zippers on cushions carefully concealed? Zippered cushion covers fit better and are smoother than non-zippered ones. Zippers also enable you to open the cushion cover and straighten the filling if it should shift. Just because the covers are removable does not mean they can be washed, however, unless the label says so.

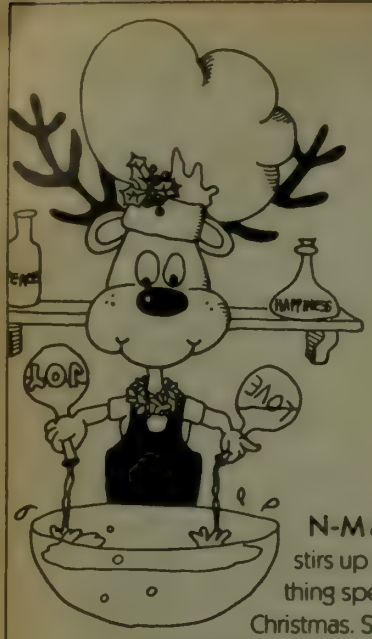
Check the welting (the cording that covers the seams). It should be straight and neatly sewn, with few seams. The smaller the welt, the smaller the seam, and usually the better the quality.

Check exposed seams. Pull at them gently to see if stitches are tight. If there are more seams than necessary to sew the cover together, the manufacturer may have used up waste material by patching.

Follow-up questions

The information on hangtags and labels will not tell you all you want to know. The salesperson may not have all the answers either, but information about frames, fabrics, fillings and construction should be available. There should be catalogs and brochures, with cutaway illustrations of the inside construction. Or the store should have a chair available with the dustguard removed for inspection.

continued



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continued

Upholstered furniture

Framework

To check the construction of a chair, ask to have it turned upside down. Quality frames are made of seasoned kiln-dried hardwood, such as ash, birch, hackberry, oak, maple, or elm. Metal also is used for some fine furniture. The highest quality wooden frames are constructed of an interlocking assembly of pieces. Two pieces, for example, will be cut and fitted together like the pieces of a jigsaw puzzle, rather than just being butted up against each other. Good furniture also may be joined by spiral groove dowels or double dowels. Corner blocks should be screwed and glued.

The leg should either be an extension of the solid frame or—if the leg is a separate piece—made of interlocking pieces that are joined to the frame with heavy-duty construction. Legs that are simply screwed into the frame or into metal plates attached to the frame indicate poor quality.

Heavy furniture should be on casters.

Springs

Quality furniture has lots of coils covering the platform, while inferior furniture has fewer coils placed farther apart. The best construction consists of springs that are hand-tied in several directions—front to back, side to side, and across two diagonals. There are other good methods, including one where coiled springs are machine-attached with strong wire.

Coil springs are used for most quality construction, but zigzag springs or S-shaped ones may be used where a lighter look is desired. Springs in the back should be of the same construction, but will be lighter weight.

Padding or filling

In the next stage of construction, a sheet of burlap or other fabric is placed on top of the springs to separate them from the filling material. Better quality furniture has two or three layers of filling placed on top of the burlap. Down, once widely used as a filling, is now too expensive for anything but luxury items. Cotton, natural or rubberized interlaced hair, foam rubber, and urethane foam are good padding materials.

Seat cushions have no springs. In expensive lines where the design calls for loose, fluffy cushions, down may be used as a filler. Polyurethane foam is standard in most quality lines. Latex foam rubber, wrapped in polyester or acetate fiber, is also good.

Fabrics

Check the hangtags for fiber content of fabrics. If the information is not shown, ask the salesperson. Often, more than one fiber is used to take advantage of the best qualities of each. Cotton or rayon may be woven with other fibers to increase absorbency. Also, both cotton and rayon take dyes well. Acrylics can improve softness. Nylon and olefin add strength and cleanability. Acetate may be included for added luster, and polyester for easy cleaning.

Ask to see swatches of fabric. Pull a sample in all directions to see if it holds its shape. Tightly woven fabrics won't let much light shine through and will generally give the best wear.

Ask about chemically applied finishes that resist stains. Some fabrics do not need additional stain repellents. Olefin, for example, is naturally stain-resistant. Some finishes resist both water and oil stains, while some resist only water-based stains.

If you can't find a sofa or chair on the showroom floor in a fabric you like, ask if other upholstery choices are available. Some retailers stock an inventory of upholstered pieces, but more often than not you will have to custom-order to get exactly what you want. Special ordering may cost more than buying off the floor, and you'll have to wait several weeks for delivery.

Prices

Your budget, of course, will determine what you can pay. You can find a good serviceable sofa for between $300 and $400, and a good lounge chair for $150 to $200, but you will not be getting all the quality features or the durability of the higher priced models. You should be able to find most of the quality features in an $800 sofa and a $300 chair. Above these prices, you will be paying for luxury features, high style, fine fabrics, and details. ■

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ndchildren Sampler Here's a pretty cross-stitch sampler to show show off) the treasures of all grandparents—their grandchildren! includes color-printed design on polyester/rayon homespun fabric, and cotton floss, needle, and directions. Finished sampler measures :18" and is shown in our solid oak frame. Makes an ideal gift.



Decoy Craft Attractive decorator decoys of fully carved solid pine, are sanded and ready for you to finish in paint or stain and varnish (see photo). Mallard and Wood Duck both measure 12". Kits have glass eyes, painting guide for drake or hen finish, sandpaper and instructions. (Paint kit available below includes brush and materials for 5 decoys.)



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- ___No. 14758 Latch Oak Tree $31.99
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- ___No. 14959 Crayon Toys $14.99
- ___No. 03150 Polyester Fiberfill (1 lb.) $1.99, 3 for $5.49
- ___No. 14006 Grandchildren Sampler $7.49
- ___No. 14007 Grandchildren Sampler & Frame $15.49
- ___No. 11280 Mallard Decoy (A) $16.99
- ___No. 11282 Wood Duck (B) $16.99
- ___No. 11284 Decoy Paint Kit $12.99

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BUILDING

Look out for carpenter ants!

Though not as sneaky as termites carpenter ants are just as capable of damaging your house. Fortunately, though, the ants can usually be detected before your floors begin to sag if you keep an eagle eye out. Here are some tips to help you see and destroy these potential home wreckers.

How to identify them

The carpenter ant is easy to spot. It's the largest ant you're ever likely to meet—between ¼ and ½ inch long—and it's black and red.

The flying ant is the reproductive member of the ant colony. Like the equally troublesome swarmer termite, the flying ant has two sets of wings. You can tell the two pests apart by the ant's thin waistline and its shorter underneath set of wings.

How to detect infestation

Carpenter ants chew walls, beams and floors into sawdust for their nests. Since ants don't eat the wood for food they must leave their nest periodically to hunt for sustenance. You'll see them scurrying around in your kitchen sink, climbing your cupboards, or hurrying back to the nest. You also may notice piles of sawdust leaking out of cracks or from behind molding or wall paper.

How to treat for ants

Ants are attracted to moist or damp wood that's been worked over by termites, beetles, or fungus. Many times a leaky roof or seepage from a water pipe or drain makes the wood begin to soften and rot. Take these steps:

- *Repair the cause of the leak* and mop up any moisture accumulation. The ants need a damp atmosphere to survive.
- *Use a residual insecticide* around the affected area, the baseboards, windowsills, and the foundation walls inside and outside of the house.
- *Call in the exterminator.* Sometimes ants nest in inaccessible areas. The professionals will drill into the area, inject the appropriate insecticides and close it up. ■

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BUILDING

How to prevent wood decay

Wood is one of nature's most beautiful and versatile construction materials, and it's relatively low in cost. But even wood isn't perfect. Its big weakness is its inability to ward off moisture.

Moisture makes wood do a number of things it wouldn't ordinarily do—warp, split, expand, bow, even rot. And moisture also makes wood vulnerable to insects. How can you protect the wood in and around your house from decay? Here are some suggestions.

New construction

Whenever you purchase wood for any project, large or small, insist on seasoned wood. It is drier, more stable, and less likely to rot than green lumber. Ask to inspect the wood you're going to get. Suppliers carry vastly different grades of lumber. The wood should definitely be seasoned if it's to be used in enclosed spaces, surrounded by concrete, painted, or otherwise prevented from drying quickly.

You should also make sure that roofs and foundations are constructed with adequate ventilation in mind. And consider installing fans in the kitchen and bathrooms. Too much or too little humidity is quite detrimental to wood.

Other things you can do to extend the life of wood include constructing wide eaves, adding rainspouts to carry water away from the house, and filling crevices to prevent water from entering walls, windows, and doors.

Outdoor projects

Traditionally, redwood, cedar, and cypress have been the choices for use outdoors because of their natural resistance to water. And they're still good bets today. But now you have a choice of other woods because there are ways of keeping them from decaying, too.

Wood preservatives. When you choose a wood other than those mentioned above, you can combat moisture by using a preservative, available at building supply and paint stores. It will reduce the damaging effects of weather, insects, and decay. Most label instructions suggest that the most effective way to use the product is to soak the lumber in a trough filled with the solution for a specified amount of time. If this isn't possible, you can brush or spray on most preservatives. Should you have to make saw cuts or bore holes in the wood, be sure to retreat these areas.

At best, though, wood preservatives are only a temporary answer. Subsequent applications of the preservative will be necessary to achieve long-lasting protection.

Pressure-treated wood. A more permanent solution to the moisture problem is pressure-treated wood, and it's just now coming into its own. Formerly, it was sold mainly for commercial uses such as telephone poles and bridge supports. Only occasionally would you see it in a lumberyard. That's not the case today. All lumber outlets have access to pressure-treated wood. And you may want to consider it, although it can cost from 30 to 50 percent more than untreated wood.

There are several types of pressure-treated wood on the market, the main difference being the solution with which the wood is treated. Some are paintable, others aren't, so be sure to specify which type you need.

Existing construction

Even if your house isn't new, it needs protection from wood decay. One of the most effective ways to provide this protection is to keep humidity at the proper level. If necessary, run a dehumidifier during the summer, and a humidifier in the winter.

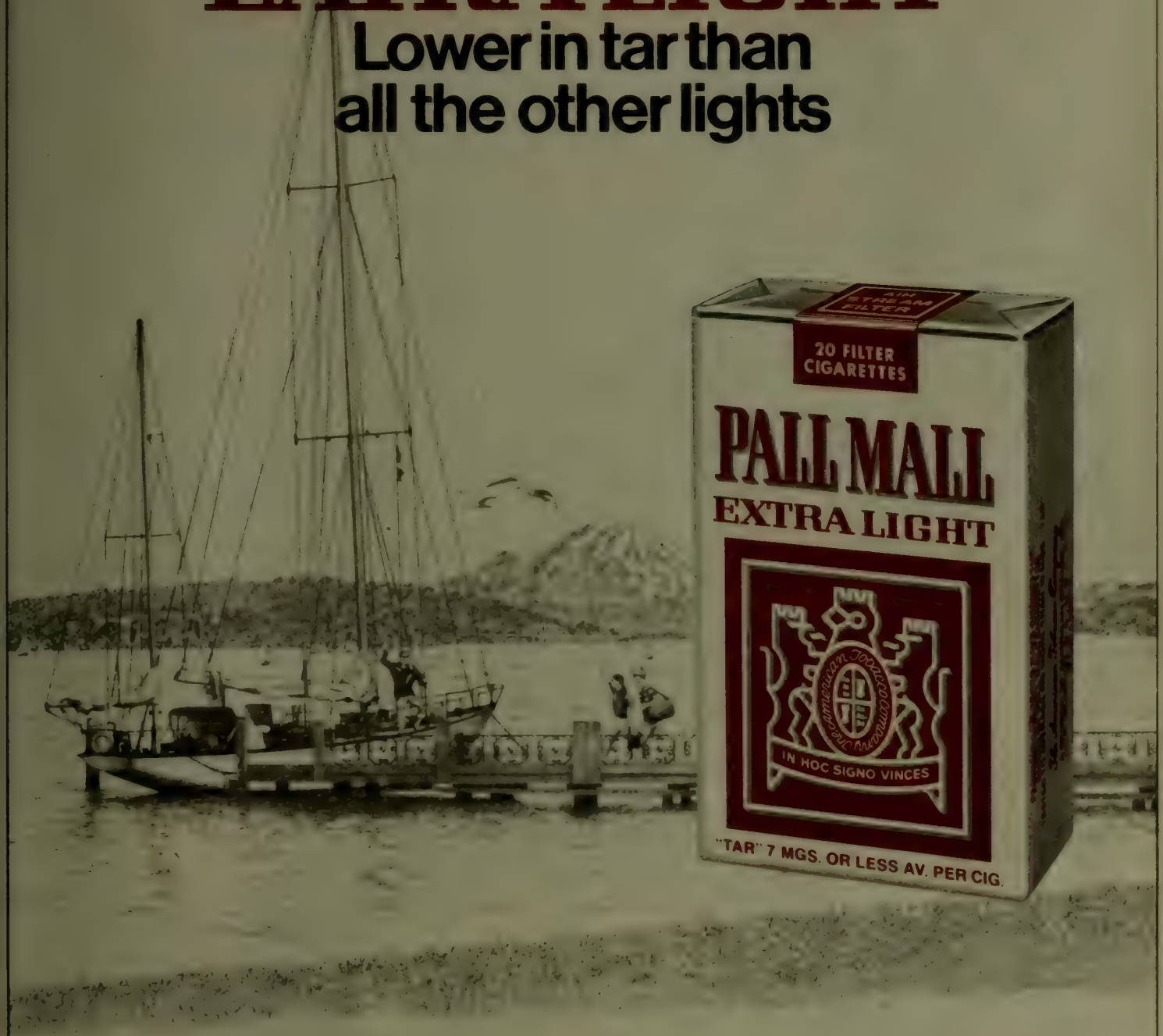
Also be on the lookout for signs of moisture in your house. Check the attic ceiling for staining, inspect the floor area under sinks, look for wet insulation, pay attention to serious paint problems. And when you spot problems, make the needed repairs as quickly as possible.

One final hint: Keep an eye out for termites. If you notice mysterious piles of sawdust or even suspect you may have these unwanted visitors, call an exterminator at once. ■

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FAMILY VACATION GUIDE TO THE BEST OF BERMUDA

By Kate Keating



Photographs: Kate Keating

▲ *Bermuda's harbors and reef-protected waters are ideal for sailing. Sailboats may be rented on the Islands (instruction is available). Cruises on a manned ketch are another option.*

Bermuda's gleaming pastel homes add enormously to the beauty of the Islands. Rooftops are painted white and do double duty as rain catchers for the family's water supply.

It's easy to understand why the Bermuda Islands are a traditional honeymoon destination. The tiny archipelago is set in splendid isolation in the Atlantic Ocean some 600 miles off the coast of North Carolina. And the Islands are enchantingly beautiful. Despite Bermuda's limited size, a visitor can nearly always find a pink-sand beach cove where not another person is in sight. What's more, the Islands are only a two-hour flight from East Coast cities. But Bermuda isn't just for honeymooners. It's also ideal for vacationing families, thanks to its unique personality and its astonishing variety of accommodations and activities.

The most obvious lure, of course, is the balmy weather that prevails from March into November, coupled with easy access to the Ocean, which is never more than a short walk away. True, there are other islands that can boast those same attractions. But Bermuda, the oldest colony of Great Britain, tops off its natural assets with a charming culture and a fascinating history that dates back to the 16th century; tidy, picturesque homes and communities set amidst a profusion of blossoms and lush subtropical trees; and a major commitment to making visitors feel welcome. The lion's share of Bermuda's income comes from tourists, and you will find that most of the Bermudians you meet will go out of their way to be helpful and hospitable, be they taxi drivers or maître d's, shop clerks or private citizens.

Where to stay

Your choice of accommodations depends upon what kind of vacation you would enjoy most—and what rates your budget can stand. Possibilities in Bermuda run the gamut from housekeeping apartments and cottages, guesthouses, small hotels, and cottage colonies to major resort hotels. There is also location to consider.

Lodgings in the heart of Hamilton would attract a family of determined shoppers, while a quiet spot smack on the beach would appeal to sun worshipers, swimmers, and wave watchers. If sailing is your passion, you would choose a spot on protected waters instead of on the Atlantic. And so on. But no matter where you stay, it's quite possible to tour the whole place easily in a week's time or even less.

Of the 140 or so islands that make up Bermuda, only six are of significant size, and the total land surface is just 21 square miles. Indeed, from the tip of St. George's Parish (a parish in Bermuda is similar to a township or county in the U.S.) to the tip of Ireland Is-

continued

BERMUDA



land in Sandys Parish, Bermuda is only about 20 miles long, and, at its widest, only about two miles.

There are many popular big hotels with excellent facilities for children. The Holiday Inn and Golf Club, for instance, overlooks Tobacco Bay Beach, massive Fort St. Catherine, and the town of St. George. The Castle Harbour Hotel and Golf Club, where, you might recall, President Eisenhower met with Churchill and Laniel (Premier of France at the time) in 1953, is a top-dollar complex that sprawls along the southwestern shore of Castle Harbour in Tucker's Town. Grotto Bay Hotel and Tennis Club stands adjacent to the causeway that connects Hamilton Parish and St. George's. The spiffy Princess Hotel and the Bermudiana reign in Hamilton. The Elbow Beach Surf Club is situated on the South Shore in Paget Parish. The Belmont Hotel and Golf Club adjoins bustling Hamilton Harbour. The Southampton Princess stands high on a hill in Southampton Parish overlooking both Little Sound and the Atlantic Ocean. And the Sonesta Beach Hotel, just down the road from the Princess, perches right on the Atlantic.

Most of these major hotels offer sailing, snorkeling, scuba diving, tennis and golf (either on the premises or with transportation and guest privileges elsewhere), beach clubs and swimming pools, evening/nightclub entertainment, and a variety of children's playgrounds and recreation rooms. Some hotels have a junior host or hostess to oversee organized activities for kids during holiday periods.

Small hotels, too

The smaller hotels, although lacking some of these amenities, might provide a more relaxing vacation atmosphere. For one thing, they don't cater to name-tag-sporting business groups. One of the most attractive of the smaller hostelries is the Ariel Sands Beach Club on the South Shore in Devonshire Parish, only a few miles from Hamilton. A cottage colony, the Ariel Sands accommodates only about 120 guests (as opposed to 1,500 at the Southampton Princess or 800 at the Holiday Inn). This makes it easier for you to meet other guests and for your children to get acquainted with other children.

Some guests are reluctant to leave the hotel to tour the rest of Bermuda because they're so pleased with the beach and pool, the tranquillity of lovely well-tended grounds, the three tennis courts, the excellent multicourse breakfasts and dinners, and the conversation with other guests. Al-

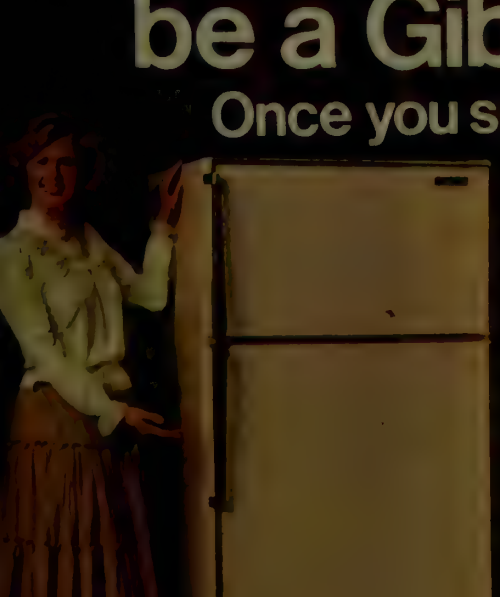
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◀ *Magnificent gardens, lawns, and trees make the Botanical Gardens a favorite place for a family outing.*



▲ *The exterior of St. Peter's Church in St. George's is stunning in its simplicity, and so is the cedar-walled interior.*



▲ *Modern sailing boats tied up at St. George's contrast with the* Deliverance *a replica of a 17th-century ship.*

though there's no nightclub, it isn't missed. Several evenings a week there is music—a pianist, a mellow combo, or even a calypso band that plays during dinner and for after-dinner dancing. For those guests who want livelier evening activities, it's a short cab ride to nighttime hot spots. (Baby-sitters can be arranged for.)

Other small hotels and cottage colonies your family might consider include White Sands & Cottages on the South Shore in Paget Parish; the Inverurie Hotel on Hamilton Harbour; Harmony Hall, a country-estate type hotel in the middle of Paget Parish; and, if you prefer real isolation, Cambridge Beaches, a covey of pink cottages at the edge of Mangrove Bay in Sandys Parish. The Bermuda Department of Tourism can provide a far more extensive listing, and a good travel agent can help you decide.

A double room for two persons, Modified American Plan (MAP)—with full breakfast and dinner—ranges from Castle Harbour's $88-$138 a day rate, the Southampton Princess' $98-$138, Holiday Inn's $88-$137, to Ariel Sands' daily double range of $78-$102, and White Sands' $70-$85. (Guesthouses and housekeeping cottages and apartments are considerably less.) The hotels and cottage colonies generally add either a set service charge of about $3.50 a day per person, or a five- or ten-percent gratuity charge, and all add the four-percent government tax. Some offer less expensive Breakfast Only Plans (BP) and special family package plans. And, most have golf or tennis or week-long packages as well. The rates quoted are for the March through November period. Generally rates are lower from December through February when the weather is cooler (the average daily high is 62 degrees as opposed to 80 degrees in the summer), wetter, and more capricious (storms are known to come up quickly and more frequently).

Or, choose a cruise liner

On the other hand, you may decide, as many visitors do, that you prefer to journey to Bermuda by ship. The ship then serves as your hotel while you're in port. Cruise liners dock either right along Hamilton's Front Street shopping section or at St. George's, a much smaller but equally charming community. Three ships sail from New York on a weekly schedule during the March/November season. You have your choice of Holland America Line's *Statendam* or *Volendam*, or Home Line's *Doric*. Ship fares, which include your room and three meals a day for

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▲ *Along the South Shore, volcanic lava cliffs and boulders and shrubby dunes create a delightfully private beach cove that's typical of numerous pink-sand-carpeted coves in Bermuda. Even in the most popular summer months, you usually can hunt up one of these coves to enjoy in absolute or near-absolute privacy. Swimming season is from late March to mid-November.*

the week, as well as round-trip transportation from New York, average about $600 per adult based on double occupancy. Fares vary depending upon ship and room location. Children between three years and 12 pay half the minimum rate, or about $245; one- and two-year-olds pay one-fourth the minimum adult rate.

A bonanza of sight-seeing

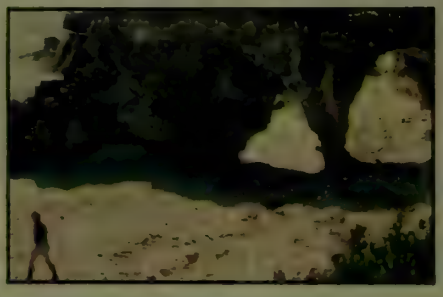
Wherever you wander, Bermuda is a delight to the eye. The British penchant for well-tended flower, fruit, and vegetable gardens is much in evidence, and land is so precious that not an inch is wasted. But what will probably impress you most is the bandbox look of Bermuda—this must be one of the cleanest inhabited places on earth. Homes and public buildings are painted in lovely pastels and are topped by gleaming whitewashed roofs, the basis for the Islands' water supply. There are no freshwater lakes or streams, so all domestic water must come from rainfall, collected on rooftops. Fragrant blooms are everywhere—oleander, hibiscus, bougainvillea, lilies, and citrus.

Even if you have no particular destination in mind, you'll enjoy traveling the narrow, twisting, hilly roads of Bermuda. The speed limit is a decorous 20, and only Bermudians are allowed to drive cars. Visitors do their touring by taxi (blue-flagged cabs are driven by government-approved and usually gregarious Island guides); by public bus (a good chance to chat with local citizenery and interesting also because the bus seats are high enough to let you see over the many roadside privacy walls); by a handful of tour buses; by horse-drawn carriage (charming but not for the long haul); by mopeds (motor-assisted bikes you'll see everywhere); or by good old pedal-yourself bicycles. Public ferries ply the waterways between islands, and there are several tour boats, mostly the glass-bottomed variety, that take you out to view the coral "Sea Gardens."

On a rainy day, obviously, a taxi or bus is the way to get around. But on a sunny day, a moped is the way to go. You'll see even little old ladies tootling around the bend on their merry way to St. George's. You have to be 16 or older to rent one of these machines (for about $8 a day or $36 a week), but a grown youngster can ride on the rear seat of a two-seater moped. If you have a very young child along, you can rent a moped with an infant seat. *Every* rider and passenger *must* wear a helmet. Motorized bikes are available at most of the hotels and cottage colonies and can easily be arranged for at other

continued





▲ *The Warwick Riding School conducts one- and two-hour horseback rides on the beach and in the Warwick dunes.*

◀ *The Natural Arches, on the Mid Ocean Club property, is one of Bermuda's most intriguing natural phenomena.*

▶ *Watching the turquoise waves rushing to the rocky shore, then breaking into white spray, can entrance you for hours.*



accommodations. A few short practice runs will put you right at ease and then all you need do is to exercise common-sense caution and *keep to the left.* This is a British colony, remember, and here they drive on the left-hand side of the road.

Where to go

For shoppers, the first trip inevitably is going to be into Hamilton, the capital of Bermuda. This trip is probably better done by taxi or bus than moped. (Hamilton traffic is congested at times, and some streets will seem precipitous to the novice biker.) Front Street in Hamilton is where the three "big" department stores—Trimingham's, Smith's, and Cooper's—reign amidst a variety of smaller, generally high-caliber specialty shops. ("Big" in Bermuda is a purely relative description, you'll discover.)

What to look for? Fine china and crystal, British woolens, Irish linens, and perfume—both French and Bermudian. Prices are about 25 percent lower than in the States. Shopping Trimingham's Antiques, the Thistle Gallery, Heritage, and Bluck's is fun for antique buffs (and no U.S. duty is levied on antiques). There's also a tempting selection of fashions and baubles, quality jewelry and cameras, local paintings, and sculpture. Hamilton may be the high point of Bermuda shopping, but St. George's, Somerset, and Flatts also offer seductive wares.

Even if you don't shop you'll want to stroll along Front Street. During midweek, a couple of docked cruise liners lend an interesting dimension to this diminutive capital, almost as if enormous spaceships had landed from Mars. In front of the ships are waiting lineups of fringe-topped, horse-drawn carriages, motor bikes, and taxis for excursions. You also should visit the Bermuda Cathedral where you'll marvel at the handwork of local artisans, and see City Hall, a rather whimsical Bermuda-style castle.

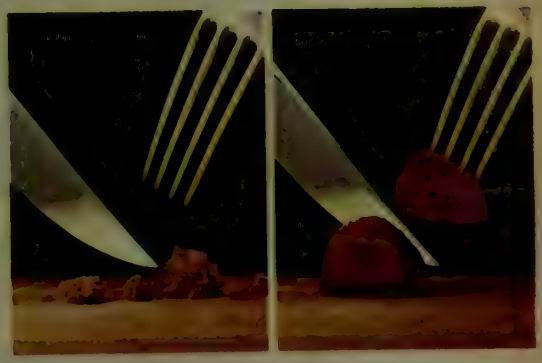
If your family decides to branch out to pursue personal interests, arrange to meet at the India-rubber-tree-shaded Bermuda Library & Historical Society Museum, just one block up from Front Street. It's a great place to browse among tidbits of Bermuda history, and furniture, artifacts, and ship models. You'll also enjoy a stroll through the marvelous Par-La-Ville Garden that backs the library. Then stop for tea at the old-world-style Waterloo House, only a few blocks along on Front Street.

A popular outing from Hamilton is one of the many boat cruises that leave from the ferry dock. At one extreme

continued

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◀ *Though shipwrecks are no longer common here, this one in St. George's Harbour reminds you of grimmer days.*



▲ *If you've ever ridden a regular bicycle, you'll have no trouble mastering a motorbike, a marvelous way to tour.*



▲ *Many visitors arrive in ships, which dock right along Front Street in Hamilton or tie up at St. George's.*

you might select a 5½-hour cruise ($20) on which you'll be entertained by a calypso singer and disembark for either a picnic or restaurant lunch, shopping, and swimming. Or you might rather settle for a two-hour cruise ($6.50) in a glass-bottomed boat that lets you see the extraordinary living coral gardens and schools of fish that inhabit the clear reef waters.

Take to your bikes

For your first motorbike outing, you can't go wrong by following the road from the Hamilton vicinity along the South Shore heading up toward Tucker's Town. If you wait until after nine in the morning to avoid the "rush hour," you'll encounter very little automotive traffic.

The fabulous Botanical Gardens should be your first stop. Here you'll find a wealth of splendid flowers, shrubs, and trees, rolling green lawns, and historic Camden House where the Premier of Bermuda entertains official guests. (On Tuesday, Wednesday, and Friday at 10:30 a.m., there are guided tours of the Gardens.) Next you'll come to Palm Grove Garden, a shoreside spot that's so beautiful Bermudians often choose to be married there. Now follow the road through a couple of small settlements and extravagantly lovely countryside until you come to Spittal Pond Nature Preserve and Bird Sanctuary, a tranquil wooded preserve with paths leading to the Ocean. South Shore Road then closely follows the shoreline, which is dotted with inviting little public beach coves carpeted with rosy pink (a hue distinctly Bermuda's) coral sand.

Another half-mile or so and you'll find yourself riding through the Mid Ocean Club golf course. Follow the signs and narrow, twisting, unpaved lanes that lead to the Natural Arches, one of Bermuda's most stunning natural phenomena. A picturesque beach cove is sentineled by enormous arches carved by waves that cascade in from the sea and pound against the volcanic cliffs with a rush of white-water spray. The Arches are on private property—that of the Mid Ocean Club—but the Club is generous about sharing the extraordinary sight with visitors provided they arrive quietly and in small numbers.

Sea life, stalagmites, and stalactites

Another bike tour perfect for neophytes circles Harrington Sound. The first attraction along the route is Devil's Hole, a natural-formation pool (connected to the Ocean by a half-mile

continued

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The door alone can be rearranged 190 ways to fit foods of odd shapes and sizes.

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Sealed crispers. No one likes wilted lettuce.

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tunnel) where visitors drop baited but not hooked lines to feed a variety of colorful saltwater fish and gigantic sea turtles while a guide explains their acquatic life-styles ($1.50, kids 75 cents). You'll enjoy the village of Flatts with the charming Coral Island Hotel, Bermuda's oldest, and the Aquarium & Museum ($2.50, kids 50 cents) where you can get a good close look at a number of marine creatures. At the Perfume Factory you'll see perfume being made the old way (you'll learn from the guide that it takes 200 lilies to make one ounce of perfume). A must if you're touring with youngsters is the Blue Grotto Dolphin Show ($2.50, kids $1) where lively trained dolphins perform. Also fascinating are the Crystal Caves, underground caverns spiked with stalagmites and stalactites and graced with an astonishingly clear subterranean saltwater pool you cross via a floating boardwalk ($1.50, kids 75 cents).

If you've made reservations, you can have lunch at Tom Moore's, a nearby old Bermuda house turned elegant restaurant. A scrumptious seafood lunch costs about $15 per person. Not far from here, on the road to St. George's, is the Swizzle Inn, an informal, chummy place where the rum swizzle drink—and presumably the swizzle stick—is said to have originated.

Save a day for St. George's

You'll want a leisurely day to poke around St. George's, Bermuda's oldest settlement. Narrow streets and old neighborhoods are much as they were 100 and 200 years ago. On King's Square, you'll see the ducking stool, stock, and pillory—antique punishment devices for civil offenses. And, on adjoining Ordinance Island, you can board a full-size replica of the *Deliverance* (50 cents, kids 25 cents) for a realistic look at the relatively primitive style of 17th-century sea travel. (The original *Deliverance* was built by Bermuda's first British inhabitants to continue their shipwreck-interrupted journey from Great Britain to Virginia.)

Among the many other historic attractions here are St. Peter's Church, whose aged, rich-hued interior walls are of fragrant cedar, a wood once found in abundance on Bermuda; the Old Rectory, a restored 18th-century parsonage; Tucker's House, a restored 18th-century home of a former government high official ($1, kids free); St. George's Historical Society Museum (50 cents, kids free); Featherbed Alley Print Shop with a replica of an 18th-century printing press; and Carriage Museum, which houses a collection of old carriages ($1, kids 50 cents). Beneath the Museum is the Carriage House Restaurant, a fine place to lunch with a view of the Harbour.

You'll also find plenty of shopping. The major Hamilton stores have branches in St. George's, and there are several smaller shops as well as an outdoor market. You'll find Bermuda arts and crafts in the 18th-century Bridge House on Featherbed Alley.

Just outside St. George's, on a stunning promontory, you can explore the high lookouts and labyrinthian stone depths of Fort St. Catherine (50 cents, kids free). And guarding the entrance to St. George's Harbour is the smaller Gates Fort, a neat spot for a picnic.

A swing through the South

From Paget Parish clear around to the tip of Sandys Parish is yet another fruitful day's outing for scenery, shopping, historical sites, and beaches. You can take the ferry from Hamilton to Watford Bridge where you'll find restaurants and shops. Then bus out to the Bermuda Maritime Museum and Keepyard for an array of exhibits that will acquaint you with Bermuda's long, often stormy, sometimes piratical history ($1, kids 50 cents).

Double back by bus to 19th-century Fort Scaur, then hike the half-mile or so to Somerset Bridge, the world's smallest drawbridge (it only opens to accommodate a sailing craft's mast). From this point you can ferry back to Hamilton or continue on the Middle/South Road bus route, stopping at Gibb's Hill Lighthouse for some eye-catching overviews, and to dally at the exquisite beaches along Horseshoe Bay and Warwick Long Bay.

Some sporting diversions

Golfers and tennis buffs have a wide choice of courses and courts cooled by ocean breezes. Those who enjoy sport fishing should visit from May through November when the offshore waters teem with bonefish, palometa, gray and yellowtail snapper, great barracuda, yellowfin and blackfin tuna, marlin, great amberjack, and other quarry. Several savvy outfitters are on hand to take you to the fishing waters.

In earlier times, many ships wrecked on the coral reefs around Bermuda. Today the reefs provide ideal waters for scuba diving, snorkeling, and even wreck diving. Equipment, boats, and instruction for these sports are readily available. You can make arrangements at your hotel. If you're an experienced sailor, you can rent a boat; if not, you can join a sailing cruise on the 40-foot ketch *Alibi* ($20 for a 5½-hour trip, $10 for a three-hour trip).

One really special sporting experience is a guided horseback ride through the dunes of Warwick Parish and along the beach. Especially fun is a breakfast ride that also incorporates an early-morning English hunt breakfast at the Warwick Riding School owners' luxurious old Bermuda home. Surefooted English-saddled steeds take you up and down steep, narrow trails from the stables to ride along and above the beaches of Warwick Long Bay. If you reserve for the breakfast ride, you start at 7 a.m., in time to enjoy the early-risen sun along the southeastern shore. Your group—split into two parties, experienced riders and beginners—will ride for two glorious hours and follow up with breakfast ($18 per rider). You can also opt for a later one- or two-hour ride; these are conducted throughout the day ($8 and $16). Experience is not required, but these rides are not appropriate for young children.

Fine dining

The restaurants and dining rooms in each of the hotels and cottage colonies previously mentioned serve exceptional meals but if you crave variety, you have many good restaurants to choose from. In Hamilton, for instance, you can feast on seafood at Fisherman's Reef or the Lobster Pot. At the latter, be sure to order fish chowder and ask for sherry peppers and black rum to add as Bermudians do (dinner about

continued



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continued

Bermuda

$15 a person). The Fourways Inn on Middle Road in Paget Parish ranks as the Island's crème de la crème; every dish is served with gourmet perfection. The Fourways is housed in a luxurious 18th-century residence, now freshly outfitted for elegant dining (the wine cellar is unequaled on the Islands). If you confer with the maître d', he'll be happy to steer you to dishes that are *really* extra special that evening (figure about $30 per person sans wine).

A must for Sunday brunch is the Waterlot Inn, a bit farther along Middle Road in Warwick Parish. The brunch includes hot and cold buffets, fresh fruit, desserts like Baked Alaska and English trifle to enjoy while you overlook colorful groomed gardens and the waterfront (about $6.50 per person). During summer months the music of the Somers Isle Jazz Band adds to the pleasant ambience.

Nifty night life

For after-dinner night life, ask where the Talbot Brothers are performing. This harmonious native group often appear at the Elbow Beach Hotel, but they play the hotel circuit. Their smooth songs make for very easy, foot-tapping listening. Big-name nightclub entertainers play the aforementioned major hotels. If your taste runs to disco, try the Southampton Princess' Half and Half Room, or downtown Hamilton's Disco 40 on Front Street. This newest "in" place is a jumping blend of rock and razzle-dazzle. For the best calypso groups and limbo dancers, take a cab to the Clay House Inn in Devonshire.

But maybe when all's said and done, the most electric evening experience might well be watching the sun set, coloring the water from many hues of blue to the unique "Bermuda pink."

One note of bad news

Just so you won't be unpleasantly surprised when you get to beautiful Bermuda, you should know that there is one imperfection. Along the tide line of some sections of the archipelago, and on some shoreline rocks, there is a noticeable residue of tacky ocean-carried oil. While the oil residue is not enough in evidence to mar your vacation, do be sure to bring old sneakers for shoreside rock scrambling.

A word about currency

Because the Bermuda dollar is on par with the American dollar, you can use your American money and traveler's checks just as if you were in the U.S. There's no need to exchange your dollars for Bermuda dollars at a bank. Indeed, you would be wise not to. Banks do discount the American dollar slightly so you would end up with a few cents less per exchanged dollar.

Also, while credit cards such as American Express, Diner's Club, Carte Blanche, Master Charge, and VISA, are accepted by practically all shops and stores, they are not accepted by hotels. You pay your hotel bill by traveler's checks or cash.

How to get to Bermuda

Nonstop flights (American Airlines and Eastern Airlines) to Bermuda originate in New York, Boston, Chicago, Washington, Philadelphia, Baltimore, and Detroit, with direct one-stop flights or connections from other cities. Midweek, round-trip economy fare from New York is $134, from Chicago $242. Youngsters between two and 12 pay half fare when traveling with an adult. For children under two, the cost is ten percent of adult fare.

There is a $5 per person Bermuda Airport departure tax that will be collected from you when you check in for your flight home.

Write for more information

For literature and specific information, write, giving details about your special interests, to G. Somers, Bermuda Department of Tourism, 630 Fifth Avenue, New York, New York 10020; to Y. Redpath, Bermuda Department of Tourism, Suite 1010, 44 School Street, Boston, Massachusetts 02108; or, in the West and Midwest, to B. Beem, Bermuda Department of Tourism, Room 1422, 401 North Michigan Avenue, Chicago, Illinois 60611. ■



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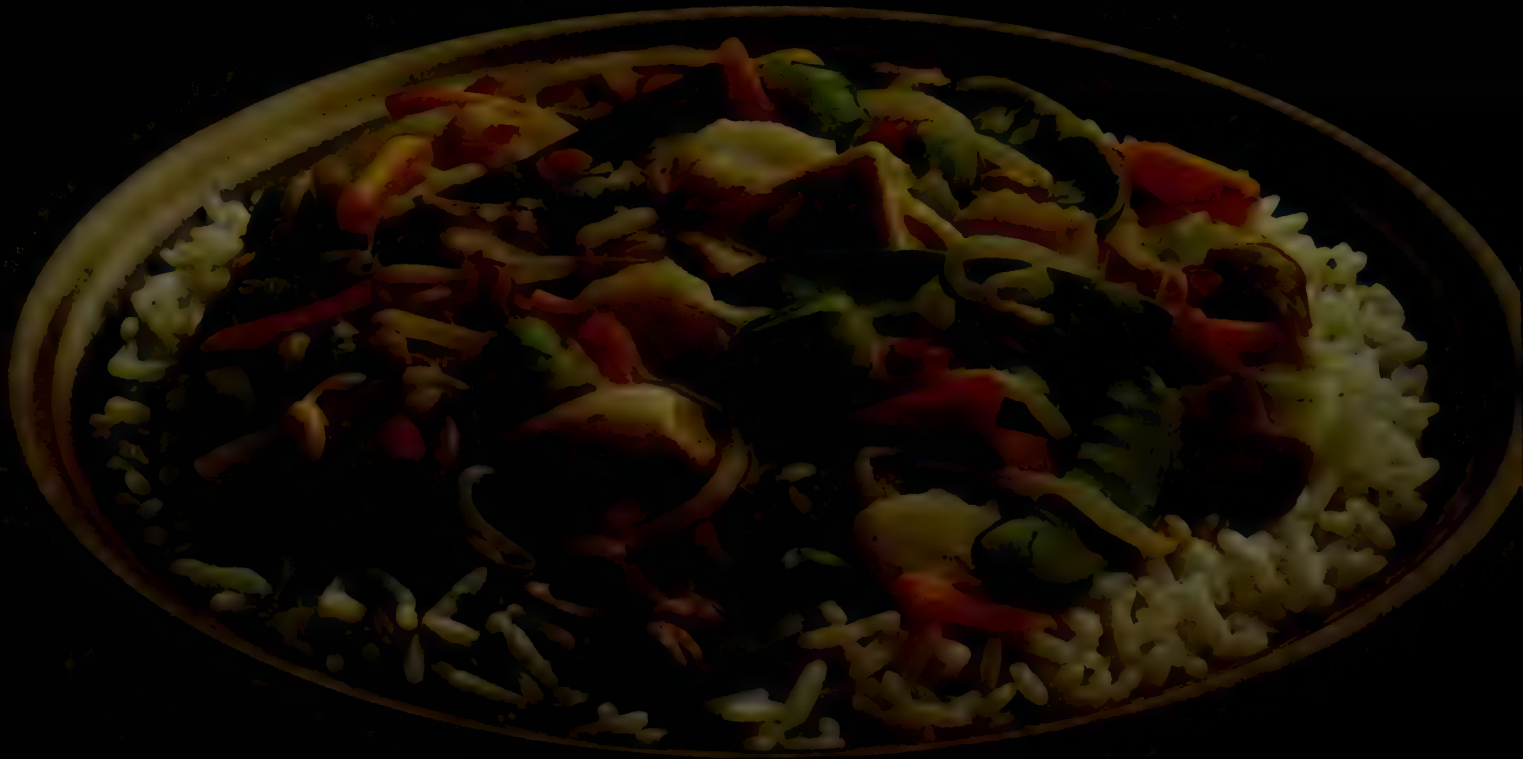


Crocheting tips

Crochet is one of the most popular members of the needlecraft family. Here are a few tips to help you enjoy crocheting more and turn out professional-looking projects.

- Put together a supply basket which includes a pair of small scissors, tape measure, large-eyed needles, safety pins for marking rows, and crochet hooks in different sizes.
- Purchase a stitch dictionary to help design your own projects or follow inadequate pattern instructions.
- Buy enough yarn to complete your project, and make sure the dye lot of each skein is the same, since dye lots vary.
- When working with an unusual yarn, buy a skein to experiment with before investing in the large supply of yarn needed to complete a project.
- Familiarize yourself with common crochet terms and abbreviations since patternmakers often assume you know how to work the many required details.
- Before you begin a project, check your stitch gauge. Work a sample swatch about three inches square. Then block and measure it to see if the rows and stitches correspond to the instruction's required gauge. If not, use a larger or smaller hook to compensate.
- Be sure that the yarn is always put over the hook from the back to the front and that the number of stitches in each row remains consistent.
- To change colors without knots, work up to the final step of a stitch, take up your new yarn, and finish the step with this color. Pull the yarn ends through to the wrong side and weave them into the work when finished.
- To achieve a handmade rather than homemade look, block your finished items. Dampen the piece to be blocked by spraying or dipping it in water. With rustproof pins, pin the item in its final shape to a smooth cloth-covered surface that's larger than the piece you're blocking. Allow the piece to dry slowly, out of sunlight and away from any heat source. ■

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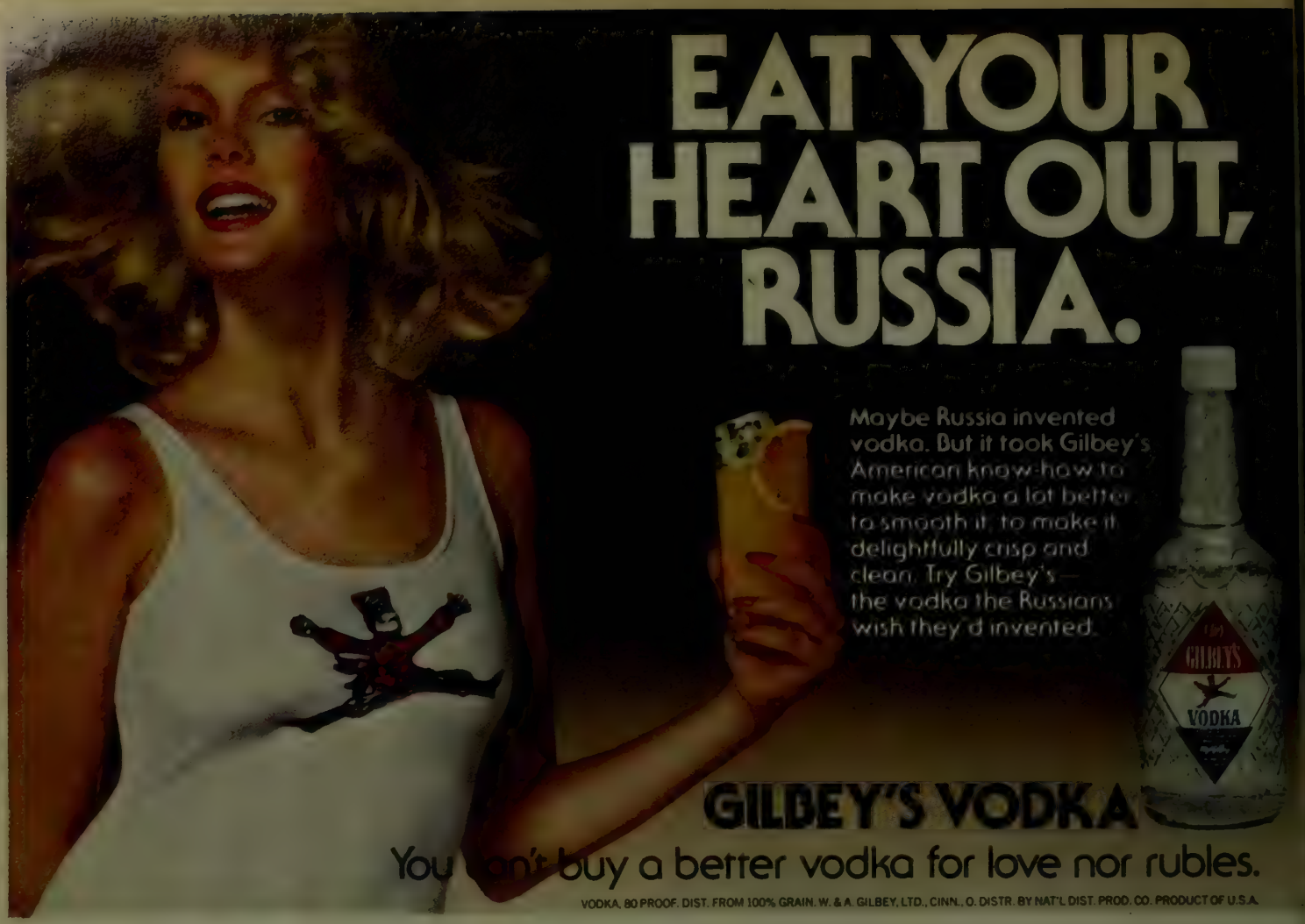
The roof on this house is made of a new kind of non-wood hingle. The edges are thick and irregular, so they cast leep random shadows. The color is soft and muted, so it blends in naturally with the architecture and the surroundings.

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Baked bean favorites

Canned or dried beans are an American food tradition, and with good reason. Besides being tasty, they're rich in B vitamins and iron. And dry beans are so high in protein that you can substitute them occasionally for meat.

CHILI-SAUCED LIMAS

This saucy bean bake starts with a can of tomato soup—

- **2 cups large dry lima beans (12 ounces)**
- **6 cups water**
- **4 ounces salt pork, cut in ½-inch cubes**
- **1 medium onion, sliced**
- **1 clove garlic, minced**
- **2 tablespoons butter *or* margarine**
- **1 10¾-ounce can condensed tomato soup**
- **¼ cup vinegar**
- **2 tablespoons brown sugar**



Photograph: Dieter

- **1 tablespoon prepared mustard**
- **1 teaspoon chili powder**
- **1 teaspoon worcestershire sauce**
- **½ teaspoon salt**

Rinse beans; transfer to 4½-quart Dutch oven or large saucepan. Add the water and bring to boiling. Simmer, uncovered, 2 minutes; remove pan from heat. Cover beans and let stand 1 hour. (Or, add the water to the rinsed beans; cover and let stand overnight.) Do not drain. Add salt pork to beans. Cover; simmer for 1¼ to 1½ hours or till beans are tender. Drain, reserving 1½ cups liquid. Transfer beans to 2-quart bean pot or casserole.

Cook onion and garlic in butter or margarine till tender but not brown. Add the reserved bean liquid, the soup, vinegar, brown sugar, mustard, chili powder, worcestershire sauce, and salt. Stir into the beans. Bake, uncovered, in 400° oven for 30 minutes. Stir once or twice during baking. Serves 8.

PEACHY BAKED BEANS

Each peach half is topped off with a dollop of orange marmalade—

- **2 16-ounce cans baked beans**
- **¼ cup dark corn syrup**
- **¼ cup finely chopped onion**
- **¼ teaspoon ground allspice**
- **1 16-ounce can peach halves**
- **3 tablespoons orange marmalade**

In large bowl combine the beans, corn syrup, onion, and allspice. Pour into a 1½-quart casserole. Bake, uncovered, in 350° oven for 1 hour. Drain peaches. (If desired, chill syrup and use another time.) Arrange peach halves, cut side up, atop beans. Spoon about 1 teaspoon orange marmalade into each peach cavity. Return to oven and bake, uncovered, 15 minutes longer. Makes 6 servings. ■

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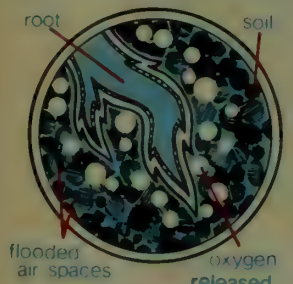
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Too much water. It can kill your plants. And it's all too easy to do. Because it is difficult to remember the vastly different requirements of each plant you own. Now Plant Research Laboratories has developed a totally new concept in plant care that's going to make life a lot simpler for you...and a lot healthier for your plants. It's new OXYGEN PLUS, the *first* indoor plant food that prevents the most common cause of death of indoor plants: Overwatering. Here's how its unique patented formula works:



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New Oxygen Plus lets you breathe a little easier in caring for all kinds of indoor and patio plants...including those "difficult" or expensive varieties. Available at finer nurseries throughout California.

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A little seasoning for bland kitchens

Sometimes small decorative touches can make the difference between a so-so kitchen and one that stands out. Here are two ways to personalize your kitchen without spending a fortune.



Photograph: Dick Sharpe Design: Dorothy Paul, FASID
Source: Barbara Lenox

A collection of antiques or what have you can add spice to a kitchen decorating scheme. Here antique cookie molds warm up plain cabinet doors. The wooden molds fit right in with this country kitchen, but they'd be equally effective as offbeat accents in a more contemporary setting.



Photograph Source: Jessie Walker Associates
Design: Dale Munday

A scrapbook collection of wine labels enlivens this kitchen wall. Each label recalls a memorable occasion or special evening with friends. The labels are protected by see-through plastic frames. You might create your own kitchen gallery by framing menus, family snapshots, favorite cartoons, whatever your fancy. ■

If you love good eating but hate cholesterol... Puritan Oil is here!



All this tasty-looking food you see here is low cholesterol. Surprised? Fighting cholesterol doesn't have to be a chore...especially now that new Puritan Oil is here.

Sunflower oil is the big difference in Puritan. It makes Puritan naturally light, which brings out the natural flavor of all your foods. Plus it makes Puritan higher in polyunsaturates than even corn oil. So if you love good eating but hate cholesterol, rejoice. Puritan Oil is here.

SIX ACCESSORIES FOR SMOOTH BIKE RIDING



If you've let that ten-speed bike become a decorative fixture in the garage, read on. For a minimum investment in time and money, you can tune up your ten-speed and make your bike easier, safer, and more comfortable to ride. In fact, these simple add-ons are the next best thing to having the wind at your back.

Handlebar-end gear shifters

These replacement levers plug neatly into the open ends of the handlebars and put the gear shift levers—literally—right at your fingertips instead of near your knees. Not only do the levers make gear shifting easier, they're safer, too. You can easily reach the levers while both hands are still on the handlebars to maintain balance and full steering control. Assembly instructions are included with each set.

Toe clips

If your bike didn't come equipped with this pedal accessory, adding it could nearly double your riding efficiency. The rattrap design of the clips lets you pull on one pedal as you're pushing down on the other. Toe clips also contribute to riding safety because they prevent your feet from slipping off the pedals.

Toe clips are simple to bolt on, and come in sizes for small, medium, and large feet.

Replacement saddles

By far the loudest complaint from newcomers to ten-speed cycling concerns the seat or saddle—that hard, narrow piece of leather that never seems to give an inch. In fact, it often takes hundreds of uncomfortable if not painful miles to break in the stiff leather saddles on new bikes. If your anatomy just isn't up to it, here are some suggestions.

Trade in your hard saddle for a presoftened model. It will be glove-soft and pliable right from the first ride because the leather is treated with neat's-foot oil before the saddle is assembled. Also available are flexible plastic saddles that are leather-covered. Though not as durable as all-leather types, they require little or no breaking in.

You can make your original leather saddle more comfortable by oiling it yourself. Remove it from the seat post, treat the underside with neat's-foot oil (available at most drugstores and hardware stores), and gently roll and flex the top surface with a baseball bat or the heel of your hand. After you have given the saddle this oil treatment several times, you'll be able to feel the difference.

High-pressure tires

Until they suddenly go flat, bike tires are all too often ignored. But tire pressure bears watching. The softer your tires, the harder you have to work because soft tires resist rolling. Worse still, partially deflated tires that bulge at the sidewalls are prone to punctures and may result in a dented wheel rim if you hit a curb or bump. It's also much harder to steer if tire pressure is low.

High-pressure replacement tires can help on all counts. Many newer models are designed to accept up to 90 pounds of pressure, compared to the more common 70-pounders that are fitted on most bikes. Improved responsiveness and ease of pedaling are other advantages of high-pressure tires.

Be sure to measure tire pressure with an accurate gauge, and don't exceed the recommended amount (usually embossed on the tire's sidewall) for your particular tire.

Rear-view mirrors

Rear-view mirrors for bikes have come a long way since the days of the protruding and dangerous clamp-to-the-handlebar variety. Now you can buy tiny (less than an inch square) lightweight models that clip to the frame of your glasses or sunglasses, or to the bill of a cycling cap.

The mirrors usually are attached to a three- or four-inch piece of flexible wire that allows for easy adjustment. Some feature a tiny ball joint for quick positioning while riding.

The close proximity of the mirror to your eyes provides a full view of traffic coming up behind you and eliminates the need for constant, exceedingly hazardous, over-the-shoulder checks for passing cars.

Cycling gloves

Cycling gloves are no longer reserved for bicycle racing enthusiasts. There's a very good reason for their ever-increasing popularity among cycle tourists and even around-the-block riders—comfort!

The hands, along with the seat, are the main weight-bearing contact points between the rider and his bike. And sustained handlebar pressure often causes the hands to "fall asleep." This annoying numbness is actually a temporary paralysis of small hand muscles. The consequences can be serious because numbness reduces steering control and also delays braking reactions.

You can help prevent this condition by wearing padded cycling gloves and frequently changing your hand position on the handlebars.

The gloves have heavily padded palms and open-mesh, ventilated backs, and come in a variety of sizes and colors. ■

Mr. Boston Introduces

Cocktails by-the-Book.



Perfect cocktails every time. From the man who wrote the Official Bartender's Guide.*

A full line of prepared cocktails made the way cocktails were *meant* to be made:

By-the-Book. Mixed in exactly the right proportions. Using only the finest ingredients.

So a Mr. Boston Piña Colada tastes like a great Piña Colada ought to taste. Perfect. Every time.



Mr. Boston Cocktails: From the man who wrote the book.

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Thinking about buying a new home? Before committing yourself, maybe you should think first about remodeling your present home.

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Just come by any of our convenient branches and ask about a Bank

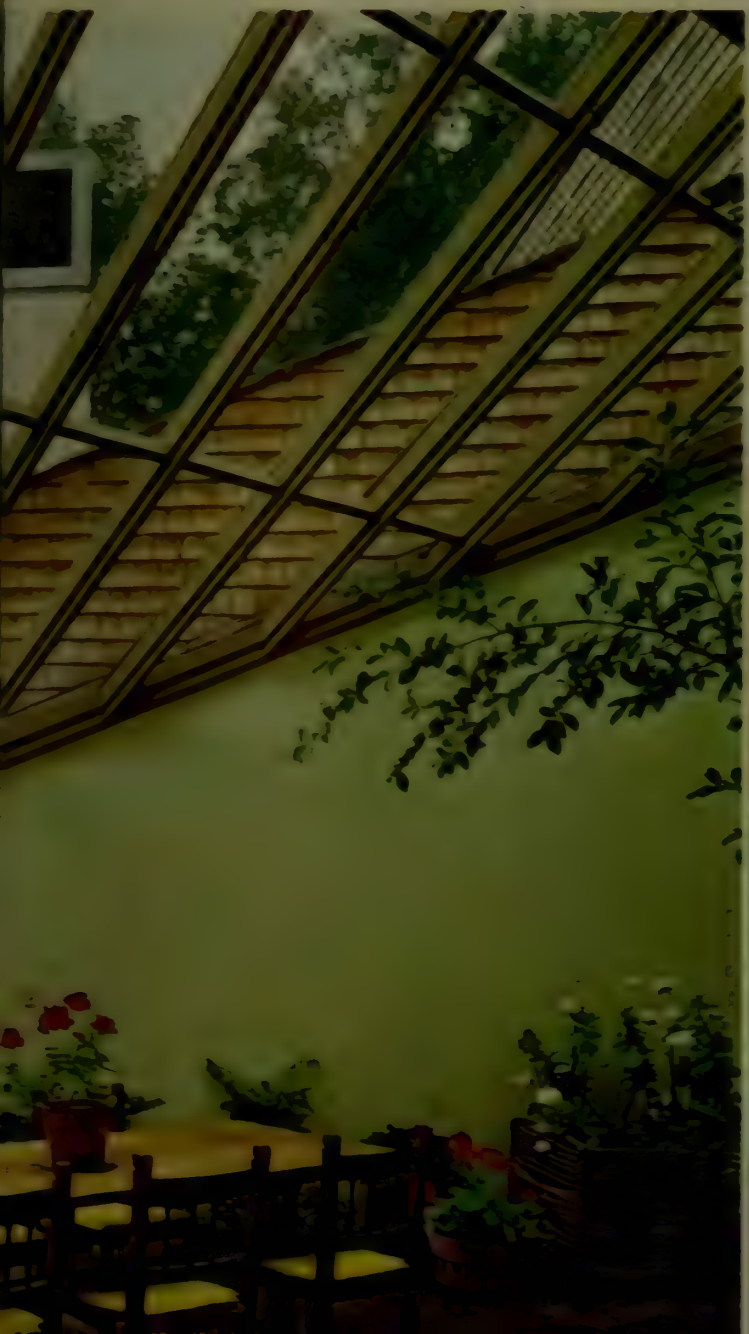


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"Let's talk loans."







Outdoor lighting basics

Outdoor lighting can do almost anything you ask it to. It can signal a warm welcome to friends, reveal the beauty of nearby gardens, trees, and foliage, highlight your home's distinctive features, provide a measure of security, and more. But you've got to make it happen. Here are some pointers to help you do just that.

Entrance lighting

Without a doubt, the front entry should be the focal point of your outdoor lighting efforts. This is where you and your home can really shine. Here are some of the things you can do to make the entrance come alive.

1. If possible, use wall-bracket fixtures on both sides of the main entrance to your home. Locate the outlet boxes about 66 inches above the top of the entrance steps. To soften the effect, be sure to shield the fixtures with an eight-inch or larger enclosure.

At other entrances, one fixture located on the lock side of the door probably is sufficient. Use 60-watt or larger bulbs with wall-mounted fixtures.

2. When it is not feasible to use two wall-bracket fixtures at the front door, you have a couple of options. Either locate one large fixture above the door or mount recessed fixtures in the porch ceiling or roof overhang as close to the door as possible. A good minimum for these fixtures is 100 watts.

3. Also consider using low-level lighting fixtures along walks from the driveway to the front door of your home; these lights will clear a path through the darkness and guide visitors safely to the front door. When you use these fixtures in combination with wall-bracket lighting, you make the entire front lawn seem larger and more beautiful.

4. Locate a post lantern at the main entrance walk to mark the driveway or the sidewalk to the main entrance. The best bet here is a shielded fixture that is a minimum of 12 inches square or 12 inches in diameter. Avoid clear-glass designs and exposed high-wattage lamps because these cause an afterimage that hampers vision and may lead to accidents.

5. Consider having at least one switch-controlled weatherproof receptacle on the outside near the front entrance for holiday lighting. (The National Electrical Code requires an approved ground-fault protection device for all residential receptacle outlets.)

More lighting tricks

Of course, the front entry is the outdoor-lighting focal point, but don't overlook some other possibilities.

1. Recessed fixtures stationed in the soffit along the front of the house will act as wall-wash fixtures, lighting a stone facade or bringing out the texture of beautiful brick.

2. To add dramatic impact to nearby trees, position ground-mounted uplights so they shine up through the tree branches.

3. Recess spotlights into the roof overhang to accent the finish of the house, light up sidewalk areas, and dramatize painting, trim, or architectural details.

4. If you have a single-car garage, plan on having two eight-inch-diameter fixtures or porcelain lamp holders mounted on either side of the stall area. Position the lamps about six feet back from the front bumper to light passageways at the sides of the car. You'll need three fixtures for a two-car garage.

5. For wide-coverage yard lighting, consider mounting single or double weatherproof, adjustable floodlights under the eaves or roof overhang. With 150-watt PAR-38 lamps, you can cover a relatively large area with light at a very reasonable cost.

Bright ideas for porches, patios, and terraces

Be sure to give some thought to these often overlooked areas that have needs of their own. A little bit of just the right type of lighting makes the difference between a lively porch or patio and a lackluster one.

1. One of the most effective, and space-expanding, ways to light your patio or screened-in porch is to install bright perimeter illumination. Position exterior lamps to flood attractive shrubs and flowers, and to focus less intense light on the porch or patio itself.

2. To flood the terrace or patio with balanced illumination, carefully position a grouping of lighting fixtures under the roof overhang. And to provide glare-free light for card games, eating, or just conversing with friends, hang a pendant-type fixture over a table on the terrace.

3. To brighten up breezeways and porch ceilings, locate a ceiling-mounted fixture at the center of the area. Make sure the fixture is shielded with ceramic-enameled or opal glass and is at least ten inches in diameter. Maintain a minimum rating of 100 watts. If the ceiling is over a small portico, an eight-inch-diameter fixture with a 60-watt bulb will suffice.

A bright investment

Keep in mind that the same outdoor lighting that welcomes your friends also chases away shadows where danger could lurk. In addition, the lighting that enhances the architecture and landscape around the sides and rear of your home also forms a protective ring of light. Clearly, spending money on well-planned lighting is a smart investment indeed.

When choosing outdoor lighting fixtures, be sure they're compatible with the style of your home. If selected properly, the fixtures will add greatly to the personality of your home. ■

DeKuyper goes wild!

With the richest, ripest burst of natural flavor ever.

NEW Wild Strawberry Liqueur.

Here's another DeKuyper that's more than just an after-dinner drink. Zingy DeKuyper Wild Strawberry makes DeLicious sours, DeLightful daiquiris, DeLectable alexanders. And, of course, it tastes great by itself. New Wild Strawberry—taste why we call it Wild!

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DeLightful any way.



Club soda goes wild with Wild Strawberry

An open-plan house with plenty of privacy

This house is organized around a super functional, wonderfully open kitchen-family room, where most family activities take place. All other rooms fan out from this core, providing privacy where it's needed. Decks wrapped around the side and back help orient the house to the outside.







The excitement of the spaces inside is belied by the unassuming exterior. It combines contemporary materials and traditional roof pitches, and the result of the mix is a house that would blend harmoniously with almost any neighborhood.

Kitchen-family room

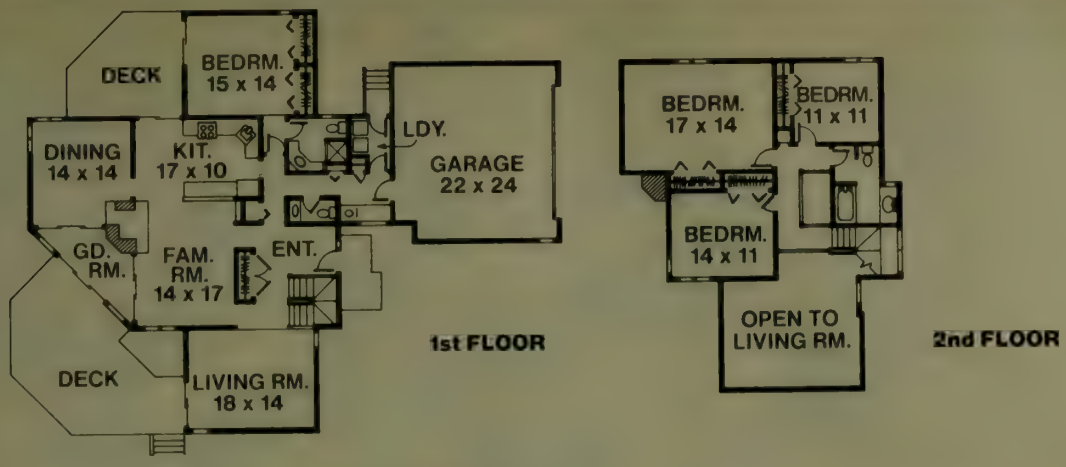
The family room flows into the convenient U-shaped kitchen (*upper left*). The hub of the kitchen is a peninsula, strategically located to keep the cook in communication with family and guests. The peninsula also can serve as a great buffet. At the end of the counter is a breakfast nook that's handy for informal family meals or snacks. This kitchen opens onto the back deck (for summertime entertaining) and onto the dining room.

The floor and ceiling treatments are all that demarcate the kitchen and the family room. The family room, designed for casual entertaining as well as family activities, has a wood-beam ceiling, wood-plank floors, and a large brick fireplace (*see plan*) that also opens into the dining room. The rich wood textures and the fireplace combine to make this a warm and inviting room for gatherings.

Functional layout for family

The layout of this house was designed to meet family needs and make the best use of space. Because each room flows freely into another, there are no doors to obstruct circulation and no cramped, boxy rooms, unnecessary halls, or space-consuming stairways. Four sets of sliding doors open onto the decks to provide good orientation to the outdoors.

The main entrance leads right into







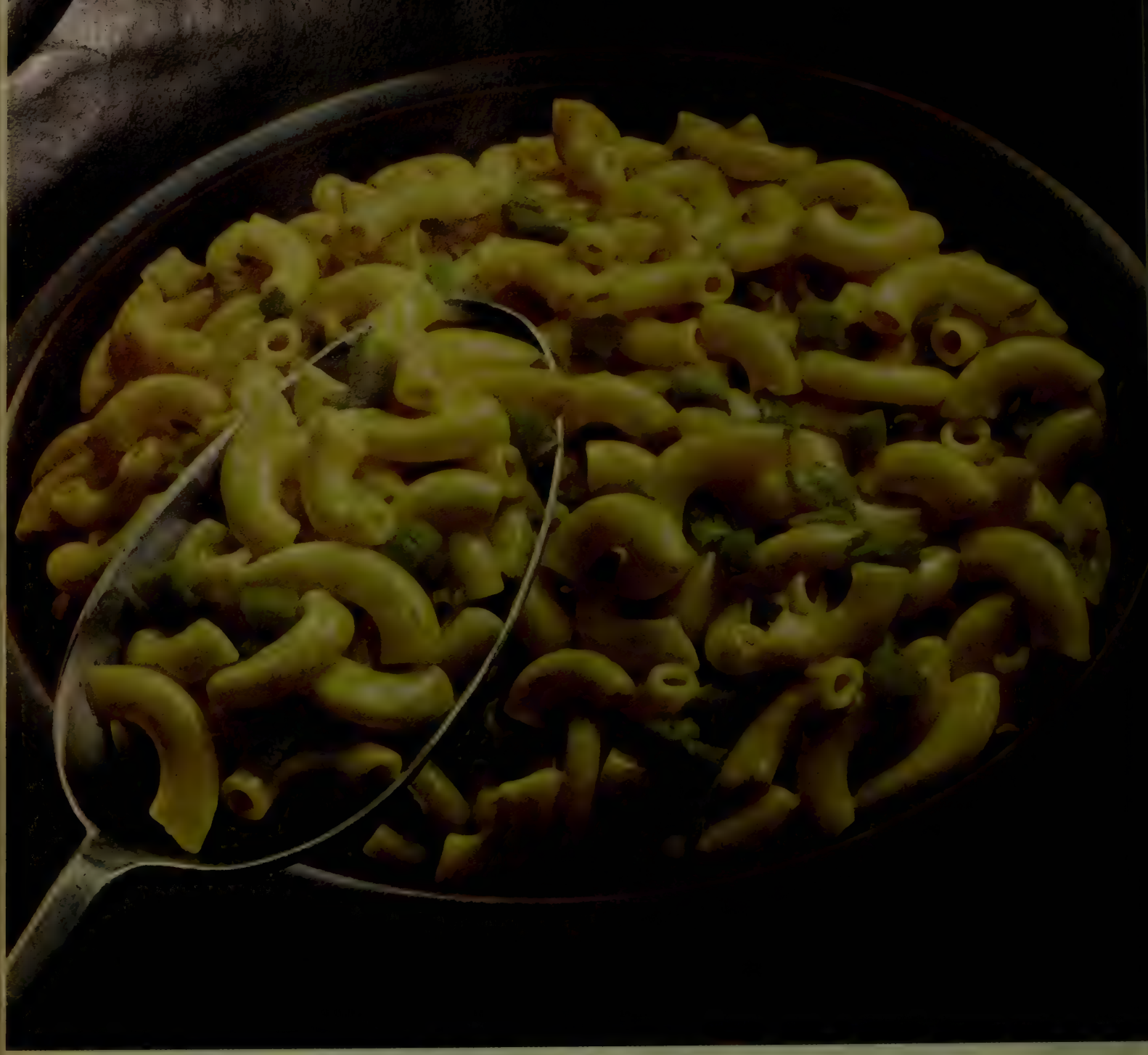
the core of the house, so you don't have to walk through the living room or dining room to get there. The family entrance through the garage leads directly into the work area and the kitchen. The potting room and laundry really serve as an expanded utility area where family members can stash boots, dirty clothes, and umbrellas. A convenient half bath doubles as a powder room for guests and a stop-off spot for the kids.

The kids' bedrooms are upstairs, away from the main living zone. Two skylights—one in the potting room and the other in an upstairs bedroom—pull in plenty of sunshine. The open plan allows natural light to filter through all the rooms, giving the house a bright, warm personality.

The master bedroom is an adult retreat opening onto the back deck. However, in this versatile house both the master bedroom and the living room are optional. A young family with a limited budget could build just the basic core and add rooms as their income and size increase.

The garden room (*above left*) is bonus space; instead of extending the deck into the corner, the family walled off that triangle. Enclosing this living space was inexpensive, and it provided a good transition to the outside.

The sunken living room (*above right*) is accessible from the foyer or the family room and offers adults a quiet place to converse while kids entertain themselves in the family room. The stairs are as wide open as the rest of the house, but don't intrude on the privacy of the bedrooms.



Macaroni and Cheese Secret.

Give a fresh, new taste to an old favorite with Ortega® Diced Green Chiles.

There's nothing to it. Just add Ortega Diced Green Chiles to your favorite macaroni and cheese recipe. Zesty chiles, tender macaroni, and golden creamy cheese...incredibly delicious. Nicely diced and full of flavor, tangy Ortega Chiles turn an old standby into a real standout.

MEXICAN MACARONI & CHEESE

Prepare Macaroni and Cheese according to package directions then mix in 4 oz. can of Ortega Diced Green Chiles. Serve immediately.

Try this one too!

1 cup (4 oz.) elbow macaroni, cooked according to package directions, drained.

2 Tbsp. *each* butter (or margarine), & flour
1¼ cups milk
½ tsp. salt
¼ tsp. pepper
1 cup (4 oz.) grated sharp Cheddar cheese
1 can (4 oz.) Ortega Diced Green Chiles

In saucepan, melt butter. Stir in flour. Cook, stirring, over low heat 3 minutes. Add milk, salt, and pepper. Cook, stirring, over medium heat until thickened. Mix in cheese and chiles. Combine sauce with macaroni. Pour into 2 quart casserole. Top with buttered bread crumbs, if desired. Bake in preheated 350 degree F oven 25-30 minutes, or until bubbly. Serves 6-8.



FOR MORE RECIPES USING ORTEGA® GREEN CHILES,
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SPECIAL DIET

DIABETIC EXCHANGES FOR PACKAGED FOODS

If you're among the nation's ten million diabetics, you probably feel frustrated by the myriad packaged convenience foods. They can save you time and work, but few are equated to the diabetic exchanges.

We decided to tackle the problem. First we asked major food companies to tell us the specific ingredients of some popular packaged foods. Then we translated this information into the familiar diabetic exchange system so you can capitalize on the advantages of packaged products and still keep tabs on your diet.

Clip the following equivalency exchange chart for packaged foods and keep it for handy reference. Since product composition may vary from one manufacturer to another, the foods are identified by brand name. (You'll find more food exchange equivalents of packaged foods in our next special diet article.)

Each food is computed in its packaged form unless noted otherwise. You'll need to calculate the exchanges for any ingredients you add in preparing the food. The instant mashed potatoes, for example, include only the dry product, not the milk or butter you might add in preparation.

Note: This article is based on the revised food exchange lists in the booklet *Exchange Lists for Meal Planning.* Copies are available for 50 cents from the American Diabetes Association, Inc., 1 West 48th Street, New York, New York 10020; the American Dietetic Association, 430 North Michigan Ave., Chicago, Illinois 60601; and any of the American Diabetes Association state affiliates.

continued

MAIN DISHES	SERVING SIZE	EXCHANGES PER SERVING
KRAFT		
macaroni and cheese dinner mix (prepared)	¾ cup	2 bread +½ high-fat meat + 2 fat
American-style spaghetti dinner mix (prepared)	1 cup	3 bread + 1 fat
cheese pizza mix	¼ box	2½ bread + 1 high-fat meat
sausage pizza mix	¼ box	2½ bread + 1 high-fat meat + ½ fat
BETTY CROCKER		
chili-tomato Hamburger Helper mix	⅛ package	2 bread + ½ fat
hamburger stew Hamburger Helper mix	⅛ package	1½ bread
lasagna Hamburger Helper mix	⅛ package	2 bread
spaghetti Hamburger Helper mix	⅛ package	2 bread
cheeseburger macaroni Hamburger Helper mix	⅛ package	2 bread + 1 fat
creamy noodles 'n tuna Hamburger Helper mix	⅛ package	2 bread + 2 fat
creamy rice 'n tuna Hamburger Helper mix	⅛ package	2 bread + 1 fat
MRS. PAUL'S		
frozen deviled crab cakes	1 cake	1 high-fat meat + 1 bread
frozen fish sticks	4 sticks	1 medium-fat meat + 1 bread

MEAL ACCOMPANIMENTS	SERVING SIZE	EXCHANGES PER SERVING
ORE-IDA		
frozen French fries	3 ounces	1½ bread + 1 fat
frozen cottage fries	3 ounces	1½ bread + 1½ fat
frozen Southern-style hash brown potatoes	3 ounces	1 bread
frozen shredded hash brown potatoes	3 ounces	1 bread
frozen plain Tator Tots	3 ounces	1½ bread + 2 fat
frozen onion rings	2½ ounces	1 bread + 2 fat
VAN CAMPS		
canned Spanish rice	1 cup	2 bread + 1 fat
BETTY CROCKER		
instant mashed potato buds	⅓ cup	1 bread
dry scalloped potato mix	⅙ package	1½ bread
dry hash brown potato mix	⅙ package	1½ bread
GREEN GIANT		
frozen broccoli in cheese sauce	3½ ounces	½ low-fat meat
frozen cauliflower in cheese sauce	3½ ounces	1 vegetable + 1 fat
frozen creamed peas	3½ ounces	1 bread + 1 fat
MINUTE		
packaged precooked rice mixes (beef-flavored, Spanish, chicken-flavored, fried)	½ cup	2 bread + 1 fat
STOVE TOP		
packaged stuffing mix (prepared with butter)	½ cup	1½ bread + 2 fat

continued

Diabetic exchanges

MEAL ACCOMPANIMENTS	SERVING SIZE	EXCHANGES PER SERVING
BIRDSEYE		
frozen French-style green beans with mushrooms	3 ounces	1 vegetable
frozen corn and peas with tomatoes	3.3 ounces	1 bread
frozen mixed vegetables with onion sauce	2.6 ounces	2 vegetable + 1 fat
frozen green peas and onions	3.3 ounces	2 vegetable
frozen rice and peas with mushrooms	2.3 ounces	1½ bread
frozen Bavarian-style beans with spaetzle	3.3 ounces	2 vegetable
frozen Chinese-style vegetables	3.3 ounces	1 vegetable
frozen Danish-style vegetables	3.3 ounces	1 vegetable
frozen Italian-style vegetables	3.3 ounces	½ bread
frozen Japanese-style vegetables	3.3 ounces	1 vegetable
frozen Mexican-style vegetables	3.3 ounces	1 bread
BETTY CROCKER		
packaged noodles almondine mix (prepared)	¼ package	2 bread + 2 fat
packaged noodles Romanoff mix (prepared)	¼ package	1 bread + ½ milk + 2 fat

SAUCE MIXES	SERVING SIZE	EXCHANGES PER SERVING
DURKEE		
spaghetti sauce mix (made with tomato paste)	¼ package	1 bread
hollandaise sauce mix	¼ package	⅓ bread + ½ fat
cheese sauce mix	¼ package	⅓ bread + 1 medium-fat meat
sour cream sauce mix (made with whole milk)	¼ package	⅓ bread + ½ fat
teriyaki sauce mix	¼ package	¼ bread
taco seasoning mix	¼ package	¼ bread
brown gravy mix	¼ package	¼ bread
chicken gravy mix	¼ package	⅓ bread

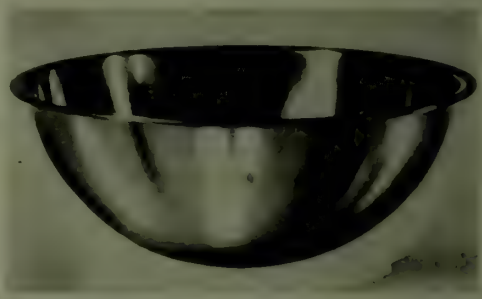
MISCELLANEOUS	SERVING SIZE	EXCHANGES PER SERVING
PET		
canned imitation sour cream	1 tablespoon	½ fat
dry nondairy coffee creamer	1 tablespoon	½ fat
CONTADINA or HUNTS		
canned pizza sauce	1 cup	1½ bread + 1 fat
canned tomato sauce	1 cup	1 bread
canned tomato paste	¾ cup	2 bread
CONTADINA		
seasoned bread crumbs	3 tablespoons	1 bread



Catch anything?
This fisherman looks contented—waiting for his first nibble! Made of horseshoe nails, black string, wooden base. 5" base, 3" figure, 5" tall overall. Order style: Q-262. $4.95 ea. ppd. Spear Eng. Co., Dept. 3021, Box 7025, Colorado Springs, CO 80933.



Currier & Ives plates
"The Four Seasons" in full color on 4 collectible Porcelain Plates, trimmed with 22K gold. Each 4" dia. with hanging loop. Set of 4/$9.98 + $1.50 post. (PA res. add tax.) American Consumer, Dept. CIQ-129, Caroline Rd., Philadelphia, PA 19176.



The everything bowl
Save on this great bowl of stainless steel; 13 quart (16" diameter, 6" deep). For salad, to mix batches of cookies, bathe the baby, etc. Regularly $20, now only $11.95 + $1.75 post. The Wooden Spoon, Dept. TE8, Route 6, Mahopac, New York 10541.



Full log look
Kits available in hand peeled pine or cedar. Wilderness Log Homes also offers a complete line of Traditional Full Log Kits. Priced from $3900. Brochure $3.50. Dealership Information Pack $5. Wilderness Log Homes, Dept. BHG-E8, Rt. 2, Plymouth, WI 53073.

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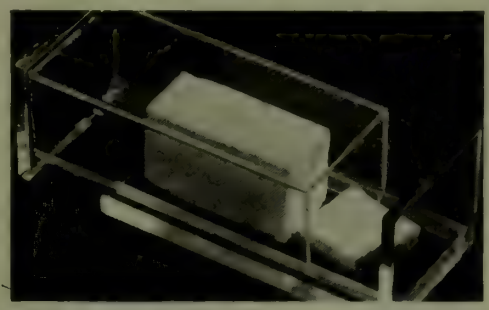
by Ann Lively



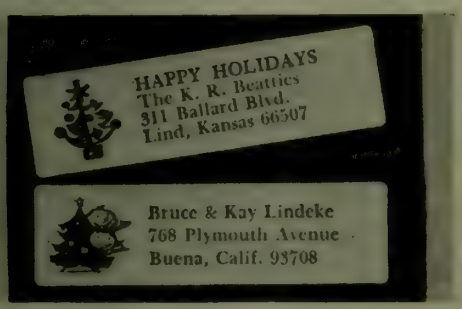
Giant 2′ x 3′ poster!
For home or office. Send any photo, document, black/white or color snapshot (no negatives) or 35mm slide. Put name, address on back of original (returned). $3.98; 2/$7.25; 3/$9.95 ppd. Walter Drake, BHO3 Drake Bldg., Colorado Springs, CO 80940.



Green bean stringer & slicer
Get ready for canning or cooking in half the time with this novel stringer & slicer. Strings & slices in one easy motion. Metal blades & plastic handle. 5½″L. Style: Q-258, $2.95 ppd. Spear Engineering Co., Dept. 3040, Box 7025, Colorado Springs, CO 80933.



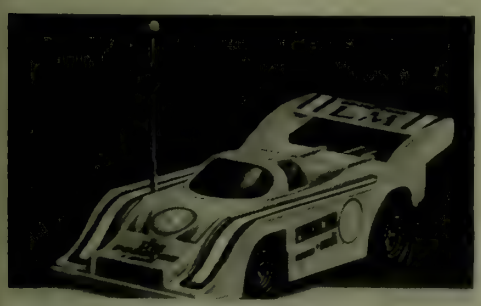
Better for butter!
Elegant for serving; locks the flavor in for storing. Crystal-clear Lucite, handcrafted. Slides open to expose what you need. Fits every ¼ lb. stick. 5⅜ x 2⅜ x 2¼″H. #9689, $7.98 + 60¢ post. Lillian Vernon, Dept. H8E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



Red & green holiday labels
Pressure-sensitive . . . sticks to foil & plastic, too. Red & green on white, 1¾″ x ½″. 20 letters per line, to 4 lines. Specify "tree with people" or "tree." 225/$4; 450 (alike) $6; 1,000 (alike) $12 + 35¢ post. Bruce Bolind, BH-8, Bolind Bldg., Boulder, CO 80302.



Deep drop dust ruffles
Embroidered eyelet, split corners, on plateau; Nat. or Wht; 50% poly. 50% avril; washable, no-iron. Drop lengths 14, 18, 22″. Tw. or Dbl. $36, Qu. $40, King $45 + $2.50 post. Free color cat. Colonial Maid Curtains, Dept. BH-8, Lawn Ter., Mamaroneck, NY 10543.



Radio-controlled racing car
No wires, no tracks! Separate hand-held Command Post transmits tiny radio signal; you control action from 20 feet away. Scale model 8¼″ x 3½″. $19.98 + $2 post. (PA res. add 6% tax.) American Consumer, Dept. RCP5, Caroline Rd., Phila., PA 19177.



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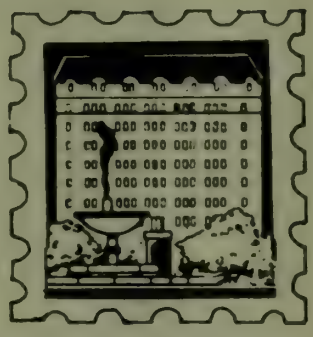


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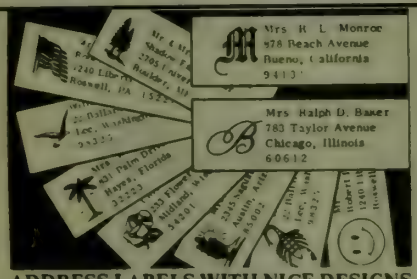
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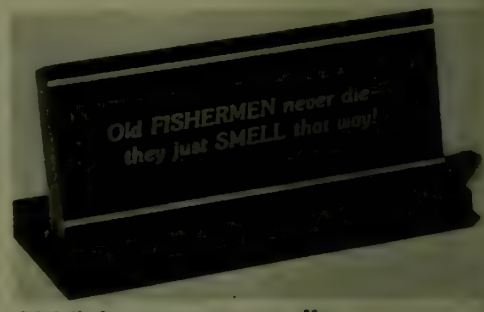
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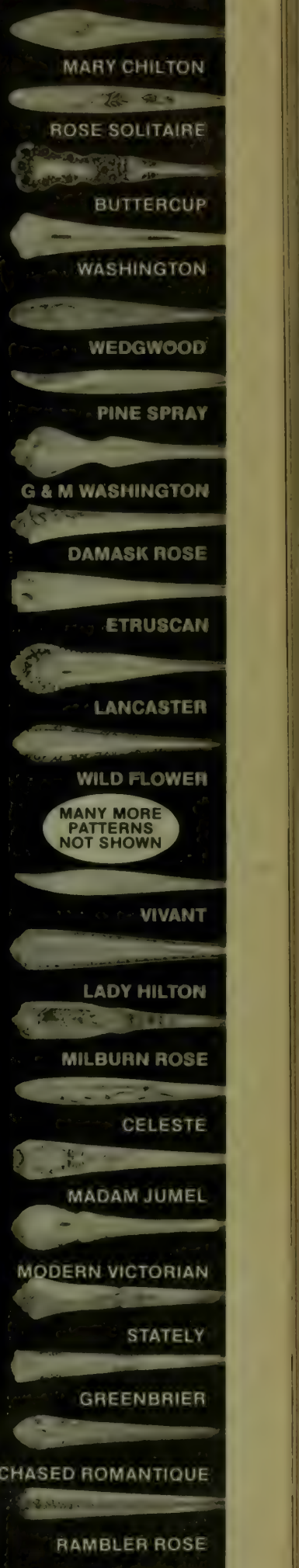
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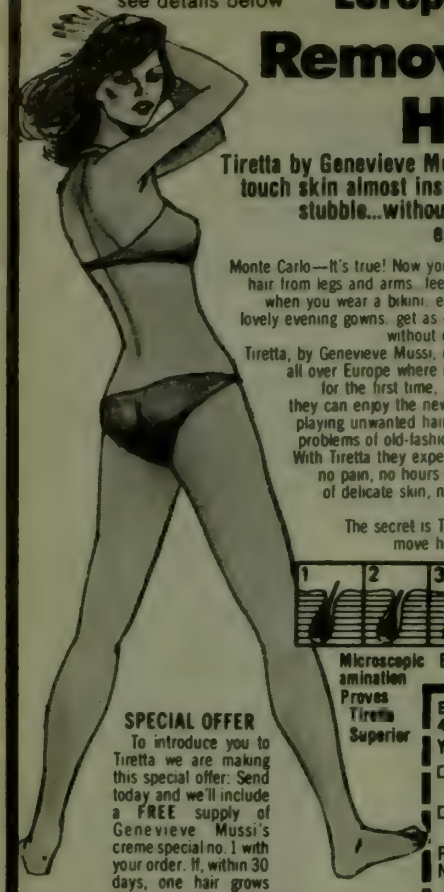


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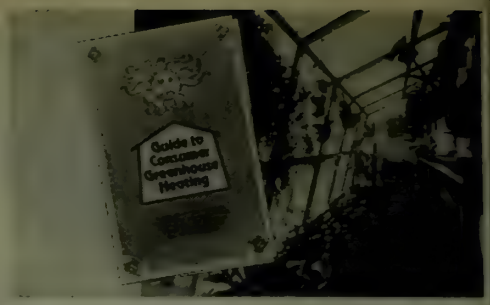
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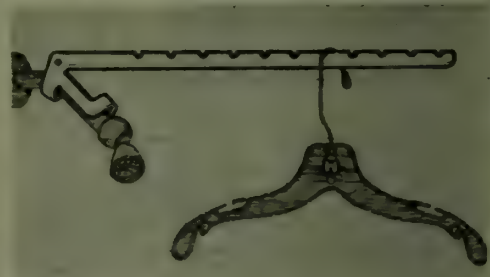
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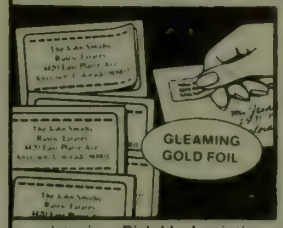
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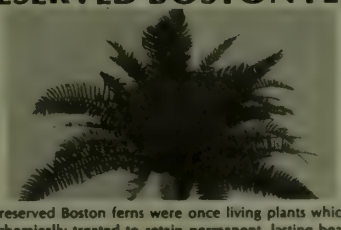
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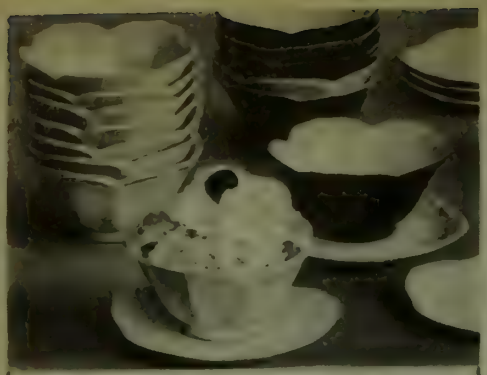
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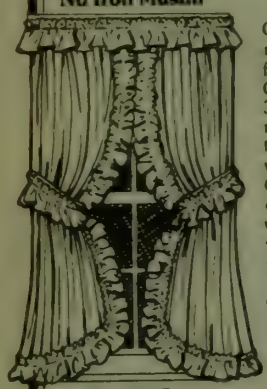
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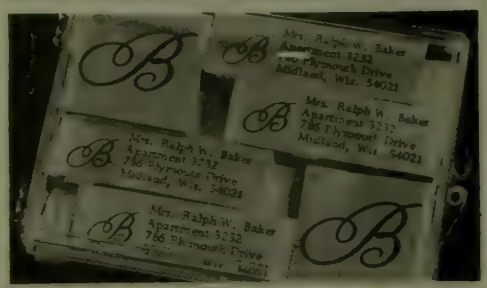
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If it's difficult for you to get in and out of a chair because of arthritis, stroke or other handicap; don't wait for your condition to worsen.

A Cushion-Lift® chair gently and safely lifts or lowers you at the touch of a button. You won't have to wait for help, anymore. For information on **Medicare** coverage and a free brochure on the complete line of Cushion-Lift® chairs, write or call toll free: 1-800-558-2151.

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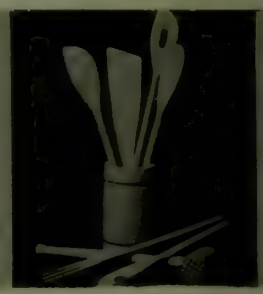


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Affordable chic denim wrap skirt, bib overalls, tee-shirts and much more. Quality American-made, prewashed, fully guaranteed. Shirt, $10.98; Overalls, $14.98; Tee-Shirts, $5. Catalog Free. Order from County Line, Dept. XY, Box 7218, Tampa, FL 33603.



Kitchen tool set

Attractive & handy 8-pc. set with fork, spatula, meat tenderizer & 4 stirring and serving spoons. Tools fit neatly into a carved wood holder. Natural finish wood, 14"L. Style: Q-267, $6.95 ea. ppd. Spear Eng. Co., Dept. 3045, Box 7025, Colorado Springs, CO 80933.



Topstitching and seam guide

For easy, even sewing, a special guide easily attaches to any sewing machine with screw included. Adjusts instantly to stitch necklines, lapels, pockets, seams, etc. Aluminum; felt pads. $1.98 ppd. Walter Drake, BH02 Drake Bldg., Colorado Springs, CO 80940.



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Treasured photos up to 3½"x5½" slip into see-thru windows. File has wooden base & knobs, plexiglas frame. Holds up to 600 photos. Envelopes for 240 incl. for $21.95 + $1.75 post. Each 32 extra env. $1.50. Ferry House, Dept. DX, Briarcliff Manor, NY 10510.



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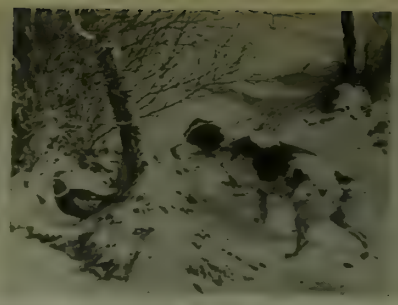
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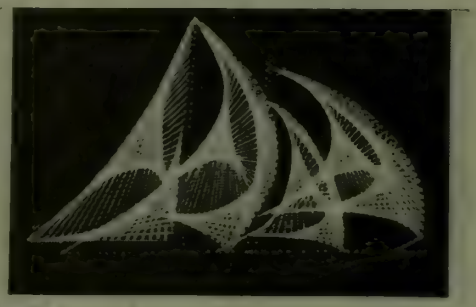
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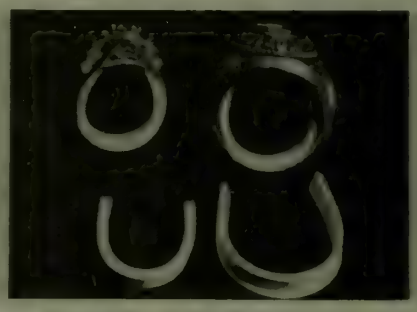
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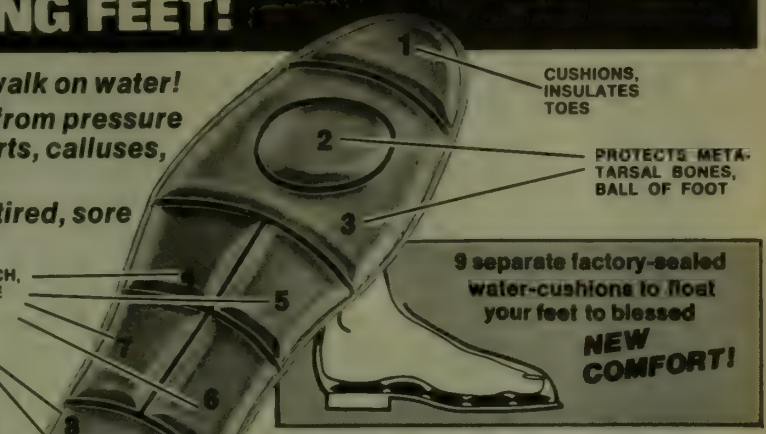


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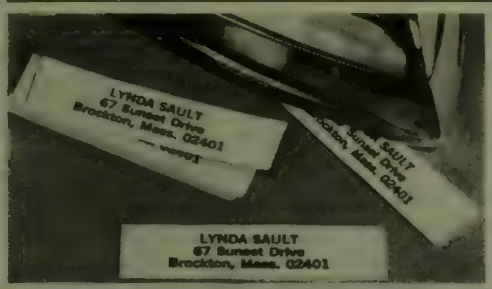
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Fine mesh stainless steel with locking latch, chain and hook. It brews tea in pot or cup. Holds bouquet garni, etc. Comes in a smart gift box. 3" sphere, #9944, $2.50; 3/$6.98 + 60¢ post. Country Gourmet, Dept. H8E, 512 S. Fulton Ave., Mt. Vernon, NY 10550.



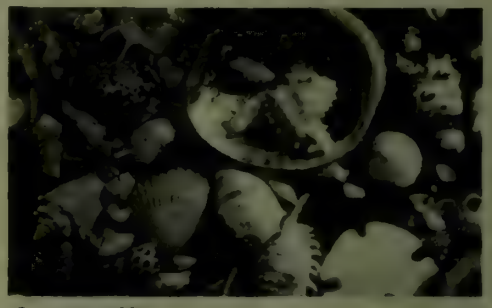
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Self-conforming Back-Pal for proper, comfortable support for home, office or car. Counter balanced weight and strap holds it where it fits and feels best. Inflates for firm or soft support; 14" x 7½", $3.95. Better Sleep, Dept. BH8, New Providence, NJ 07974.



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A handy holder for dining table condiments, etc. With gallery rail to keep everything in place & concealed ballbearing swivel. 3¾"H. 18" dia., pine & hardwood. Unfin., $19.95. Antiqued, $29.95 + $2.65 post. each. Yield House, Dept. D88X, N. Conway, NH 03860.



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Polyester & cotton denim with famous action-back; 7-gore skirt, A-line hem. Machine wash & dry. Denim Blue & Denim Red top-stitched in White. Sizes 10-20, 12½-24½, 40, 42, 44. $26 + $1.50 post. Vicki Wayne-B8B, 600 S. Country Club, Tucson, AZ 85716.



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Over 150 shells: some four, five and even six inches long. Great for tabletops, aquariums, etc. All shells pictured and more, $12.95 + $3 post.; 250 collection $19.95 + $4 post. Catalog $1. Tropical Shell Institute, Dept. BH-8, Box 21490, Ft. Lauderdale, FL 33335.



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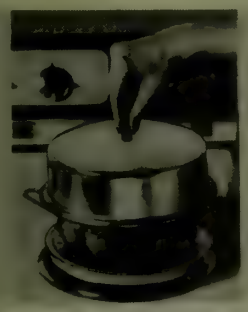


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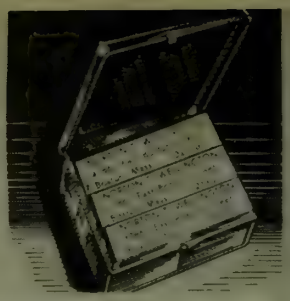
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Also attractive under a gable or on garage door. Indoors, it adds Old English elegance to the fireplace, den, etc. Rustproof, stained black baked enamel.16", $14.95; 24", $31.95 + $1 post. Specify initial. Bruce Bolind, BH-8, Bolind Bldg., Boulder, CO 80302.



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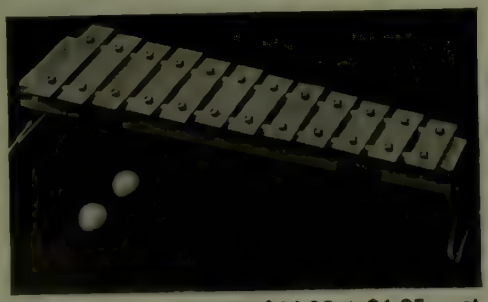
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Any breed of dog, cat or horse



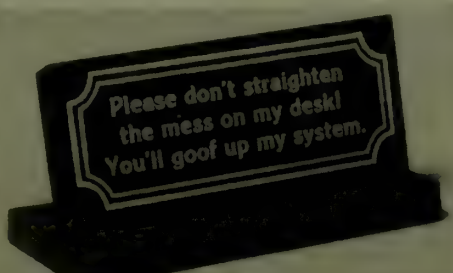
T-shirts: Wht. ($5.95), Gold, Lt. Blue ($6.95). Jerseys: (Nat. with colored sleeves, $7.95); Sweat Shirts: L sleeve Wht., $8.95. Sizes: S, M, L, XL. Children's sizes: S, M, L, XL. Add 75¢ postage each shirt. Order from All-Breed, Dept. BH-8, 400 1st Ave., Minneapolis, Minnesota 55403.

Imari-style porcelain plates



Rich floral and brocade designs in iron-red, cobalt blue, turquoise & white; with 22K gold trim. Imari Cart (shown); Pine; Ricksha; Mum (specify). $3 ea. + 50¢ post. Set/$9.98 + $1.50 post. (PA res. add 6% tax.) Order from American Consumer, Dept. IMR42, Caroline Road, Philadelphia, PA 19176.

Don't straighten the mess!



The perfect system . . . for keeping a messy desk! Solid oil-rubbed walnut with walnut base highlighted by a gleaming silver border & engraved with silver lettering. 4½"L x 2"H. $6.95 ppd. Desk Style: $4.95 ppd. Wall Style. Style: XPF-53. Spear



Fishin' Fever Sale!

on popular markers for mailboxes and lamp posts

Hurry! Order before August 31st— **SAVE $3.00**

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Spear DAY-n-NIGHT MARKERS

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STYLE M $10.95



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Here's How The Sale Works:

Along about this time of year, everybody gets fishin' fever, so we're have a fishin' fever sale! Order before August 31st, deduct $3.00 per marker. Or, if you prefer, go fishin' for awhile, and order before September 30th and deduct $1.00 per marker. If you hurry, you'll save more, but either way, you save money!

- *Same wording both sides. Any wording you want, up to 17 letters & numbers on long 18" plate; 6 on short 7" plate.*
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Earn money FAST selling America's favorite markers! Individuals and fund-raising groups can make handsome profits.

The Man Next Door®

The current rash of science fiction movies doesn't excite Len Lundy at all. He says a spaceship chase just can't compete with the drama of a tricycle's running over a cat's tail while the baby is eating and spitting spinach and the first grader is crying because she's going to be late for school.

According to incumbent Congressman Nick Hanfli, it's experience that counts in public office. Nevertheless, he smiles when we remind him that before he got elected he used to call for "new people and new ideas" in office.

Rosemary didn't learn much biology from her white mouse experiment in college, but she certainly got an economics lesson. Have you priced white mice, mouse food, and cages recently?

Alice Powell recently attended a birthday dutch-treat luncheon, with three of the seven diners trying to figure how to split the check. But Alice says this time they had come prepared —all three had pocket calculators.



"You know what else is nice about August, Midge? No major gift-giving holidays!"

Maybe I *do* get absentminded at times. Chris found half a lemon in the cutlery drawer and a knife in the refrigerator just after I made lemonade.

Uncle Dodd Buckner reports that the weed killer he applied to the lawn last May seems to be working now that fall is in the air.



"I saved some money on the footings. But don't worry—no one will ever notice."

Doc Hannelly says he should initial every bandage and dentists should initial every filling. He claims it would be no more outlandish than those designers' monograms on everything from shoes to eyeglasses.

When school begins again next month, one of East High's longtime human fixtures will be missing.

School is out for Nan Hays who has been teaching math ever since she graduated from college 20 years ago.

Nan says, "I suddenly realized that there are other lives I'd like to live. School life just 'isn't me' anymore, the way it once was. I was getting grumpy and unhappy."

To fill those hours once occupied by lesson plans, square roots, and algebra, Nan is going to become a full-time homemaker. Now she'll be able to do all those things she used to envy other homemakers for doing while she was in school.

Marge Lumpkin is also making a mid-life career change. Five years ago, after her youngest left home, Marge started back to college. She began by taking only those courses that interested her, but eventually she earned her teaching certificate.

And, you may have guessed, the new math teacher at East High this fall is going to be Marge Lumpkin.

The willingness to take control of one's life when it becomes less than happy is happening more and more these days. Somehow, we now feel freer to make changes that will lead to a new, fulfilling life-style.

Perhaps it's because we are growing wiser and more courageous about ourselves. Or maybe it's only that we're more accepting of the changes others make. Whatever the reason, it certainly makes folks less predictable—and more interesting.

Hmm, who would have thought it—Nan without a classroom, and Marge teaching math? Anyway, it's reassuring to know that life really can begin at any age.

Burton Hillis

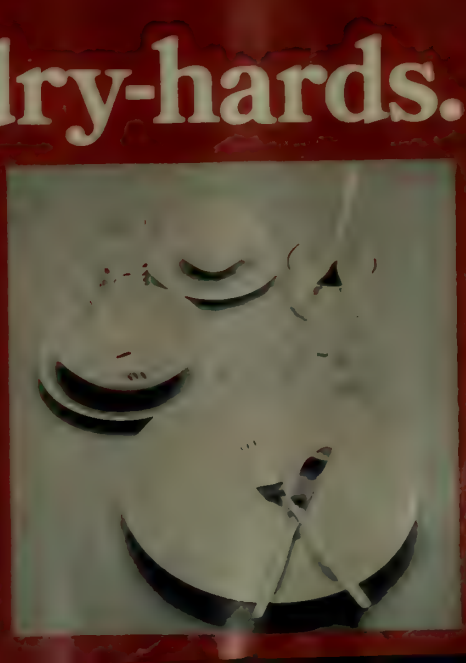


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But this wasn't just a numbers game to us. Our goal was to reduce 'tar' without removing taste. So we took our time.

Finally, after ten years, we were good and ready. We had developed our "Total System." A totally unique way of delivering truly satisfying taste in a 5mg. cigarette. That's why we say Decade is "The taste that took ten years to make."

Every part of a Decade cigarette is arranged in perfect balance with the others. The tobacco, the filter and even the paper. Only by concentrating on these parts are we able to perfect the whole.

So try Decade. We think you'll agree that 5mg. can be a very tasty little number.



Only 5 mg. 'tar.'

Regular and Menthol.

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5 mg. "tar", 0.5 mg. nicotine ave. per cigarette by FTC method.

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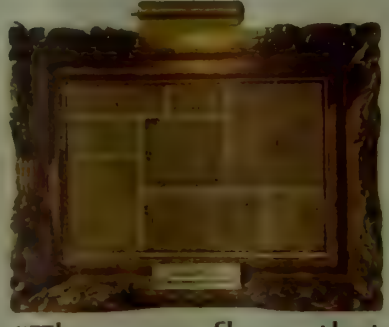


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And because of its Mirabond® wear surface, Solarian keeps its sunny shine without waxing far longer than ordinary vinyl floors. The cleaner you keep it, the brighter it shines. Just sponge-mop with detergent, and rinse thoroughly; or ask your retailer for our new Once 'n Done™ *No-Rinse* Floor Cleaner. If heavy-traffic areas eventually show some reduction in gloss, Armstrong Suncoat™ floor finish can be applied occasionally as needed to help maintain the shine.



"The sunny floors that shine without waxing."

For free color brochure and names of retailers, write Armstrong, Dept. 89FBH, Lancaster, Pa. 17604.

Armstrong

CREATORS OF THE INDOOR WORLD®

Armstrong Answers:

"What should I know before I buy a no-wax floor?"

First of all, you should know that all no-wax floors are *not* alike. There are major differences in the *meaning* of the term "no-wax" as it is used in the flooring industry today. To aid you in understanding these differences, here are answers to several of the questions you may have as you consider today's "no-wax flooring" options.

1. **What IS a no-wax floor?** What most women want and have the right to expect of a product called no-wax is a floor that has a *gleaming shine* when you buy it...and *keeps its sunny shine without waxing* far longer than ordinary vinyl floors. Unless a floor meets *both* of these requirements, by Armstrong's definition, it's just not a no-wax floor.
2. **Aren't all vinyl floors no-wax?** No! Ordinary vinyl floors—including many on the market today that are said to be no-wax—simply will not perform as described above. While some may have a high gloss when *new*, the natural abrasion of soil, grit, and everyday foot traffic in the home causes tiny scratches in the vinyl wear layer. This dulls the floor surface; and in a relatively short period of time, regular waxing or finishing will be required to restore the shine and protect the surface from scratching.
3. **What makes Armstrong no-wax floors different?** A unique specially formulated wear surface called Mirabond® makes the difference between Armstrong no-wax floors and ordinary vinyls. Mirabond has superior resistance to the scuffing and scratching that dull ordinary vinyl, giving Armstrong no-wax floors a sunny *built-in* shine. Available only on Armstrong Solarian® and Sundial™ floors, Mirabond is your assurance of long-lasting no-wax performance.
4. **How do I take care of an Armstrong no-wax floor?** By eliminating the waxing chore, Mirabond makes Solarian and Sundial the easiest of all Armstrong floors to care for. Of course, the cleaner you keep them, the brighter they shine. Just sponge-mop with detergent; and be sure to *rinse thoroughly*, or a detergent film may form to hide the shine. If heavy-traffic areas eventually show some reduction in gloss, your retailer can supply Armstrong Suncoat™ floor finish, which can be applied occasionally in those areas to help maintain the shine.

Armstrong
Dept. 89JBH
Lancaster, PA 17604

Please send me your free brochures showing color and design selection in Armstrong Solarian and Sundial no-wax floors and names of my nearest retailers.

Name_____

Street_____ Apt.#____

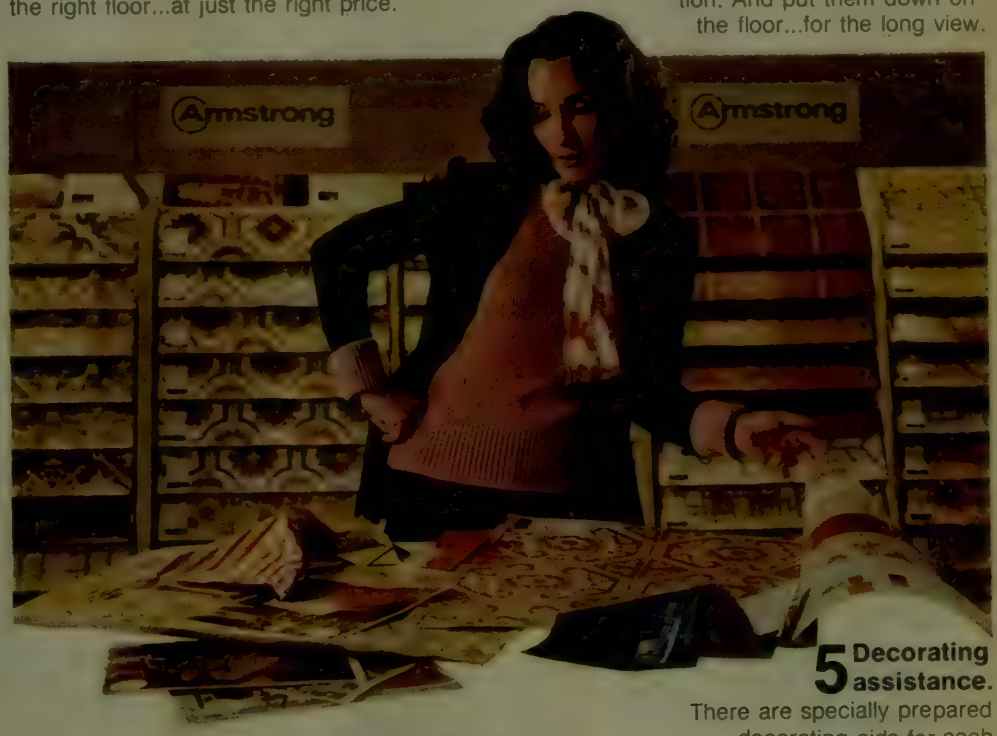
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Five reasons why you should shop for your floor at an Armstrong Floor Fashion Center®.

1 Full selection of Armstrong floors.
Every pattern and color of Armstrong Designer Solarian® is on full view at every Armstrong Floor Fashion Center store. You'll find hundreds of other Armstrong floors as well. Floors to suit every scheme and dream. Cushioned floors. No-wax floors. Natural-look floors. Over 250 colors and patterns in all. So you're sure to find just the right floor...at just the right price.

2 Easy-to-see, easy-to-handle samples.
In most stores, samples of each floor are showcased in specially designed display units. So you can easily see the entire collection at a glance. And just as easily, pick up the big 18" x 24" samples...for a really close view of color, texture, and construction. And put them down on the floor...for the long view.



3 Professional installation.
Our installers are professionals, trained by Armstrong in the latest installation techniques. Ask for the details of both our own guaranteed installation service and Armstrong's guarantee of the flooring materials.

4 Free literature.
You'll be able to pick up full-color booklets filled with information on all of the Armstrong floors and the easiest ways to take care of them.

5 Decorating assistance.
There are specially prepared decorating aids for each sample of Designer Solarian as well as other Armstrong floors. So you'll be able to see how each of these floors looks in a full-color room setting as well as designer-suggested colors for paints, appliances, and wallcoverings.

The Armstrong Floor Fashion Center store.
It's the beautiful market to be in when you're in the market for a beautiful floor.

For names of the Armstrong Floor Fashion Center dealers nearest you, look in the Yellow Pages under "Floor Materials," or call this toll-free number; anytime: 800-447-4700 (in Illinois, 800-322-4400). **Look for this sign. It identifies the home of your authorized Armstrong Floor Fashion Center dealer.**



Got a ceiling problem?

Cover it up! Dress it up! Light it up! Quiet it down! With a new Armstrong suspended ceiling.

Whatever your ceiling problem—covering up an old or damaged ceiling, adding a new room, or finishing off a basement—an Armstrong suspended ceiling is a problem solver with style. Beautiful. Washable. Fire-retardant for extra protection. Acoustical to help quiet down any room. Pre-engineered for energy-efficient fluorescent lights.

Best of all, with an Armstrong suspended ceiling, like Bravada shown above, solving your ceiling problem is a do-it-yourself project. There are no staples or glue to mess with, no plastering or sanding. The big 2′ x 2′ ceiling panels simply drop into the handsome metal grid.

See our new suspended ceilings now at your Armstrong retailer. He's listed under "Ceilings" in your Yellow Pages. Or write to us.

Armstrong Dept. 89RBH,
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Please send me your new color brochure on suspended ceilings.

Name

Street Apt #

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Armstrong

CREATORS OF THE INDOOR WORLD®



Homebody dolls

By Nancy Lindemeyer

These lovable rag dolls will delight kids of all ages. Make them for your youngsters or stitch a bunch for gifts or bazaars. Our patterns are a snap—and the everyday makings are easy to come by. Yarn, buttons, and scraps of fabric are just about all you need.

Complete how-to begins on page 58

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Pudding in the mix makes 'em so moist. Duncan Hines makes 'em so delicious.

Moist! Delicious! That's our brand new Pudding Recipe layer cake mixes. Pudding in the mix makes our new cakes so flavorful and so moist your family won't be able to resist 'em!

They're available in your favorite flavors.

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So what if you don't know how to cook?

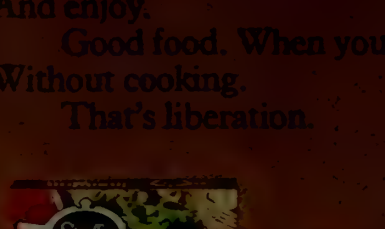
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Delicious things, like our Lasagna. Meaty meat sauce, three Italian cheeses, layers of *al dente* noodles, hearty flavor. In both single and two-serving sizes. And all you have to do is heat. And enjoy.

Good food. When you want it. Without cooking.

That's liberation.

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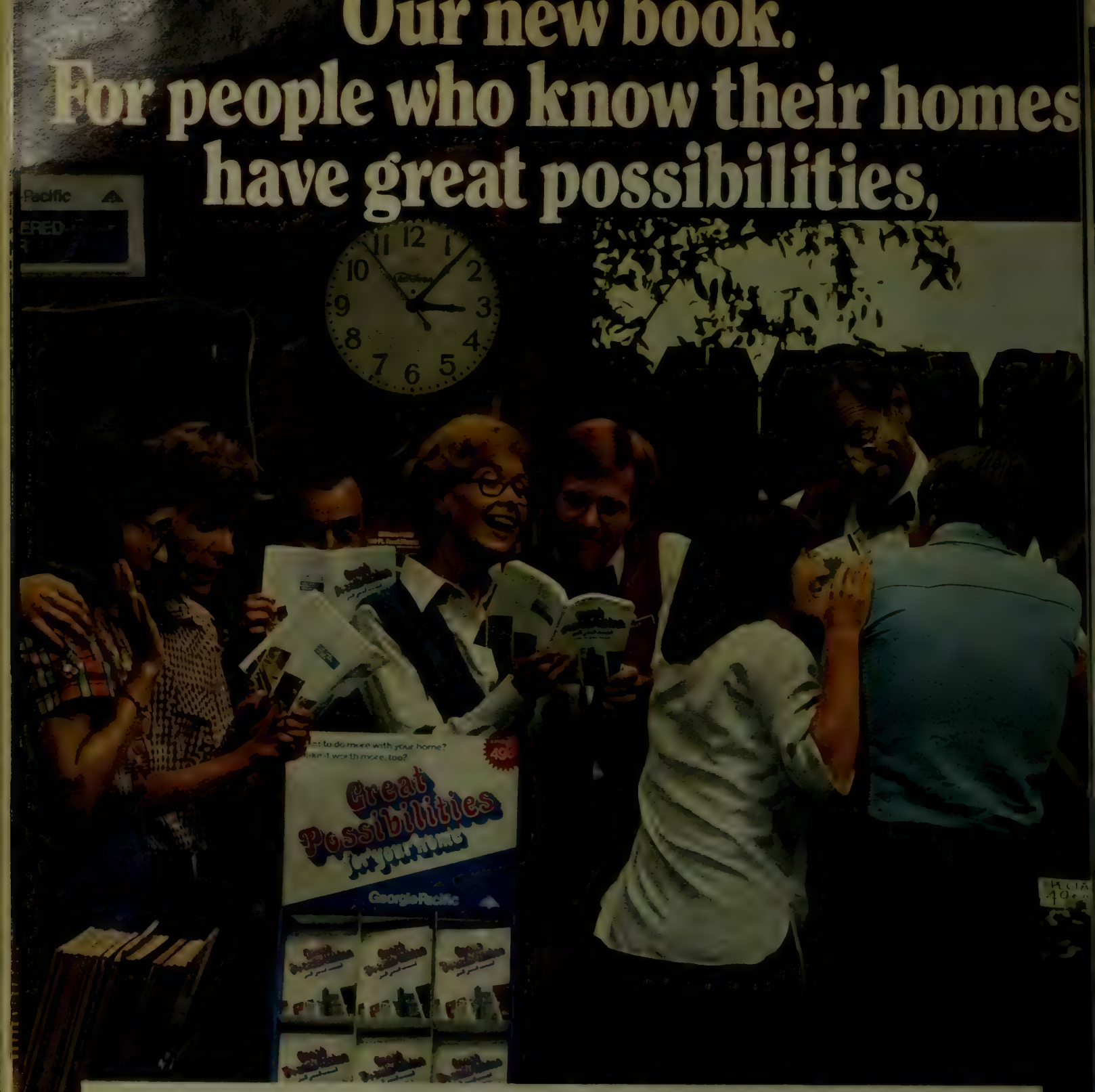
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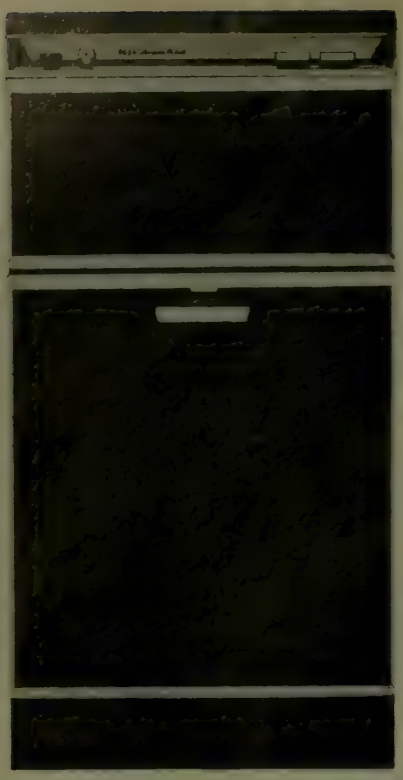
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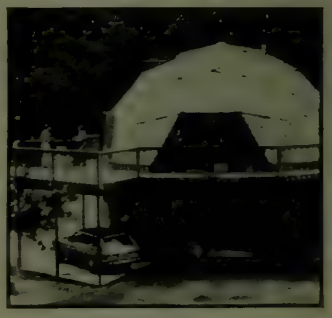
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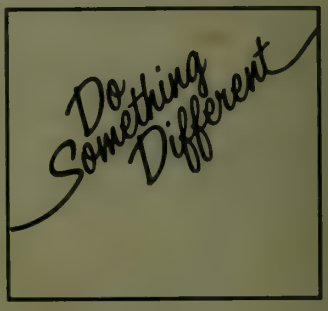
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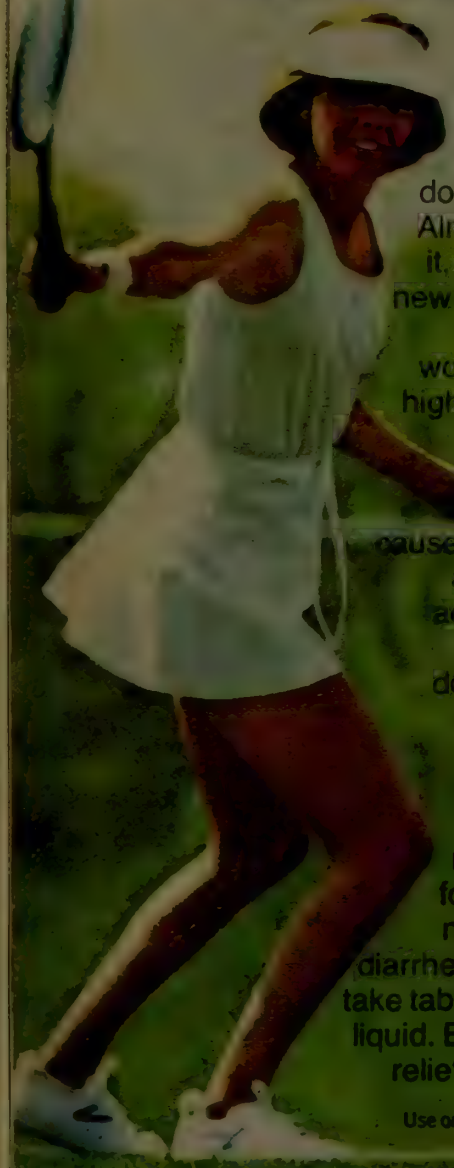
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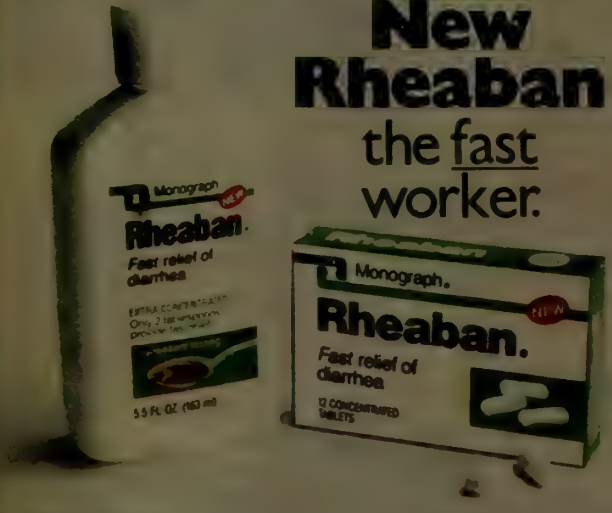
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WHAT ARE YOUR CHILDREN BEING TAUGHT ABOUT MORALITY?

Mr. Peterson, a popular and respected high school instructor, has been teaching a unit on the American tradition of peaceful protest. One day some students who support a migrant farm workers' cause tell him of their plan to picket the school cafeteria to protest the use of nonunion lettuce. They insist that the success of their plan depends on his keeping their confidence.

Mr. Peterson doesn't want to violate his students' trust, but he doesn't want to breach his contract either—and it requires him to tell administrators whenever he learns of any activity that might disrupt the school.

What should Mr. Peterson do?

Thirty students in a Downers Grove, Illinois, social studies class at South High School debated that question recently. They couldn't agree on an answer (there is no "right" answer), but in the process of their debate, they weighed important moral issues such as trust, obedience, family responsibilities, minority and majority rights, and First Amendment freedoms.

The purpose of the discussion? To get students to think about moral questions. The hope? That through the exploration of dilemmas like this one, the youngsters' own sense of morality will grow.

If your children have not yet been asked about Mr. Peterson, they might well be. Classes in moral reasoning—called "moral education" or "values education"—are taking their place alongside reading, writing, and arithmetic in a growing minority of public (and many private) schools across the country. Often the issues are worked into other courses, such as social studies, literature, science, health, and even driver training classes. Sometimes there are specific classes devoted solely to the topic.

Don't confuse the idea of moral or values education with sex education, instruction in formalized religious principles, or rigid moral codes. The focus, instead, is on questions of responsible behavior in all aspects of interaction between an individual and other people. And in these complex times, there are many such questions.

Why the schools?

For one thing, parents seem to want the schools to provide guidance. In a recent Gallup poll, 79 percent of respondents favored moral education in public schools. In another Gallup survey, parents cited the development of high moral standards as the item most frequently neglected by schools. At least 42 states have made some form of moral development a goal for their public schools.

That parents should want the schools to take on more of the responsibility for dealing with moral issues—traditionally a job for home and church—is not surprising to Thomas S. Engeman, assistant professor of political science at Loyola University and coauthor of *Amoral America*. He sees it as a natural response to the questions of morality raised during the last decade. School disciplinary problems, moral questions raised by the Vietnam War and Watergate, high crime rates, the declining influence of the home, and today's emphasis on relative moral values rather than absolute ones have led parents to want help from the schools to reinforce home efforts as well as supply moral training for students whose parents neglect it.

"Parents perceive that they can work night and day to make Johnny a good boy and Jane a good girl, but if the child learns to raise hell in school, they haven't accomplished much," says Engeman. "Parents need support from the schools, particularly today."

On the other hand, teachers would like to get more active support from parents. In fact, many educators feel that the problems of discipline, violence, and vandalism at school are largely a reflection of the lack of moral guidance at home. Little wonder that the focus on moral education is both urgent and controversial.

What is moral education?

Schools have always been expected to play some role in moral development. When colonial students studied McGuffey's readers, moral lessons were considered as important as academic ones. Even today, teachers to some degree are expected to provide behavior models for students.

Moral training in today's classrooms differs in at least three significant ways from traditional approaches:

- Teaching techniques are rooted in modern psychological research showing how values and moral reasoning develop.
- Moral education is viewed as a topic of study: Something to be "taught," rather than "caught" through emulation.
- The emphasis is on moral reasoning and examining one's own values, rather than on inculcating specific virtues, such as honesty.

Moral education programs can take many forms and appear under many names—ethical studies, citizenship education, responsibility training, values clarification, character education, human development, even legal studies. The common thread, according to Ralph Mosher, Boston University professor of education, is the emphasis on teaching children to "think more systematically, more deeply, in a more principled way about moral and ethical issues in their own lives, in their personal interactions, and in the classroom."

While teachers try to refrain from drilling their own morals into children, the hope is that students trained to analyze values will be more likely to consider such principles as "fairness,

continued

"...this crust tastes flakier..."

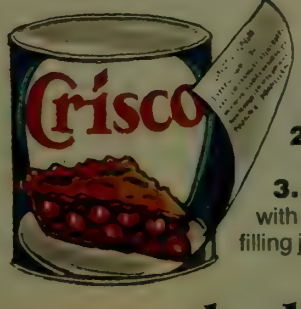
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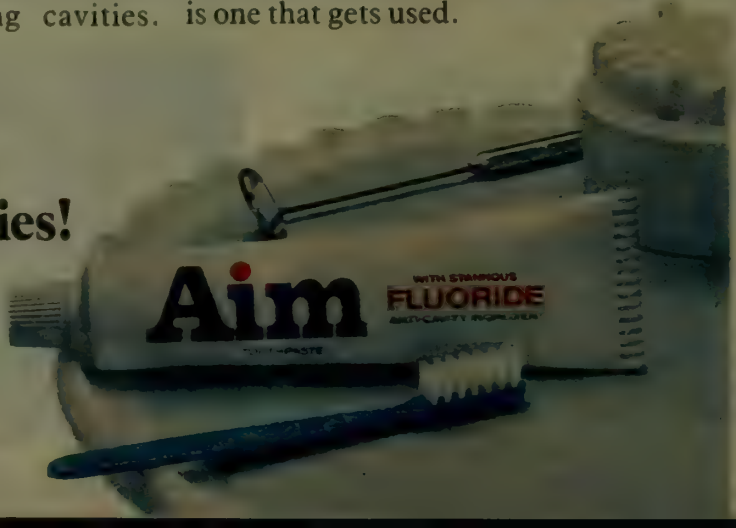
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continued

Morality

justice, and respect for human beings" when they confront moral dilemmas, says Mosher.

How is moral education taught?

There are probably as many techniques for developing moral reasoning as there are ways of teaching reading or arithmetic. Two of the best known and most distinctive teaching theories have their basis in extensive work done by Lawrence Kohlberg, Harvard University professor of education and social psychology, and Sidney B. Simon, professor of education at the University of Massachusetts.

Moral development—the Kohlberg approach—takes the position that just as an individual's emotional and physical development progresses in recognizable stages, so does moral reasoning grow. In the earliest stages, the child thinks of right and wrong either in terms of reward and punishment or in terms of what will bring him pleasure. In the next stages, morality is what makes others (friends and family) happy and what will maintain the social order. Conformity is important. So are respect for authority and the concept of doing one's duty. In the last two stages, morality is defined in terms of abstract ethical principles that transcend individuals and groups who make the rules. By posing moral dilemmas for class discussion, the teacher tries to encourage students' capacities for moral reasoning at the various stages of development. Mr. Peterson's situation was an example of a fairly sophisticated dilemma.

Values clarification, the approach made popular by Simon, is a highly personalized method that is aimed at making students ". . . aware of what they value and why." Typical exercises might include these:

- List some values that are important to your parents. Are any of them important to you? Do you foresee a time when they might become important to you?
- Pretend you are addicted to drugs. Then write a letter to your younger brother explaining your addiction.

Such values clarification programs are carefully set up to retain moral

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continued from page 18

Morality

neutrality; any choice is right as long as the student can explain why he holds the value. However, supporters of values clarification maintain that students who become skilled at the valuing process are more likely to make decisions that are socially constructive as well as personally satisfying.

What is discussed?

Discussions may center around traditional values—friendship, honesty, respect for others' property, responsibility for one's own conduct, respect for authority. But more complex and controversial issues also may be broached: abortion, mercy killing, and sexual morality, for example. Sometimes students are given a "lifeboat" dilemma: a boat carrying eight people sinks, and the life raft seats only five. Who should get the seats?

In Lakewood, Ohio, all public elementary and many high school students are enrolled in a model morals curriculum distributed by the U.S. Office of Education's National Diffusion Network. The curriculum has also been picked up by many other school systems across the country. In one of the more unusual activities, groups of students are given 15 minutes to build towers out of plastic straws and tape. Besides exploring the importance of cooperation, the students examine their own relationships to the group.

In Ossining, New York, a legal studies course uses values clarification techniques. In a unit on the police, for example, students are asked to rank occupations in terms of personal preference—and then to rank the same occupations according to their importance to society. Police work usually ranks near the bottom on the first list and the top on the second, which leads to a discussion of conflicting feelings about police.

In Brookline, Massachusetts, students at an alternative high school have carried the moral education curriculum even further in an attempt to establish a more moral, democratic school environment. They are taught to use moral reasoning in making decisions on actual issues facing the school, such as discipline problems and appointing new faculty members.

Are there any problems?

In some parts of the country, the introduction of moral or values education classes has sparked such intense opposition that schools have abandoned programs. The most common grounds for objections: 1.) the belief that morality should be taught in the home; 2.) the fear that particular values alien to the home might be taught.

Moral education classes raise other important issues. Is the privacy of students being invaded when the schools ask them highly personal questions about their own or their parents' moral beliefs? Will teachers, as they evaluate classroom discussions, develop moral stereotypes of students, and will these stereotypes become self-fulfilling prophecies? Do some topics (the lifeboat dilemma, for example) create unnecessary anxieties in children? What dangers arise from asking teachers to use amateur psychology in probing students' beliefs?

Some of those concerns led a parents' group in Montgomery County, Maryland, to take their complaints against the school system's moral education curriculum through a series of hearings that culminated in an appearance before the State Board of Education. The Board ruled that the program did not violate religious freedoms and did not attempt to instill particular secular values. However, the Board urged school officials to examine the curriculum periodically to make sure that it did not invade students' privacy. A court suit on the privacy aspect is yet to be heard.

Can you keep your child out of the class?

In many schools, these classes are electives, so the student can simply choose not to take the course. However, if moral education is a required course, your right to keep your youngster out of the class is not altogether clear. Most states have laws allowing parents to keep their children out of classes that violate their moral or religious beliefs. In such cases you must persuade school officials that the moral/values course was in some way a violation of your beliefs.

That might be a convincing argument if the special classes are devoted exclusively to moral reasoning or values. However, since much of the training in these areas is being integrated into other subjects, it would probably be more difficult to remove your child from the respective classes. Your best approach might be to request permission for the child's absence during the time that particular section of a class is being taught.

But, before you object, take the time to find out more about the course in your youngster's school. Ask to look over materials the school and teacher use or are planning to use. Have the teachers had special training to lead this kind of discussion? How does the school system evaluate its program—short-run and long-term? Is there a possibility of making the courses electives, rather than requirements?

Does moral education work?

The ultimate question, of course, is how effective moral education in the schools can be. Limited research, consisting mainly of pretests and posttests, seems to indicate that students reason at a slightly higher moral level after extensive discussion of moral issues. But it's difficult, if not impossible, to demonstrate that students who think in deeper moral terms will conduct themselves more morally.

Moreover, for schools to credit moral education with reducing vandalism or drug abuse or teen-age pregnancies "would be as extravagant as if the schools were blamed for all these evils," says Dr. Harry Broudy, professor of education emeritus at the University of Illinois.

Nevertheless, the trend toward moral or values education is growing. Some educators argue that schools cannot dodge it.

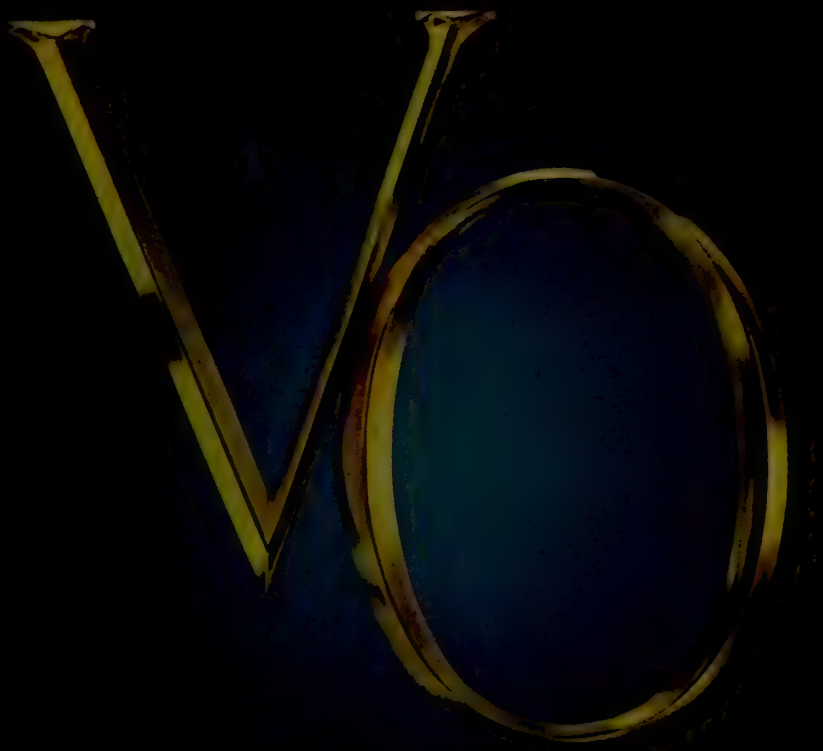
"Every time teachers are in front of the class, they are encouraging some value judgments," says Richard Hersh, associate dean of the University of Oregon's College of Education. "Values and moral dimensions are an inherent part of teaching. It's not a question of whether schools should or shouldn't engage in such activities, but whether they should do it well."

How can you find out more?

First, write to the Curriculum Division of your state Department of Public Instruction. There also are numbers of

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continued

Morality

good pamphlets and books on the topic: Among them:

- **Children and Values: A Guide for Parents and Teachers,** sold as part of a package called *Today's Family in Focus.* Order the package for $3 from: National Congress of Parents and Teachers, 700 N. Rush Street, Chicago, Illinois 60611.
- **Values Education Sourcebook,** $10.95, from Pennant Educational Materials, 8625 Commercial Street, Suite 14, La Mesa, California 92041.

Finally, write these resource centers for information about their publications, curricula, and special courses:

- American Institute for Character Education, P.O. Box 12617, San Antonio, Texas 78282.
- Brookline-Cambridge Dissemination Center, 115 Greenough Street, Brookline, Massachusetts 02141.
- Dr. Edwin Fenton, Carnegie-Mellon Education Center, Carnegie-Mellon Institute, Schenley Park, Pittsburgh, Pennsylvania 15213.
- Curriculum for Meeting Modern Problems, Lakewood Public Schools, 1470 Watten Road, Lakewood, Ohio 44107.
- Moral Education Resource Fund, Third Floor, Larsen Hall, Appian Way, Harvard University, Cambridge, Massachusetts 02138.
- National Humanistic Education Center, 110 Spring Street, Saratoga Springs, New York 12866.

(Produced in cooperation with Barbara Mantz.)

Pointers for parents at home

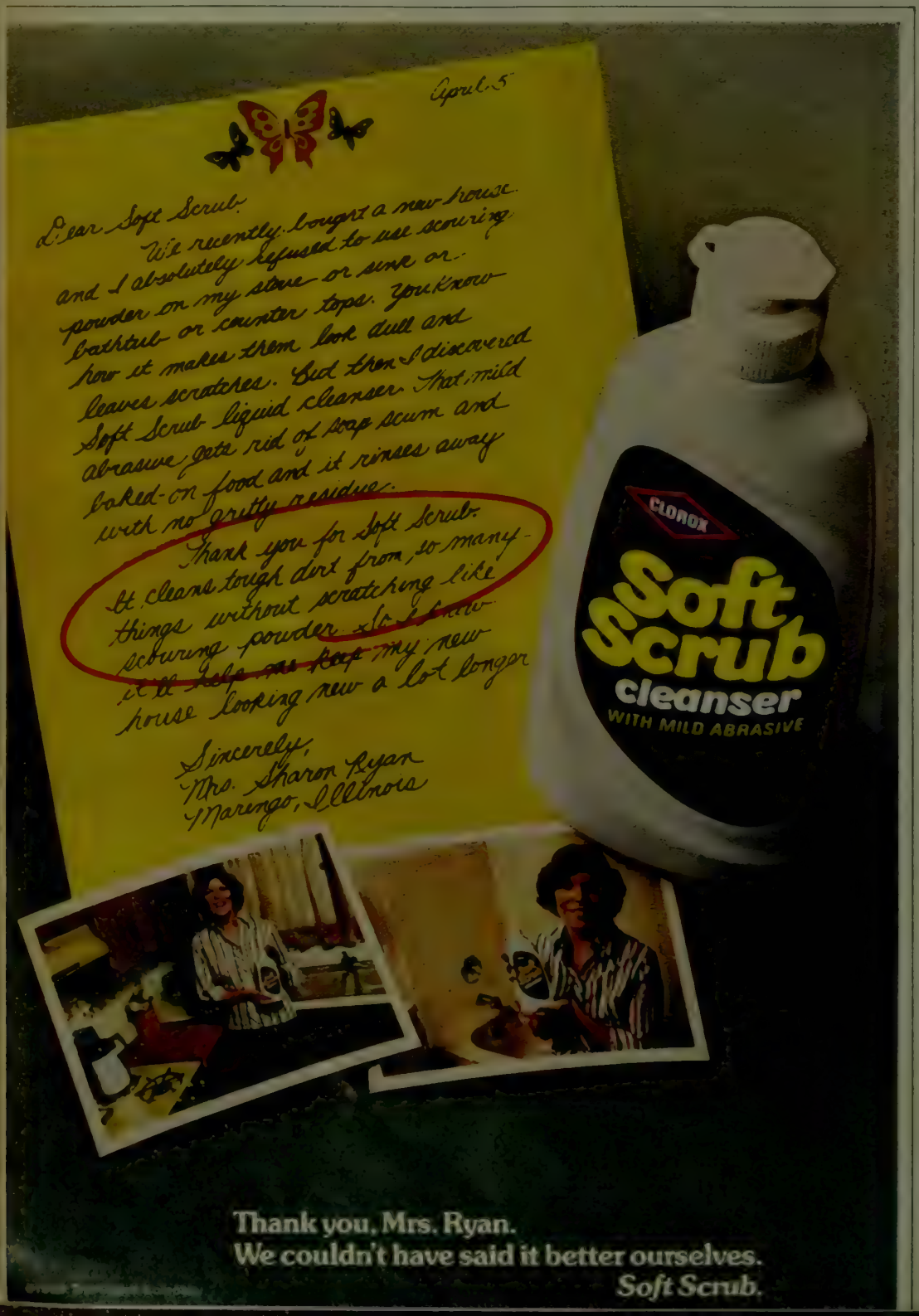
Here are some techniques you might use at home to stimulate moral/values growth and development in your children.

1. Become more sensitive to the vast numbers of moral problems that arise every day. Fights between siblings, the performance of household chores, and rivalries over toys are just three examples of common occurrences that can be seen as moral issues involving fairness, sharing, and respect for others. Even routine activities such as watching television, reading a book, or visiting a playground can bring up moral questions.

2. Once you've trained yourself to look at common events in terms of moral or values dilemmas, open up discussions. You might ask a five-year-old who is engrossed by a television commercial, "What do you think is good about that cereal (or that toy)?" An older brother's reluctance to lend his football to a younger child might prompt you to ask questions like, "Have you ever wanted to borrow something of Tim's and he wouldn't give it to you? How did you feel?" A homework assignment might give rise to questions like, "What's the difference between helping a friend with his lessons and cheating? Is cheating ever right?" The recent coal miners strike and Nazi threats to march in Jewish neighborhoods are two examples of important issues that can be turned into morals discussions with high schoolers.

3. If you agree that moral development takes place in stages, try to gear your discussions of values to the stages your children are in.

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Young children usually look at right and wrong in terms of pleasure and punishment, for example, while teen-agers tend to do whatever will maintain their social position and please those around them. Don't expect young children to appreciate the inherent worth of abstract virtues such as social justice.

4. Encourage your children to express their opinions without fear of reprisal or personal criticism. At the same time, it's important to let your children know what you stand for and why.

5. Be willing to admit your own fallibility in the morals arena. There's nothing wrong with telling your children when you are confused by conflicting values and admitting you don't know which course to take.

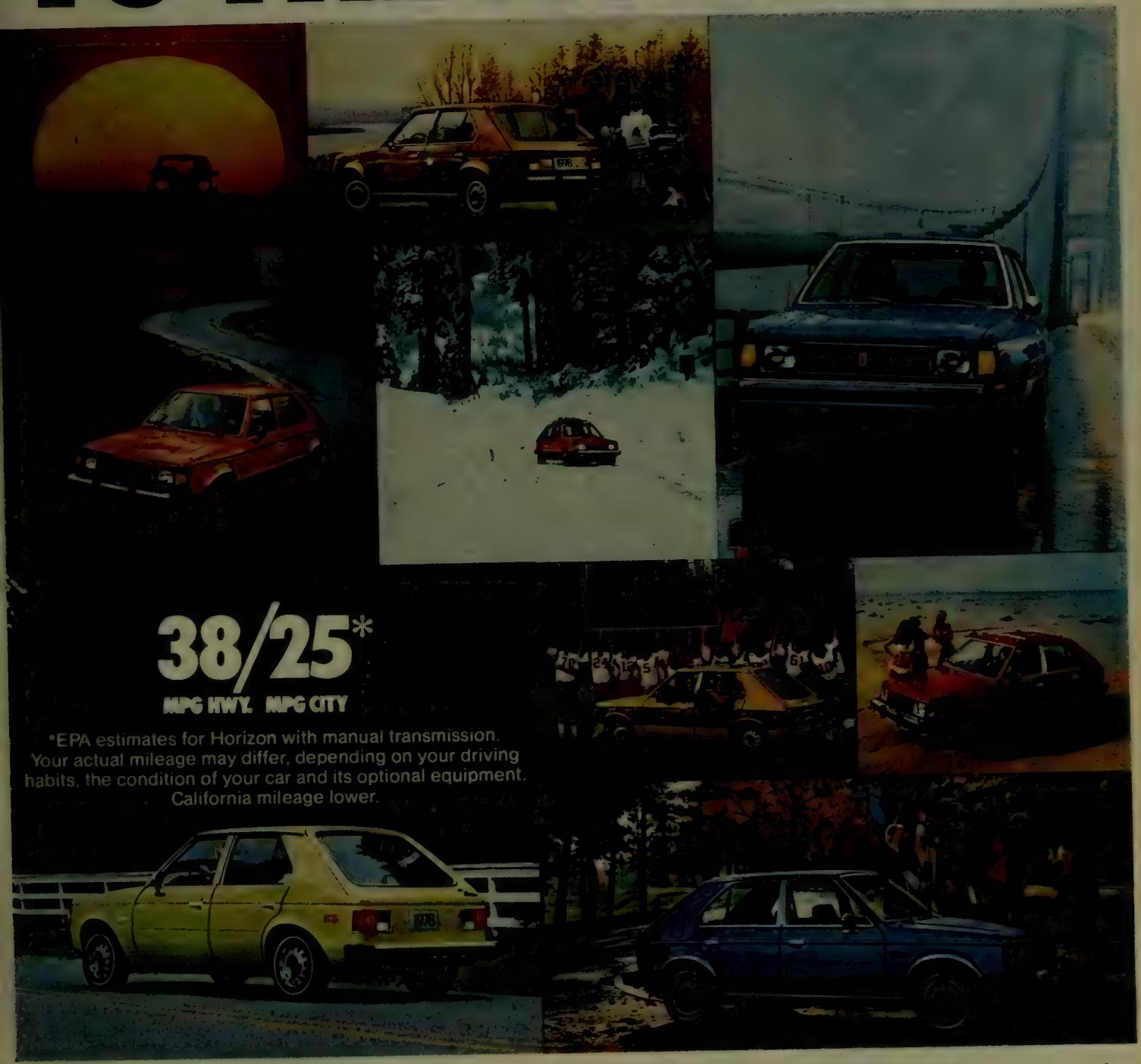
6. Encourage a sense of empathy in your children. Being able to put oneself in another's place is an important step in the understanding of concepts like fairness, equality, and individual worth.

7. Realize that moral growth takes place very slowly. Parents should not look for dramatic changes in their children overnight.

8. Remember that how you act in moral conflict situations is usually as important as what you say. Adolescents, particularly, are quick to notice inconsistencies between what their parents practice and what they preach.

9. Help your children to develop a sense of compassion and responsibility for others beyond the immediate family. To do this, take advantage of situations where you and your children can demonstrate your moral commitments. Perhaps it's giving up a television show while you shovel snow for an elderly neighbor. Perhaps it's cooking a meal for a sick friend or counseling a troubled child or inviting the widower across the street to share your Christmas. Or, you and your children might work on a community project together. ■

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WHAT SHOULD YOUR KIDS STUDY TO GET THE BEST JOBS?

Thanks to a tight job market and an uneasy economy, young people today face some tough career-planning decisions. There's just no guarantee that a challenging job awaits every graduating high school or college student.

What will be the most promising occupations a few years from now? What career options will exist? What kinds of preparation make sense for specific careers?

We posed those questions to experts in several major industries and professions. We also studied growth projections for the period 1976 through 1985, as outlined in the U.S. Department of Labor's *Occupational Handbook, 1978-79 Edition*. Here's what we discovered.

Your youngster can expect to face keen competition for almost any good job. Career choices will be numerous and varied, but educational requirements will be stiff. Students should do some serious soul-searching and planning now in order to prepare for the best career opportunities ahead.

Encourage your youngster to look into several options. Professional exams can be difficult to pass. Training programs may be glutted. New jobs may not exist in certain fields.

Learning to perceive and pursue alternatives can help the youngster avoid disappointment and find the most satisfactory job match available for his or her tastes and talents.

Guidelines, not gospel

Keep in mind that projections about employment opportunities don't present the full picture. For one thing, a bright outlook for a field does not guarantee a job or an employee's satisfaction with it. Also, the popularity of a job itself can limit opportunities, as hordes of students flock to a fad (law and journalism are recent examples).

Finally, employment predictions sometimes fall flat because federal or local government money is pulled from one program and put into another. Various aspects of the economy may take an unanticipated turn, too.

In addition to checking industry projections, you should follow up on several sources close to home. For example, work-study programs can provide on-the-job experience while your youngster is still in school (guidance counselors will have details). Local industries and unions may offer good information on apprenticeships and other training possibilities. Local business and professional people can give you or your child a sense of what various careers are like. Aptitude tests may provide some clues, too.

Some general trends

Most experts predict these developments over the next few years:

1. Industries providing services will offer more jobs than industries producing goods.

2. Hiring in private industry will increase, with wholesale and retail trades expanding in particular.

3. Many manufacturing jobs will open up—but through job attrition (employees leaving) rather than industry expansion.

4. Construction opportunities will be strong if present economic growth continues. However, apprenticeships will be hard to come by.

5. Geography will count a great deal in some job areas: A super-saturated industry in one part of the country may provide many jobs in another.

The following information will give your youngster a good idea of what to consider about preparing for job opportunities five or so years from now, as the experts see it.

Salaries, when quoted, are at present-day levels. If inflation keeps increasing at its present six percent or more per year, those money ranges will be almost one-third greater five years from now. Competition for jobs and changes in qualifications will raise or lower those figures.

Trade and technical school training

Specific vocational skills will be in great demand in several fields. For example:

- The **allied health field** has become popular because college isn't required for many highly specialized jobs. The outlook for jobs is promising for skilled people in one of the more than 150 specialties including EKG and EEG technicians, hygienists, and medical lab workers. Specialized training can range from six months to a year at the trade/tech school level. Salaries today start at from $460 to $800 a month.

- As the need for radio and TV repair increases, trade and technical school education will also be required of **electronic repairers.** Courses range from six months to three years, and starting salaries range from $800 to $1,000 a month.

- Trade/tech schools are expected to have little trouble placing **automobile mechanics.** The Department of Labor projects job growth "as fast as average" (15 to 24.9 percent), and replacement jobs will keep employment strong in the field.

- **Secretarial work** now offers more chances for advancement than in the past. For example, thanks to the development of magnetic media, electronic memory typewriters, and sophisticated dictation systems, there's now a distinction between administrative and "word-processing" (correspondence) functions. Offices are being organized to include word-processing centers, with all typing handled by correspondence secretaries. The administrative secretaries then are able to handle broader organizational and administrative responsibilities.

Word-processing courses now exist on the college level, and some high schools have begun programs.

Secretarial school grads currently average $9,600 to $10,000 to start.

continued on page 36



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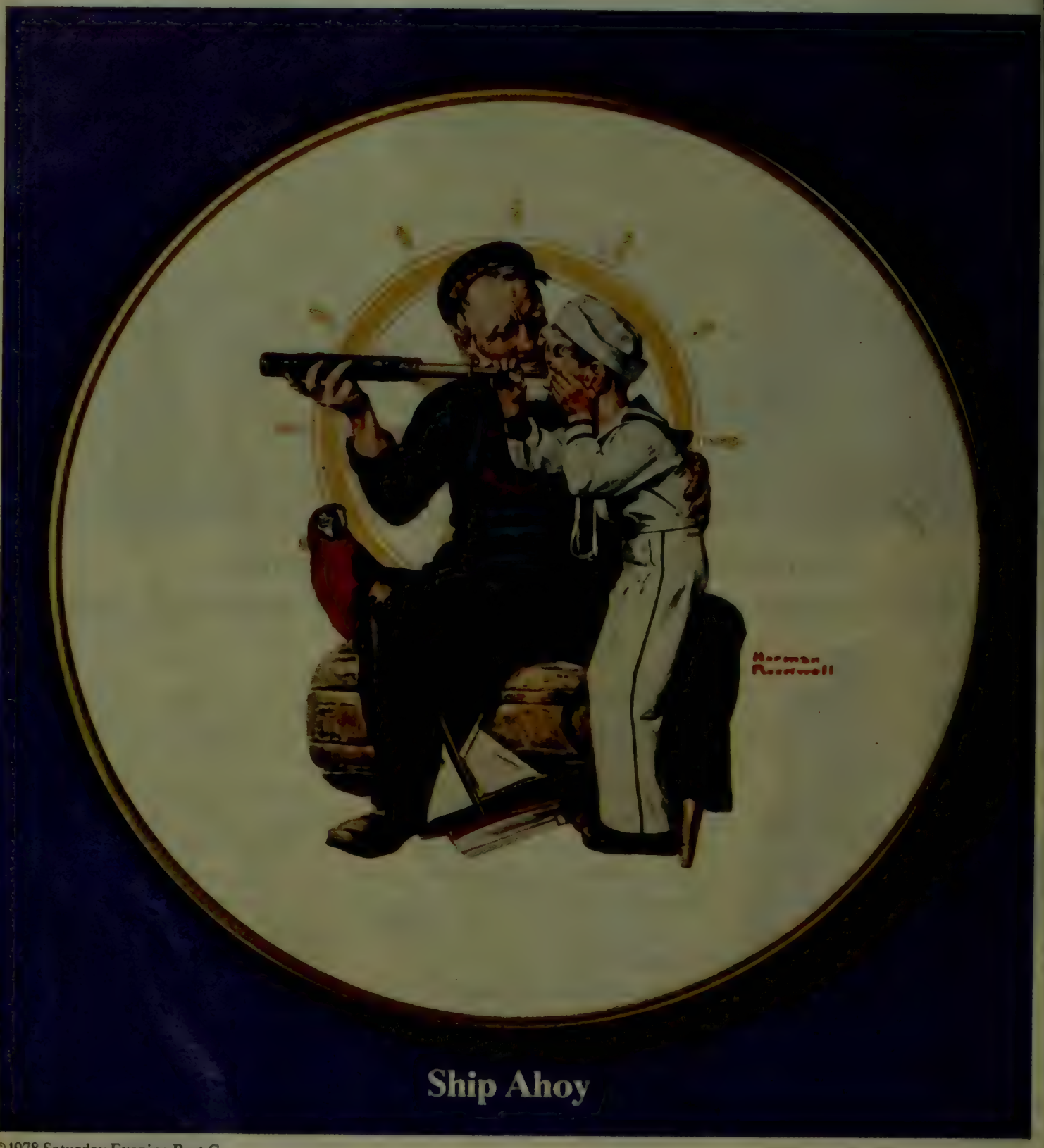
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The First Edition closes forever on September 30, 1978

Subscriptions for the First Edition of *Historic Stamps of America* must be received no later than September 30, 1978. *Only First Edition subscribers will be able to obtain all 200 Covers at the guaranteed First Edition price of just $3.50 per cover.*

As a First Edition subscriber, you will receive your covers at the convenient rate of four per month, starting in October, 1978. Your guaranteed price of $3.50 per cover includes the historic stamps, the covers with protective capsules, the important anniversary postmarks, and the handsome custom-crafted collector's album.

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In each case, the historic U.S. postage stamp itself is placed under a clear protective capsule, where it will be safe from dirt, dust, loss, and accidental mishandling. Elsewhere on the cover, the U.S. Postal Service will officially apply the anniversary of First Day of Issue postmark—which will give your covers an added collecting distinction.



HISTORIC U.S. POSTAGE STAMPS—including many of the finest stamps of the past 50 years. Stamps honoring great Americans, great events, major achievements, and important milestones in American history. Each stamp is furnished and preserved in original mint condition.

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First Edition Reservation Deadline: September 30, 1978

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First Edition Reservation Application

Historic Stamps of America

10

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Card Number Expiration date

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*Conn. residents pay $14.98 to include sales tax.

begins on page 30

What should your kids study?

College: technical degrees

In some fields, college education requirements are gradually easing out applicants with only high school or technical school education. The **computer industry** is a good example: This increasingly competitive field is expected to continue its present growth, but employers will seek college graduates for positions such as **programmers**—jobs that used to be open to tech school graduates. Though a college degree won't always be necessary to break into the computer field, a degree will be essential for advancement to management positions.

- **Engineering** is another good prospect for B.S. graduates. Credentials from a good school will be especially helpful. Also, the demand for women engineers will continue for the next five years or so.
- **Geoscience and chemistry** jobs are predicted to pick up, especially in the petroleum industry. One expert cautions against new majors that combine several disciplines, such as environmental science and energy. Employers are more likely to hire either a geologist or a biologist, instead of a "combination" major. However, a national energy policy and increased environmental concern on the part of the federal government may make a "combination" degree more valuable within the next five years.

College: liberal arts majors

The liberal arts degree is commanding more respect from employers these days. In fact, experts in three major fields—banking, insurance, and advertising—recommend this kind of background over immediate specialization for certain jobs in their industries.

- Liberal arts graduates with some business background will be in demand as **bank officers.** The outlook for banking is generally good because of expanded services, though growth in the field will not be comparable to the demand of the sixties.

More computer technicians will be needed in banks to deal with electronic funds transfer devices, but no decrease is foreseen in the demand for **tellers.** (Electronic innovations are viewed as supplemental services.) Educational requirements for tellers will vary regionally. Generally college graduates will have the best chance for employment and advancement.

- Despite rising educational requirements in other fields, high school graduates will have a good shot at entry-level jobs in the **insurance industry.** Sales, underwriting, and claims administration are especially promising areas.

Also, the industry is working hard to meet affirmative action goals for hiring women and minorities.

Companies may look for untrained personnel with the idea of paying them less than well-trained individuals and providing on-the-job training for specific tasks.

The more specialized jobs often will require a college degree in economics, mathematics, or finance. Actuarial work will be especially lucrative, but it demands a mathematics degree, and the road to advancement is marked by some stiff professional exams.

Both the banking and insurance industries strongly support employee education by offering tuition reimbursement for college or industry-related study.

- Liberal arts graduates with a masters degree in business (M.B.A.) will have first crack at **ad agency** jobs. Even B.A. graduates with a strong business background can expect to work in agency media departments and, at present, earn from $8,000 to $10,000 a year to start. Today M.B.A.s start at $12,000 to $18,000.

Anyone interested in the purely creative side of advertising must develop skills and build up a portfolio of creative samples.

Professional school training

- **Doctors** and **nurses** will be in demand as usual, although one expert predicted an eventual oversupply. Still, there are many areas in which these professionals will continue to be sorely needed—in poorer rural areas, for example.
- The number of **dentists** is closer to an oversupply, according to some sources. Still, the Department of Labor projects an "average" (15 to 24.9 percent) growth rate in this field. Geographic areas will probably determine the greatest need. If prepaid dental plans become popular, the demand for dentists may increase.
- **Law** schools are turning out graduates in record numbers, and the job competition is stiff. Only the top grads from the most prestigious schools will have a good shot at jobs with good law firms. Demand for lawyers will vary. Small towns are the best bets.

Law school graduates will be able to apply their training to various fields, however. Some graduates will find jobs in industry, not as lawyers, but in law-related capacities. Students with a J.D. degree also should consider adding another degree, such as an M.B.A. or an M.A. in urban/regional/environmental planning.

The tightening legal job market means fewer slots for **paralegal assistants,** though their background can be an asset in other fields requiring some know-how in legal paperwork.

- A resurgence is beginning in **architecture,** with opportunities emerging in industrial development, real estate, environmental, and computer architecture. Many of the jobs will be snapped up by people with experience, but some firms will hire less experienced people, at lower wages, to be trained on the job by seasoned staffers.

Becoming a registered architect can involve up to nine years of schooling and work experience, or from seven to 12 years of work experience alone. Starting salaries average around $12,000 for architectural graduates, who usually start as draftsmen; two to three years' experience is needed to take the professional licensing exam.

- **Education** has offered fewer opportunities recently than in the past, and the market will continue to be tight. As with other overcrowded fields, it's important to explore the options: **Special education,** for example, will present some jobs, depending upon where government funding is targeted.
- **Social work** and **psychology** are two other professions in which serious demand will depend upon where the funding goes. Federal attention is focused on mental health and the handicapped, so job opportunities look better in those areas. Geography may be key, with more openings available in less populated areas.

continued

Introducing The Cape Codder. Open The Club and you've got it made.



Til now, a cranberry's perfect partner was a turkey. Until The Club Cape Codder, that is.

This curiously zingy taste combination of vodka and tangy cranberry juice will give your mouth something to be thankful for. It's cool, refreshing and tantalizingly tart. Of course, the secret is in the mixing and that's what we do best. In fact, at The Club, we've mixed more drinks than anyone else in the world.

Taste your first Cape Codder. It's a long way from Thanksgiving turkey. Open The Club and you've got it made.

The Club®
Cocktails since 1875.

25 Proof • Prepared by The Club Distilling Co., Hartford, CT

Introducing the solution.

The low tar/low taste problem...solved! Camel Lights deliver the real satisfaction no other low tar cigarette can. But, then, no other low tar is a Camel.

It starts with a richer-tasting Camel blend. Carefully formulated for low tar filter smoking. The result: a rich, rewarding, truly satisfying taste. Just 9 mg. tar.

The name says it all. All the flavor and satisfaction that's been missing in low tar cigarettes. This one delivers. Because this one's a Camel. Put the solution in your hands.

New Camel Lights Only 9 mg. tar



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

9 mg. "tar", 0.8 mg. nicotine av. per cigarette by FTC method.



continued

What should your kids study?

Other career opportunities

● Although no expansion is expected within city police departments, **law enforcement** will be a viable, but selective, source of employment. Metropolitan police departments, which usually recruit the largest numbers at a time, will go for long periods without substantial hiring, thanks to tight city budgets. Changes in retirement systems may reduce the numbers of job openings, too, since personnel would stay on the job longer.

The Department of Labor projects a "faster than average" (25 to 49.9 percent) growth rate overall for law enforcement jobs. It will pay to explore different regions and smaller cities.

The majority of police jobs still require as a minimum a high school education, and some positions require at least two years of college. Since all recruits attend the police academy for specialized training, a liberal arts background would be advantageous.

● The **U.S. Military** will continue to attract recruits on the strength of generous educational and health benefits. (Retirement policies may lose some appeal if the current complainers in Congress have their way.) Although quotas have stabilized during the past few years, more active recruiting of women and minorities is expected.

All the services prefer a high school diploma, and college is required of officers. In many cases, you'll find an emphasis on scientific and technical backgrounds. Also, recruiting will be stepped up for certain specialists.

● Although in the past the military has been a major supplier of **pilots** for commercial airlines (at one time, 70 percent), increasing numbers of pilots are graduates from FAA-accredited flight schools.

A modest six- to seven-percent growth in **air transport** jobs is predicted for the 1980s. The Department of Labor is a bit more optimistic: They project a growth rate of from 15 to 24.9 percent for **civil aviation** jobs between 1976 and 1985.

Piloting and **air traffic control** (to a lesser degree) will prove to be the most competitive of aviation jobs. The FAA trains all air traffic controllers. Qualifications include age (under 31), three to four years' general work experience, passing a written Civil Service exam. Training lasts for about 16 weeks, but two to three years' experience is needed after that for someone to become a full-fledged controller.

● Other travel-related industries will continue to offer good employment opportunities. For example, although **food service** is not expected to expand much more, at its present size it is one of the country's major employers. More than 70 schools offer programs in this area, and that kind of training can be important for management positions in restaurants, hotels, and institutions.

The Department of Labor does not have a "food service" category, but the projected job increase for **cooks, chefs,** and **food counter workers** is "faster than average" and for **bartenders, waiters,** and **waitresses** "as fast as average."

● Jobs for **librarians** are expected to grow somewhat, but competition will be stiff. People with a computer science background should have an edge. In addition to the M.L.S., a degree in law, information science, or business administration will help promote both advancement and better salaries.

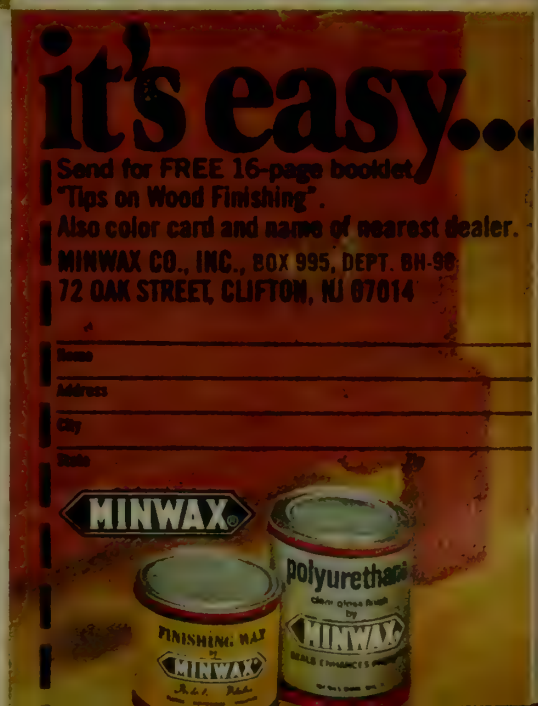
● The **media** industry, glamorized to the hilt, will provide only a small number of jobs. Competition looks stiff. About 230 new radio and television stations are expected per year for the next five years, creating some jobs for **broadcasters** and **technicians.** Highly specialized training and FCC licensing will usually be required.

In **journalism,** experience promises to be the crucial factor. People with excellent credentials will get the jobs, so internships are recommended for anyone seriously interested in this very overcrowded field.

A journalism degree won't guarantee a job as a **news writer** or **editor.** Many

continued





Ever notice how often your favorite recipes start with your favorite trademarks?

These recipes use General Foods trademarked products.
You can tell they'll come out right, because our trademarks are your *guarantee of quality.* Your proof is in the eating.

TRADEMARK RECIPES 2

CLIP AND SAVE

This is page 2 of our Trademark Recipe Collection. Look for more in later issues of this magazine.

You'll find these recipes good tasting—and good values, too.

One reason is because they use General Foods brand name products.

Our products are tested and retested to make sure they're the best value they can be.

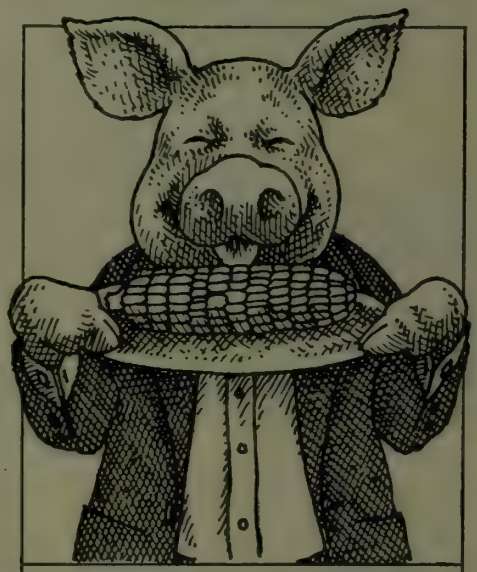
Please look for JELL-O® Brand Desserts. SHAKE 'N BAKE® Seasoned Coating Mixes. KOOL-AID® Brand Soft Drink Mixes. SANKA® Brand Decaffeinated Coffee.

Our brand names are your *guarantee of quality.*

FLAVORED MILK SHAKE

2 tablespoons KOOL-AID® Brand Strawberry or Cherry Flavor Sugar-Sweetened Soft Drink Mix
1½ cups milk
½ cup vanilla ice cream

Combine all ingredients in electric blender container. Blend about 1 minute or until smooth and frothy. Makes about 2 cups or 1 to 2 servings. *Note:* Recipe may be doubled.



PORK AND CORN BAKE

2 cans (12 oz. each) whole kernel corn with peppers
2 tablespoons brown sugar
½ teaspoon dry mustard
1 envelope SHAKE 'N BAKE® Seasoned Coating Mix for Pork
8 pork chops, about ¾ inch thick

Spoon corn into 13 x 9-inch baking dish. Add sugar and dry mustard to bag of seasoned coating mix; then coat pork chops as directed on package. Arrange chops in a single layer on corn. Sprinkle any remaining coating mix over chops. Bake at 425° for about 50 minutes. *Always cook pork thoroughly.* Makes 8 servings.



BANANA-MALLOW DESSERT

1 large banana, sliced
1 cup miniature marshmallows
1 package (3 oz.) JELL-O® Brand Strawberry Flavor Gelatin
1 cup boiling water
2 cups ice cubes

Place banana slices and marshmallows in a serving bowl; set aside. Dissolve gelatin in boiling water. Add ice cubes and stir until gelatin begins to thicken, about 3 minutes. Remove any unmelted ice. Pour over banana and marshmallows in bowl. Chill until set, about 30 minutes. Makes about 3 cups or 6 servings.



HOT MOCHA

¼ cup SANKA® Brand Decaffeinated Freeze-Dried Coffee or Instant Coffee
½ cup chocolate syrup
4½ cups milk, scalded
¾ cup thawed BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping

Measure coffee and syrup into a carafe or pitcher. Stir in scalded milk and stir until coffee is dissolved. Pour into cups or mugs. Top with whipped topping and garnish with grated chocolate, if desired. Makes about 5 cups or 6 servings.



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JELL-O, SHAKE 'N BAKE, SANKA, KOOL-AID.
They're your guarantee of quality.

GF
GENERAL FOODS

continued

What should your kids study?

journalism grads will have to seek employment in **public relations, advertising, film,** and **other communications** areas.

Do aptitude tests help?

Would your youngster rather fly an airplane, guide it in from the control tower, or perform the mechanical ground work? Does he or she have a knack for working speedily with columns of figures, visualizing objects in three dimensions, drawing general conclusions from available facts?

By exploring such questions, "aptitude and interest" tests may provide some kind of career direction. Unlike scholastic aptitude tests (such as SATS, LSATS, or PSATS) that measure educational achievement, general aptitude tests focus on what someone's good at and what he or she would like to do. Usually the testing is accompanied by counseling or some discussion of the test results.

Do the tests prove anything? Their popularity over the years indicates some reliability, though there are plenty examples of mistaken conclusions, too.

The point is, don't let your youngster get pigeonholed into a particular occupation on the strength of these test results. They're a guidance tool only—by no means a substitute for hard-nosed exploration into several career possibilities.

Both novices and mid-career people can be tested for aptitudes and interests. School guidance counselors or professional career counselors will have details. Also try college and university women's centers, as well as the regional offices of the Johnson O'Connor Research Foundation (headquartered at 121 Second Street, N.E., Washington, D.C. 20002).

What about apprenticeships?

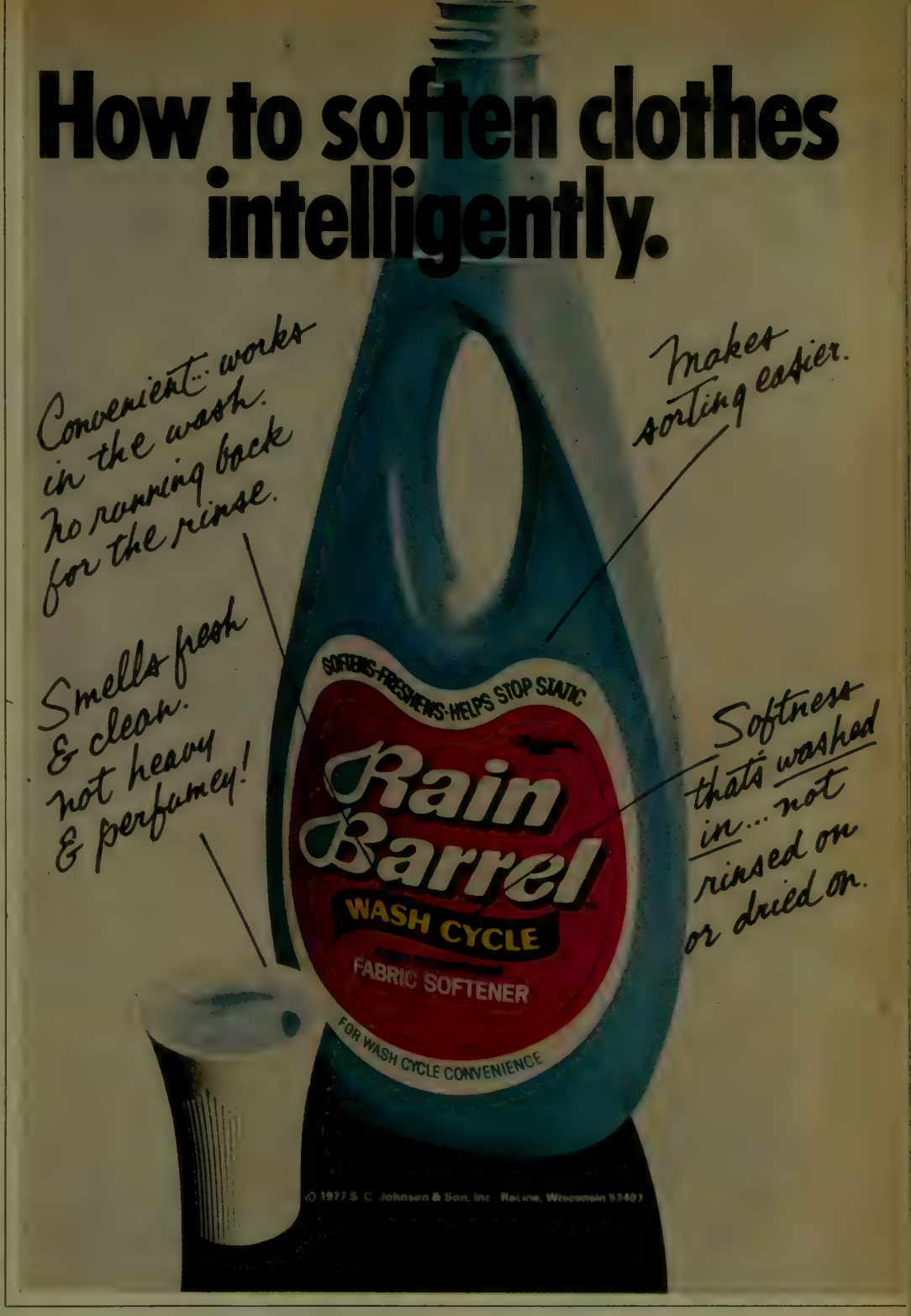
Breaking into the skilled trades can be difficult, but an apprenticeship may help. Apprentices get on-the-job training—a blessing in any field these days. Programs last from one to six years (depending on the field) before journeyman status is reached.

Recently more women and minorities have been accepted into apprenticeship programs—thanks largely to an increase in federal pressure on unions. In general, though, apprenticeships will be competitive because of the tight job market. Some jobs—such as those in the energy-saving field (like insulation installers)—will be more promising than others (construction workers, for instance).

Most apprenticeships are connected with labor unions or the U.S. Bureau of Apprenticeship and Training, which sets guidelines for pay and supervision. Apprentices start now at around $3 an hour; pay increases with experience.

To find out more, contact local unions, trade associations, and the regional office of the Bureau of Apprenticeship and Training. Also, the U.S. Department of Labor, Bureau of Labor Statistics (BLS) publishes a free leaflet, *Jobs for Which Apprenticeships are Available.* Write the U.S. Department of Labor, Bureau of Labor

continued



Amana. TOUCHMATIC II™ Radarange® MICROWAVE OVEN

IT'S EVERYTHING YOU COULD EVER WANT IN A MICROWAVE OVEN... AND MUCH, MUCH MORE.



Model RR-10

Amana, the household name for quality microwave ovens, brings you yet another first in microwave oven technology.

The Amana Touchmatic II Radarange Microwave Oven.

Amana Touchmatic II is so versatile . . . so advanced . . . so unbelievably automatic . . . yet as simple to use as 1-2-3.

It cooks by time. It cooks by temperature —at the power level you select. It cooks by time and temperature in any combination— at any power level you select.

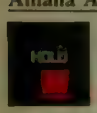
It's the next generation of microwave ovens.



The Amana Automatic Temperature Control "System"

Amana Touchmatic II Radarange features the Amana Automatic Temperature Control System—a complete system of cooking by temperature that is so precise, a medium rare setting will give you a medium rare roast . . . every time. And that's just the beginning.

Amana Automatic Temp Hold



Amana Touchmatic II includes Automatic Temp Hold, an important part of the "System" that performs two amazing functions. One, it will maintain an internal meat temperature and hold it for extended periods. It's perfect for holding all kinds of foods, casseroles and soups at serving temperature, too.

Two, holding at exact temperature actually improves meats. Provides more even cooking and browning. Makes meats more moist and tender.

Amana Touchmatic II . . .The Smartest, Most Automatic Microwave Oven



Amana Touchmatic II can be programmed to "remember," so you can cook foods using the best techniques for perfect results.

Amana Touchmatic II is so automatic you can program it when you leave home to start later on and have dinner ready when you return.

Cookmatic™ Power Levels put you in full control of everything you cook . . . let you cook the way you're used to. It offers you a wide range of Cookmatic Levels or cooking speeds. You can even change speeds as you cook. Or, you can set cooking programs to change cooking speeds automatically.



The Most Advanced Timer and Clock



Amana Touchmatic II displays a digital temperature readout when cooking . . . when it finishes, a buzzer sounds and the time of day is displayed.

PROVEN SAFETY After passing a series of torture tests, Amana became the only manufacturer of microwave ovens to be granted a U.S. Government exemption from the regulation requiring the display of a safety warning label. This applies to Amana models RR-10, RR-9, RR-8, RR-7 and RR-7D.

See a demonstration at your Amana Retailer or write Ann MacGregor, for further information, at Amana Refrigeration, Inc., Dept. 701, Amana, Iowa 52204.

If it doesn't say Amana®-it's not a Radarange® MICROWAVE OVEN

BACKED BY A CENTURY-OLD TRADITION OF FINE CRAFTSMANSHIP.

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continued

What should your kids study?

Statistics, Washington, D.C. 20212.

For more information

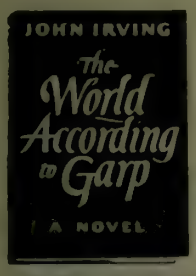
- The national Center for Public Service Internship Programs publishes three informative directories that might spark a few ideas. To find out how to order these directories, write the Center at 1735 I Street, N.W., Washington, D.C. 20006. Or check with your local library.
- The B'nai B'rith Career and Counseling Services are located around the country. To locate the center closest to you, contact the B'nai B'rith headquarters at 1640 Rhode Island Avenue, N.W., Washington, D.C. 20036.
- An excellent guide to analyzing aptitudes and interests is provided in *What Color Is Your Parachute?* by Richard N. Bolles. It's highly recommended by career counselors and is a good introduction to what a wise career decision involves.
- Check with local voluntary action centers or state volunteer agency. Experience as a volunteer in a challenging and interesting field might be another way of exploring the work world.
- *Need A Lift?* is very good source of career and scholarship information. The pamphlet is available for 50 cents from The American Legion, National Emblem Sales, P.O. Box 1055, Indianapolis, Indiana 46206.
- The U.S. Department of Labor can help with its leaflets on careers and their requirements. Some examples: *Health Careers Without a College Degree, English and Your Career,* and *Jobs for Which Junior College, Technical Institute, or Other Specialized Training is Usually Required.* Write the Occupational Outlook Service, U.S. Department of Labor, Bureau of Labor Statistics, Washington, D.C. 20212.

Matching Personal and Job Characteristics lists 282 specific occupations and the personal characteristics that link up with each job. Send 90 cents to the Consumer Information Center, Department 096F, Pueblo, Colorado 81009. ■

(Produced in cooperation with Jacqueline Zanca.)

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AT THE OFFICE, around the dinner table, wherever people are discussing new bestsellers, a novel they couldn't put down, a distinguished historical biography, or a political exposé, Book-of-the-Month Club members always have plenty to say. There's nothing like knowing your subject to help you say it well. There's no substitute for first-hand information—just as there's no substitute for America's best book club, Book-of-the-Month Club.



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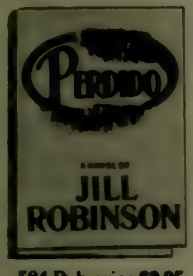


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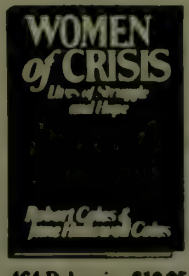
696 How To Clean Everything: An Encyclopedia of What to Use and How to Use It. Alma Chesnut Moore. Third Edition Revised and Updated (Pub price **$8.95**)

578 Violet Clay Gail Godwin (Pub price **$10**)

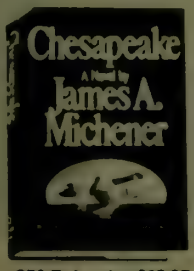
553 A Child Is Born Lennart Nilsson. Text by Mirjam Furuhjelm, M.D., Axel Ingelman-Sundberg, M.D. and Claes Wirsén, M.D. Revised Edition. Photographs (Pub price **$11.95**)



584 Pub price **$9.95**



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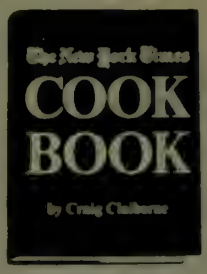
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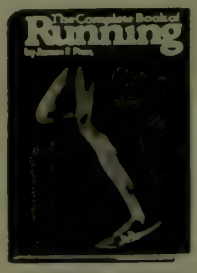
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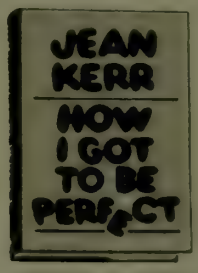
102 Pub price **$10.95**



244 Pub price **$15**



582 Pub price **$10**



469 Pub price **$8.95**

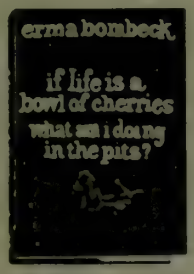
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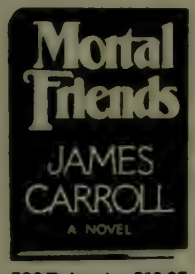
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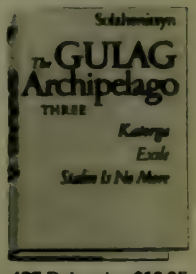
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DOME HOMES

ENERGY-EFFICIENT & COST-CONSCIOUS

By David Haupert



Have you stepped inside a dome home recently? If not, you've missed a real surprise. Twenty years ago, domes were considered far-out, but today's domes are way *in*. They not only look and feel great, but they also outperform conventional housing on several fronts. *Building costs* can be five to 15 percent less for a dome than for conventional housing, depending on the kit you buy, your contractor, and location. *Heating/cooling bills* for a dome can be 30 to 50 percent lower than for the standard rectangular house. Even the *structural strength* of domes far exceeds that of standard houses—a big advantage in earthquake/ hurricane/ tornado areas. Add to these pluses the *flexibility* of dome interiors (put walls anywhere you want) and the *do-it-yourself opportunities* (do as much of the work as you want), and you can see why domes are enjoying new popularity.

Walk with us through two dome homes and find out why today's domes are among the best bets in housing.



Photographs: Ernest Braun. Dome designer and manufacturer: Cathedralite Domes.

The shell for this 35 foot-diameter model arrived at the site in the form of a few lower level wall sections, some canopy openings, and 60 plywood-over-2x4 triangles. In two days, the lower level was in place. Eight hours later, the entire exterior was assembled and ready for shingling. That kind of speed can do wonders for the morale of an anxious homeowner.

PACKAGE DEAL

Most domes are sold in kit form, usually exclusive of interior materials for the main level and loft, if any. The model pictured here is produced by Cathedralite Domes of Aptos, California, the largest of several residential dome manufacturers across the country. In addition to providing the shell, the kit also includes prefabricated stud walls for the lower level, materials for the second-floor joists and subfloor, and ready-to-assemble stairways. This package is especially geared to do-it-yourselfers. The company reports that 75 percent of its customers do some building and finishing chores themselves, and 25 percent do almost all of the work.

CONVENTIONAL LOWER LEVEL

As you can see from the exterior photo, the lower level is fairly conventional. It's designed to help families make a comfortable transition from a flat-ceilinged, vertical-walled house to a dome.

NOT JUST A VACATION HOME

In their early days, most domes like this one were considered vacation and retirement homes. That's certainly not the case today. The manufacturers of this model sell 95 percent of their line as primary homes.

continued

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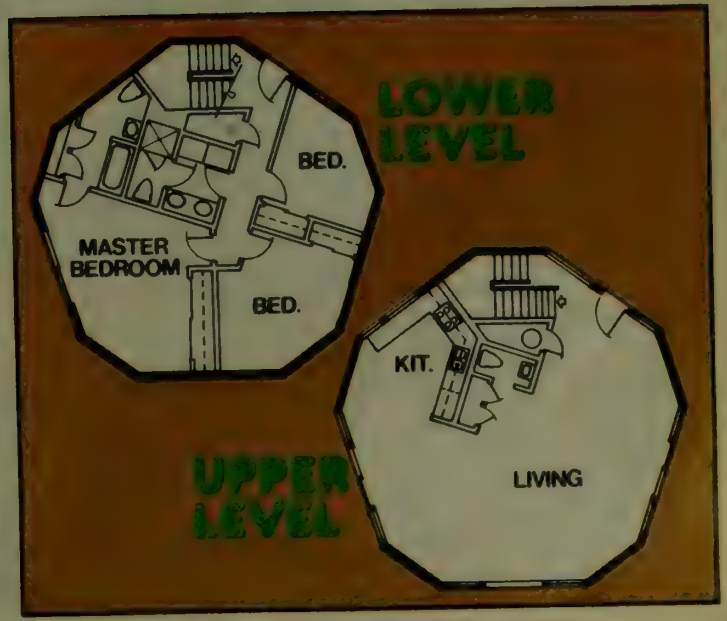
Interior Design: Bern Strain, California Furniture Co.; Source: Helen Heilkamp

▲ Because a dome's shell is self-supporting and no internal bracing is needed, you can subdivide the space any way you want. Here, the only ceiling-height walls are at the edge of the kitchen.

◀ In the living/dining area, a basic rule of dome building applies: the fewer partitions, the better. That's because air naturally travels in a circular pattern, and the biggest enemies of continual airflow are floor-to-ceiling walls, air-stifling corners, and low, flat ceilings. The most efficient domes keep all three air blocks to a minimum.

Though you'll have a hard time finding a vertical spot to hang a painting, decorating this or any other dome is not as tough as you might imagine. And, as you can see from the photos, there's no truth to the rumor that you must have round furniture to live in a dome.

▶ A surprising 1,740 square feet are packed into two levels—partitioned sleeping quarters below and an open living area above.



DOME HOMES



This is no *standard* dome. But then you seldom see a simple hemisphere anymore. The exterior can be customized in dozens of ways, with the addition of canopies, extensions, dormers, and the like. And *inside*, the opportunities to do your own thing are virtually limitless, as you can see in this super 39-foot-diameter home built by Larry and Margaret Guy of Saratoga, California. "The first year," Margaret says, "people rang the doorbell every day, asking if they could see inside."



Photographs: Ernest Braun. Dome designer and manufacturer: Cathedralite Domes



Years ago, getting code approval from local officials was often a real dogfight. "Saratoga is a very conservative community, and we anticipated problems," said Larry. "But the manufacturer of our dome (Cathedralite) already had approval from VA, FHA, and the International Conference of Building Officials, so no big problems materialized.

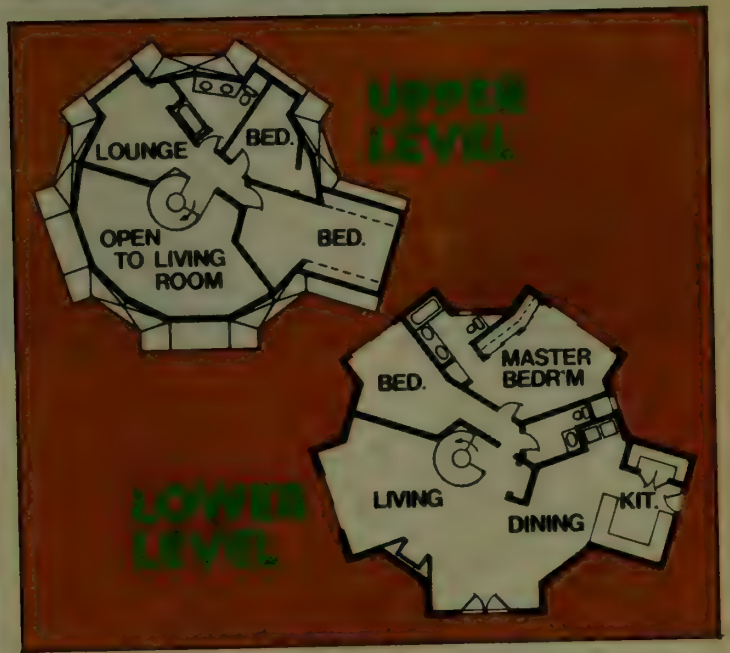
"We didn't have trouble getting financing either, though some lenders hesitate till they can see how the resale value holds."

◀ **The minute you step through the door you're surrounded by fascinating forms and deceptively large spaces. Overlooking the roomy entry/dining area is a balcony off the guest bedroom. Below and through the opening is the kitchen—enlarged by a ten-foot extension that also supports the bedroom dormer above.**

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Design modifications: Larry Guy. Source: Helen Heitkamp



◀ **By far the most dramatic space in the dome is this panoramic living/balcony area, topped off by a gigantic skylight. The 28-foot peak is extra high because the Guys added a riser wall to raise the dome eight feet and create more headroom for the loft.**

The contractor who built most of the dome did the drywall work—a job that's tougher for a dome than for other houses. The Guys advise leaving that chore—and roofing—to experts.

The insert shows the loft's lounging area, made possible by a dormer.

▼ **"You'll notice that we don't have any wall cabinets," Margaret pointed out, "because I didn't want a dark, crowded kitchen." With that extra wall space, they were able to install windows to get a skylight effect in the slope leading up to the dormer.**

▲ **Even with the extensions, the exterior of this 2,200-square-foot dome has less surface area—and thus less heat loss—than a conventional house of the same square footage. That's one more reason why the Guys' heat bills are lower than their neighbors'.**



Photographs: Ross Chappel. Design: The Works, Inc. Source: Eileen Daymier Leubecker

KITCHEN REMODELING: HOW A PRO CAN HELP

BY JOAN McCLOSKEY

Whether your kitchen updating requires a "to the studs" demolition as this one did or only minor alterations, a professional can help you get just what you want. The key, of course, is to select the right person.

Because any revamping demands careful planning and follow-through, it's essential to work with an experienced professional. You may decide to hire an architect, a kitchen planner, or a general contractor. But before you do, make sure you understand what services each one will perform.

An architect may be best qualified to assist you in redesigning and adding onto your kitchen. However, a kitchen planner can, in addition, advise you on which appliances to buy and where to locate them. A general contractor can handle all of the construction.

The sidebars on the next three pages will tell you how to choose and work with the right pro for your needs. And since purchasing appliances may also be a major part of your remodeling, we've included some buymanship advice, which begins on page 142.

On the following spreads, we'll take you behind the scenes and show you how a kitchen designer helped Diane Lewis shape up her drab old kitchen.

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This large modern kitchen features a small, convenient working core for the homeowner, as well as plenty of kibitzing room and seating for family and guests.

HOW TO WORK WITH AN ARCHITECT

Although it's possible to remodel your kitchen without professional design assistance, an architect or designer can help you avoid costly mistakes, and he or she can help you get the convenience, special features, and style you want.

Choose the right one

Ask friends or acquaintances who have worked with architects or designers for recommendations. You can also get names (but not recommendations) from the local chapter of the American Institute of Architects (AIA) or the American Institute of Building Designers (AIBD). Architects are licensed by the state, and those who use AIA after their names have passed exams set up by the association and agreed to abide by the AIA code of ethics. Building designers have some architectural training, but in most states they aren't required to be licensed. You may also get recommendations from remodeling contractors and lenders who have worked with designers.

Discuss the services and the fee

When you've chosen a professional, explain what you want and what you can afford to pay. Find out what work he or she will do for what price. The fee depends on the cost of the job and on the amount of designing, supervising, and other work involved. These charges can be figured as a percentage of the total remodeling costs, on an hourly or daily rate, or as a multiple of the architect's direct expenses. Or the architect may work for

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Although Diane had an idea of what she wanted, she didn't know how to go about such an extensive remodeling. A friend referred her to designer Dean Olson. Dean visited Diane's home to survey the "before" situation (a dreary 1929 kitchen) and discuss her needs for a redo. Dean says he's learned from several years in the remodeling business that most clients don't really know exactly what they want. One of his most important jobs is to help them clarify "the fuzzy areas."

At this point Dean also explains to the prospective client how he approaches a design project. Diane familiarized herself with Dean's philosophy of design by going to see several remodelings he had done. Impressed by what she saw, Diane scheduled another appointment with Dean to discuss timetables, finances, and other details.

After they had reached an agreement, Dean prepared three possible floor plans in rough form. Diane says she was thankful for Dean's advice—such as pointing out that she could remove an exterior load-bearing wall to enlarge the kitchen by several feet. In the end, Diane chose Dean's first plan, then signed a contract for the remodeling. Dean next prepared a more detailed, larger scale drawing. Then he and Diane began visiting showrooms and choosing suitable appliances.

The result of all this research, planning, and discussion is a warm and rustic, yet crisply contemporary, kitchen that is the hub of the Lewis household. The new kitchen is a handsomely designed, smoothly functioning space which combines the best architectural concepts with high-quality craftsmanship.

Everywhere you look in the Lewis kitchen, meticulous attention to detail is evident. The exhaust hood over the range, *above*, incorporates a steel pot rack around the edge and built-in spice boxes above the seven-burner cooktop—something that Diane wanted for preparing gourmet meals. A four-inch band of brick red plastic laminate highlights the appliances—note this accent strip below the cook-



top and sink. The butcher-block counter is faced for a sturdy look.

When the load-bearing wall was removed, *above,* the kitchen was expanded by several feet onto a brick patio. The sloping kitchen ceiling continues the roof line of the house and includes two skylights.

Diane wanted extra counter space for buffet entertaining and participation dinners. To fill the bill, there's a long, narrow butcher block counter to the right of the working core.

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HOW TO WORK WITH A KITCHEN PLANNER

Kitchen planners are specialists in the design and organization of this most expensive room in your home. Many of them have backgrounds in home economics and drafting and then specialize in kitchen planning. Kitchen planners receive technical training on how to plan and develop floor plans, budget a remodeling, select appliances and cabinets, and locate them to meet the homeowners' needs.

Often the architect or designer will ask a kitchen planner for assistance in developing the floor plan and locating the appliances.

The kitchen planner starts with your ideas and does rough floor sketches, prepares preliminary sketches, develops these into specific plans, and designates the materials and components you will need. At this point the planner may turn the working drawings over to you or your building contractor. However, most planners are qualified to supervise expansions and remodelings. In fact, some kitchen planners are general contractors and thus can handle all the construction work, as well as the wiring, plumbing, and installation of appliances.

Choose the right one

Start your search by asking friends for recommendations. Next, visit some showrooms and look for the initials AIKD, which indicate membership in the American Institute of Kitchen Dealers. Membership requirements are evidence of financial stability, experience (at least two years in

continued on page 140



Each of the shelves, counters, and cabinets inside the small working core of Diane's kitchen serves a special function. One cabinet, *above*, displays her handsome glass collection (the glasses don't have a chance to get dusty because they're used so often). Counter space around the cabinet is ideal for slicing lemons or oranges for garnishes. Diane can serve food from the pass-through next to the glass rack without walking around from the sink to the long buffet counter.

On the opposite side of the glass cabinet there's a built-in oven near the buffet and dining room. Hot dishes can be taken directly from the oven to the serving area.

The crisp white plastic laminate cabinets are played against quiet adobe-colored cabinet surrounds, accented with brick red panels. The earthy theme is emphasized by the fieldstone flooring and by the fieldstone walls that peek through open shelving.

Tucked into the far corner of the kitchen, *above right*, is a tiny butcher block desk with a comfortable stool. The desk was designed for Diane to use when she pays bills and plans party menus. Three shelves of cook books are within arm's reach.

The telephone is wall hung to save desk space. There's an electrical outlet so Diane can plug in a calculator at bill-paying time. A dimmer switch controls the level of light for working or dining. The open shelves to the right were carefully planned to accommodate Diane's tall stockpots and bulky canisters.

The Lewis kitchen is a combination of open and closed cabinets. The open cabinets to the right are all painted an adobe color to showcase Diane's pottery casseroles and dinnerware. The fieldstone walls require no maintenance and will always be in style.

Each cabinet is designed to hold a particular kind of pot, pan, or set of dishes. Some shelves are low; others are high to make room for a tall food processor. An appliance strip was installed across the backsplash so Diane can easily plug in any gadgets she needs.

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HOW TO WORK WITH A CONTRACTOR

A general contractor enters into a contract to schedule, supervise, and construct your entire project. However, before you sign the contract for your kitchen remodeling, you should know exactly what you're buying. The contractor is responsible for much more than just following a set of working drawings, so you'll want to select one carefully.

Choose the right one

If you have an architect or kitchen planner, he or she will probably recommend several competent contractors. If you don't have an architect, ask homeowners or friends who have worked with contractors for recommendations and check with your local builders association. After you've received some names, check to see if the contractor is a member of the Better Business Bureau (BBB). The BBB will tell you if it has complaints on file against the contractor. Also, find out what kind of warranties the contractor offers on his work and whether he stands behind his warranty.

Plan to get bids from at least three contractors. Your architect can help you get the bids and advise you on which one to accept. Give each contractor identical plans and specifications. Be sure each contractor knows you're getting bids from others, and give them each a date when the bids are due. Review all estimates with your architect if you have one. If not, review the estimates with your lender. Be guided by their reasoning. They deal with contractors on a regular basis and know

continued on page 141

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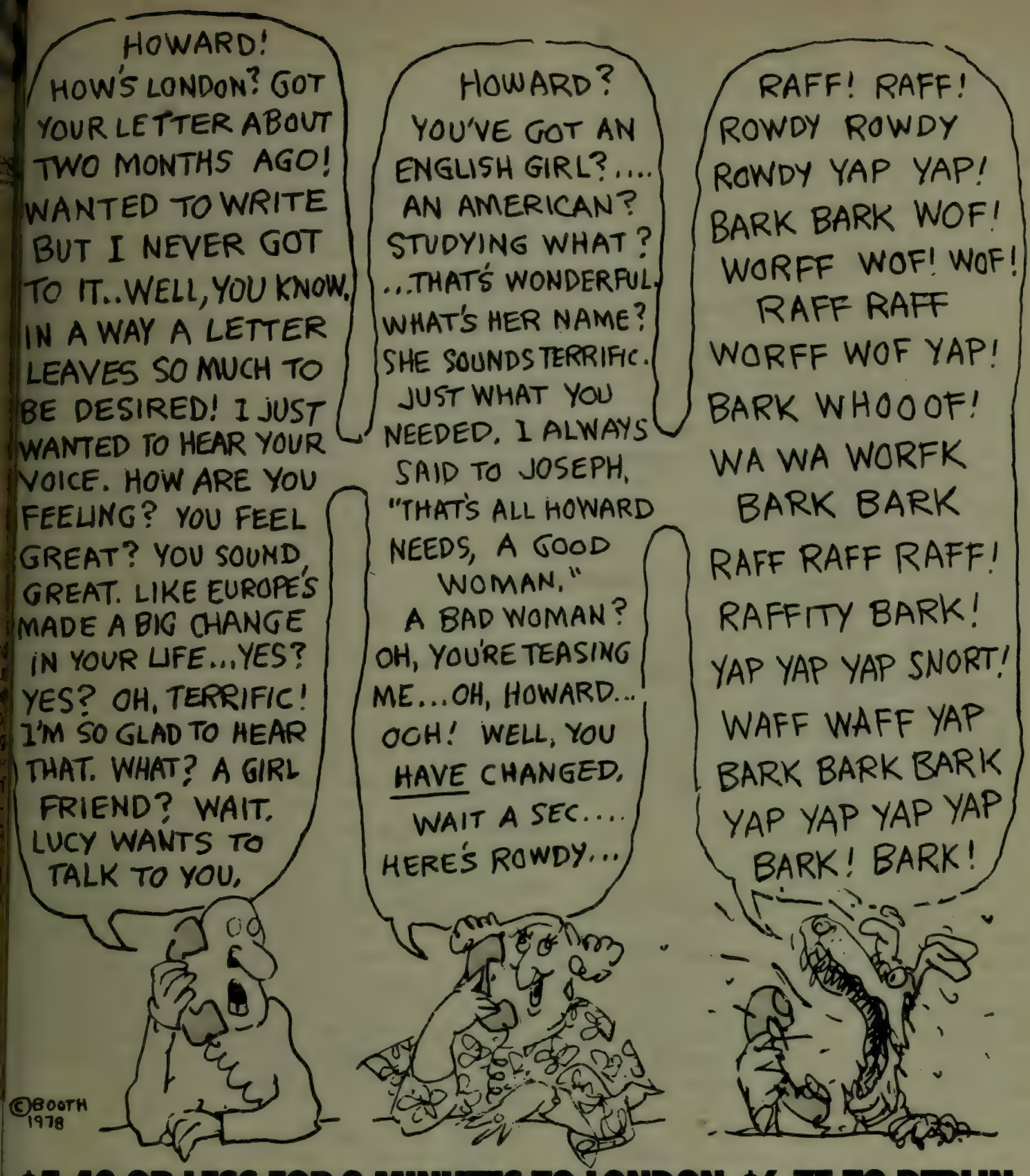
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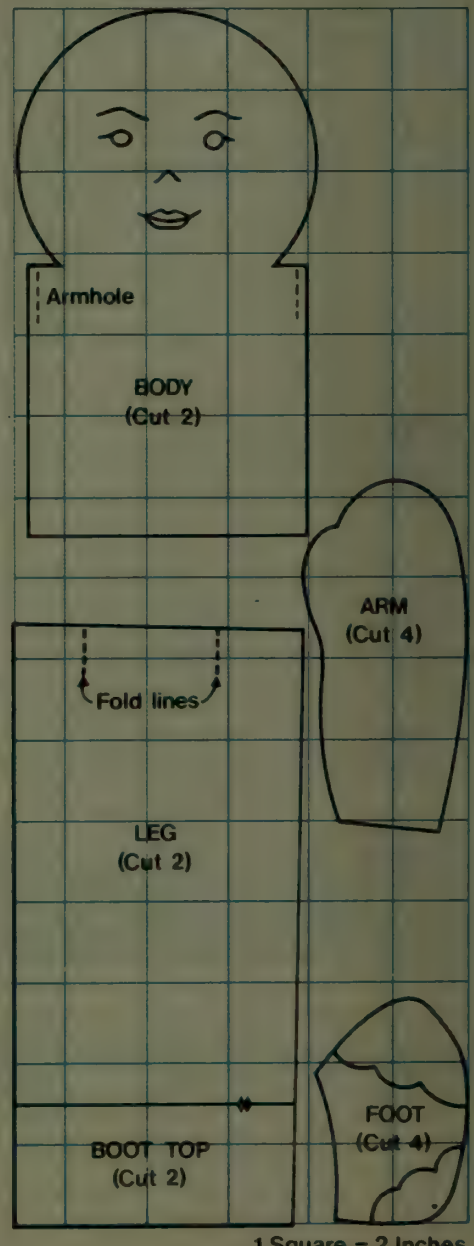
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Homebody dolls

Materials (enough for both dolls): 1¼ yds. of 45-inch-wide muslin; ½ yd. each of green polka dot, green print, and brown corduroy fabrics; ½ yd. each of green gingham, rust, and brown fabrics; thread to match; embroidery floss in blue, rust, coral, and pale yellow; four ⅜-inch gold buttons for boy's pants; one ½-inch green button for girl's pinafore; ten ⅜-inch black buttons for boy's boots and ten ⅜-inch pearl buttons for girl's boots.

Also: 2 yds. of ivory rickrack; 1¼ yds. of 1-inch-wide ivory eyelet; 1 yd. of ½-inch braid for suspenders; 1 yd. of ⅜-inch grosgrain ribbon for hair; 1½ yds. of ¼-inch elastic; snaps; bias tape; 1 lb. of polyester fiberfill for

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There's a spiral staircase, a "flagstone" patio, a studio loft with big picture window, and sliding french doors on the bedroom balcony. And there's a choice of wallpaper and a decorating booklet so a child can decorate to taste.



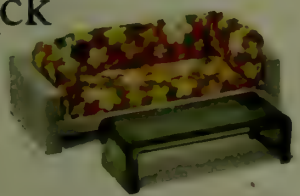
Upholstered chair, brick fireplace.

When you're ready to furnish, there are 8 decorator sets of furniture and appliances you can buy. (The couple you see here comes with the house. Their baby arrives with the nursery furniture.) And, now that we've given you a tour, we wish you good luck in your new home.



Pedestal table, four chairs.

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continued from page 58

Homebody dolls

stuffing; 1 skein of #325 Rust and #320 Burnt Orange Aunt Lydia's Rug Yarn for the doll's hair.
(Finished size = 24 inches.)

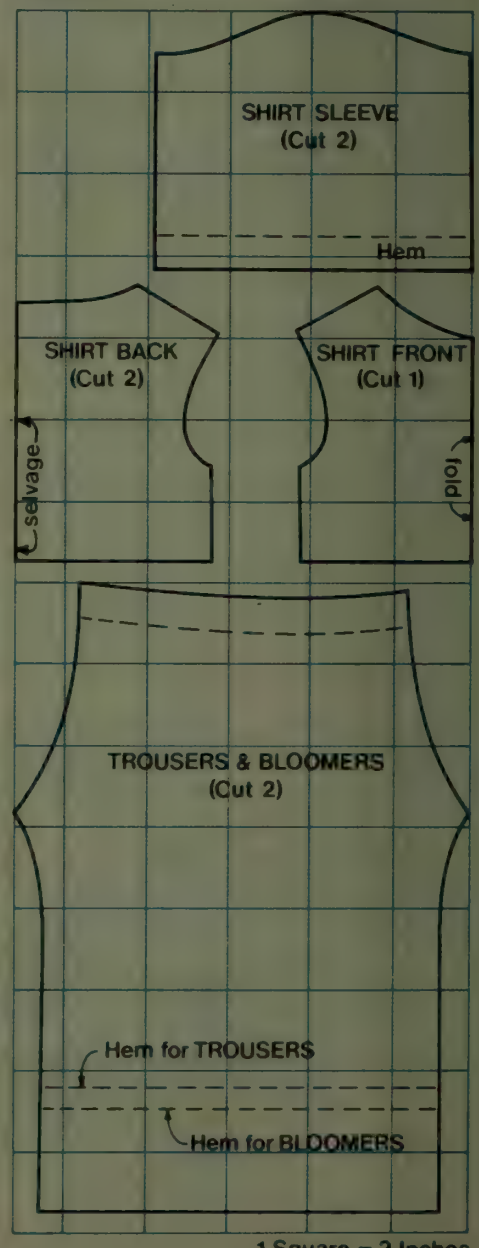
Instructions:

1. Enlarge doll patterns below to size (pattern for boy and girl doll body is the same). All pattern pieces given already include ¼-inch seam allowances. Transfer patterns to paper or tissue and cut doll bodies from muslin fabric.

2. Using blue floss for eyes, rust for eyebrows and eyelids, yellow for nose, and coral for mouth, embroider doll faces with satin and outline stitches (refer to color photo, page 3).

3. With right sides together, stitch

continued



1 Square = 2 Inches

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Making us more cautious. Less spontaneous. We at Commercial Union are very concerned about the impact crime is having on the quality of life in America.

Concerned also that crimes such as theft and vandalism to property increase insurance losses . . . as do other types of stealing. Padded auto collision claims, for example. And when losses increase, insurance rates go up. *Last year alone fraudulent claims may have increased the average insurance premium 15% or more.*

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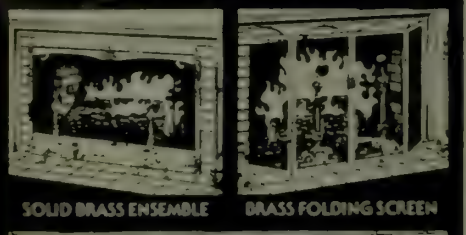
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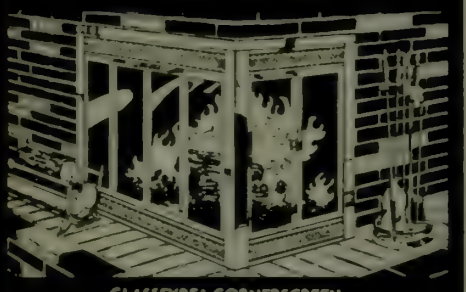
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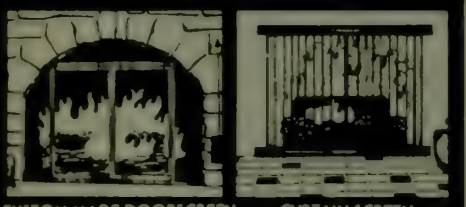
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continued

Homebody dolls

front and back of each doll together (¼-inch seam allowances), leaving openings for arms and also at the base of the body for stuffing. Turn doll bodies right side out and press. Stitch, turn, and press arms.

4. For boots, zigzag machine stitch or hand appliqué brown heel and toe designs onto rust boots following "foot" pattern. Sew boot top to appliquéd foot. Stitch boot to leg. With right sides facing, stitch around each leg/boot piece, leaving top open for stuffing. Turn, press, and stuff with fiberfill. Stitch buttons up outside of each boot (pearl buttons for girl, black buttons for boy).

5. Stuff doll arms and stitch to body. Stuff head and body. Stitch legs to front of body, turn under back seam, and slip-stitch closed.

6. *Hair for girl:* Open up the skein of rust rug yarn. Spread yarn out on table and smooth out strands until they form a 7½-inch-wide strip. To form yarn wig, place a piece of tape down the center of the yarn strands and stitch through both the yarn and tape; repeat for extra strength. Remove tape and slip-stitch wig to doll's head. Arrange hair in ponytails, gather, and tie with ribbons. Trim yarn ends and tack hair to head with matching thread where necessary.

7. *Hair for boy:* Thread a single strand of burnt orange rug yarn double in a large tapestry needle. Beginning at base of hairline, stitch hair to back of boy doll's head by making 2-inch-long rya knots in evenly spaced rows every ½ inch up to top of head. On front of doll, stitch from "earline" around the front, following the seam line. Yarn hair should be trimmed to about 1½ inches long all around.

8. *Clothing for girl:* Cut bloomers from muslin, stitch seams, and add double rows of eyelet trim. Turn under top edge to make casing for elastic waistband. Insert elastic and trim to fit; slip-stitch casing closed.

For green polka dot dress, stitch

continued



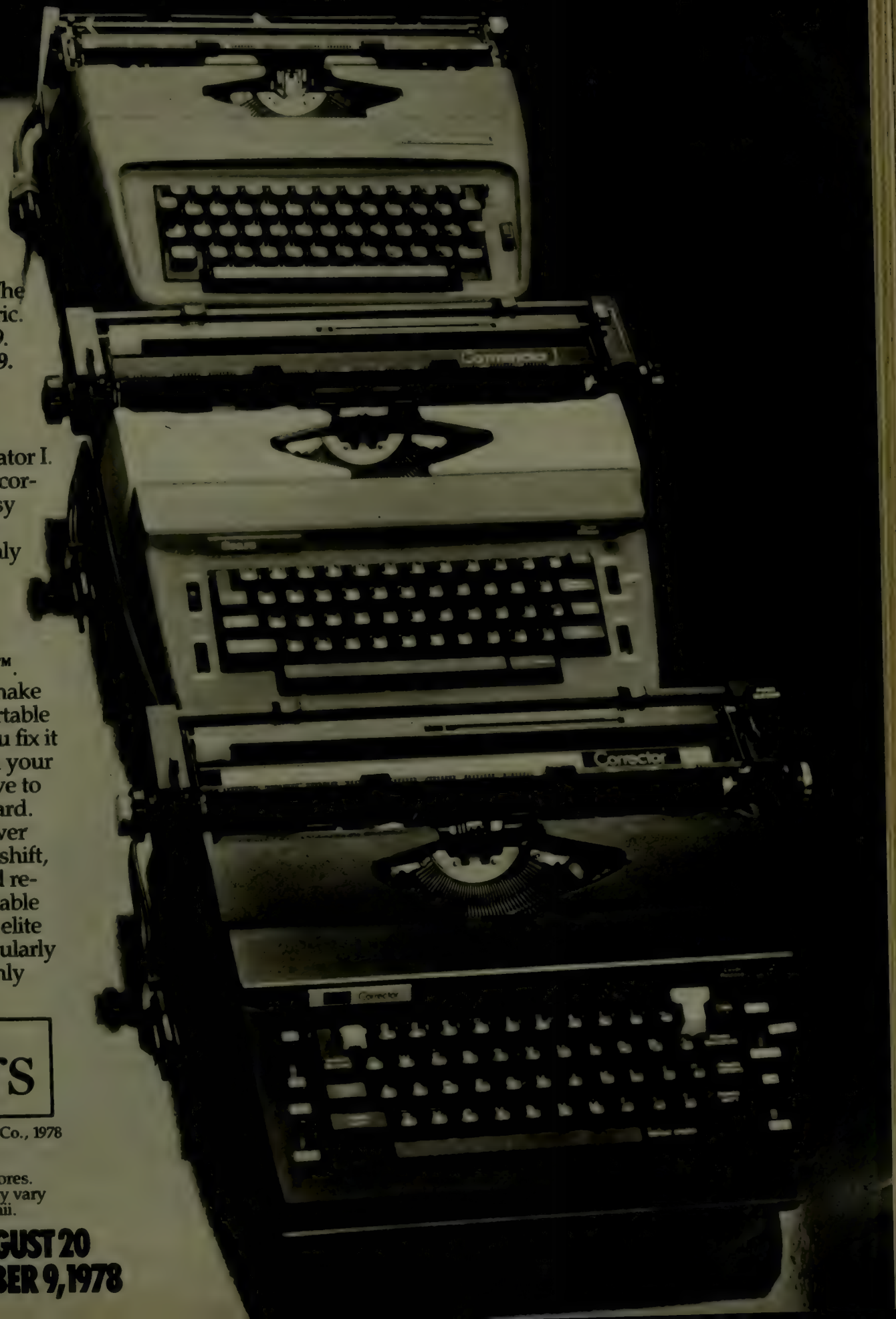
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continued

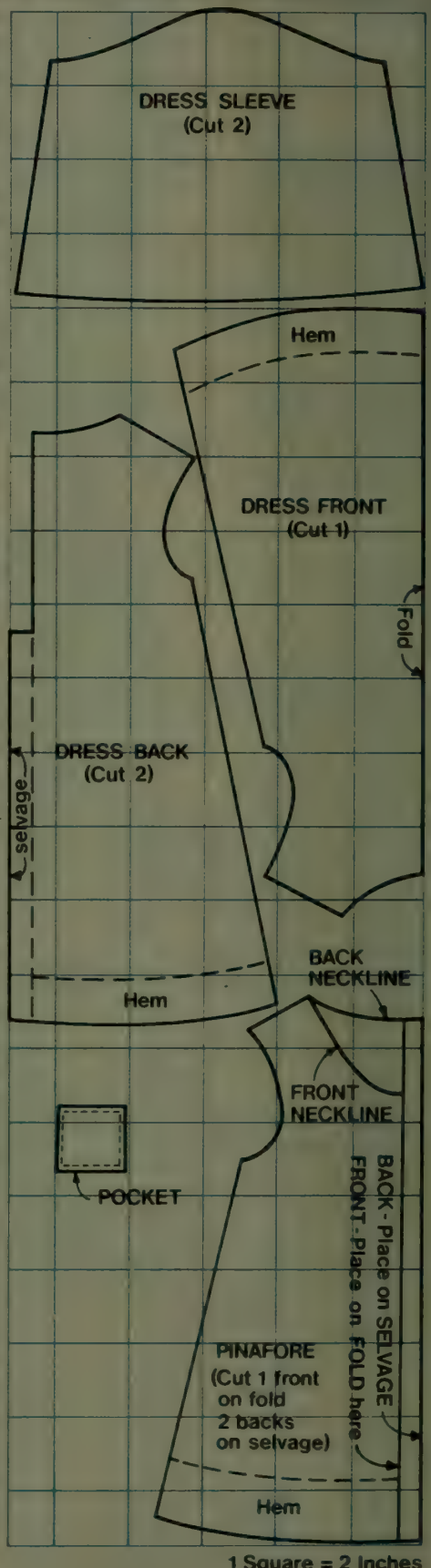
Homebody dolls

back seam up to opening along selvage line. Stitch front to back at shoulders. Gather sleeve top and stitch to dress. Turn under edges of sleeves and finish; stitch band of elastic ½ inch from bottom of sleeve and fit to doll arm. Stitch up side and sleeve seams; hem dress and finish neck edge with bias tape. Add snaps for back closing.

For green print pinafore: Sew side and shoulder seams. Turn up hem. Finish bottom edge, back edges, neckline, and armholes with white rickrack. Place button and buttonhole at neck top in back. Appliqué pocket to front of pinafore and add a hanky cut from dress scrap with pinking shears.

9. *Clothing for boy:* Cut trousers from brown corduroy fabric and stitch same as for girl doll's bloomers, omitting eyelet. Turn up 3-inch hem, then turn back again to form cuffs. Cut two pieces of braid for suspenders. Cross suspenders in back; tack in place. Sew two yellow buttons below point where each suspender is tacked to front of trousers.

For boy doll's shirt, stitch shoulder seams, insert sleeves, then stitch side and sleeve seams. Turn under sleeve edge and stitch. Neck edge is finished with bias tape. With pinking shears, cut scarf from a fabric scrap.



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BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

DOME HOMES:
Page 46 (bottom): Sofa and hassock—McClure Furniture Ind., Inc., P.O. Box 414, Milton, Pa. 17847. Ceramic lamps—Sunset-Cosco, Inc., 6000 E. Slauson Ave., City of Commerce, Calif. 90040. Brass lamp—Greene Bros., Inc., 1069 Third Ave., N.Y., N.Y. 10021. Print chairs—Flair of Calif., 20100 S. Alameda, Compton, Calif. 90224.
Page 48 (bottom): Cocktail table—Directional Contract Furniture Corp., 979 Third Ave., N.Y., N.Y. 10022. Sofa—Selig Mfg., Inc., 54 Green St., Leominster, Mass. 01453.
Page 49 (top): Floor tile—Tile Craft Ltd., 438 Francisco Blvd., San Rafael, Calif. 94901. Table—Selig Mfg., Inc. (address above). Chairs—Knoll International, 240 Greenwich Ave., Greenwich, Conn. 06830. China cabinet—Lane Furniture Co., Alta Vista, Va. 24517.

KITCHEN REMODELING: HOW A PRO CAN HELP
Page 52 (top): Flooring "Castillia Blue"—Structural Stoneware, Inc., P.O. Box 119 Bridge St., Minerva, Ohio 44657. Cooktop—Thermador Division, Norris Thermador Corp., 5119 District Blvd., Los Angeles, Calif. 90022.
Page 53 (top): French doors—Morgan Millwork Co., 500 Wilson Point Rd., Baltimore, Md. 21220. Director's chairs—The Telescope Folding Furniture Co. Inc., Church St., Granville, N.Y. 12832.
LIVE-IN ROOMS
Pages 106-107 (top): Sofa, chair, and ottoman fabric—Quadrille Wallpapers & Fabrics, 979 Third Ave., N.Y., N.Y. 10022. Area rug—Design Research Inc., 48 Brattle St., Cambridge, Mass. 02138. Chair cushion fabric—Brunschwig & Fils Inc., 979 Third Ave., N.Y., N.Y. 10022.
Page 106 (bottom): Bench cushion fabric—Brunschwig & Fils Inc. (address above). Wallpaper—& Vice Versa, 979 Third Ave., N.Y., N.Y. 10022. Flooring—Armstrong Cork Co., W. Liberty St., Lancaster, Pa. 17604.
Pages 108-109 (top): Fabric on wing chair—Brunschwig & Fils Inc. (address above). Fabric on sofa—Greeff Fabrics Inc., 150 Midland Ave., Port Chester, N.Y. 10578.
Page 109 (bottom): Built-in barbecue—Char-Glo, Waste-King Division of Norris Industries, 6135 District Blvd., Los Angeles, Calif. 90048. Bar chairs—Globe Furniture Mfg. Co., Division of Burlington Industries, P.O. Box 391, High Point, N.C. 27261.
Page 110-111 (bottom): Modular love seat "Kebe"—Design Research Inc. (address above). Window shade fabric—Marimekko, Inc., 555 Madison Ave., N.Y., N.Y. 10022.
BATHROOMS
Page 116 (top): Fixtures—Kohler Co., Kohler, Wis. 53044. Wall covering "Fireside Plank"—E. L. Bruce Co., Inc., Box 16902, Memphis, Tenn. 38116. Carpet—Armstrong Cork Co., Lancaster, Pa. 17604. Ceramic tile "Espresso"—American Olean Tile Co., Lansdale, Pa. 19446. (Bottom): Light fixture—Halo Lighting, 9301 W. Bryn Mawr Ave., Rosemont, Ill. 60018. Towels—Fieldcrest Mills, Inc., 60 W. 40th St., N.Y., N.Y. 10018.
Page 117: Fixtures—Kohler Co. (address above). Ceramic tile "Cobalt"—American Olean Tile Co. (address above). Plexiglas "Black Smoke"—Rohm & Haas Co., Independence Mall West, Philadelphia, Pa. 19105.
SETTING THE SCENE FOR ETHNIC PARTIES
Page 118 (left): Casserole, platter "Tema"—Bing & Grondahl, 111 N. Lawn Ave., Elmsford, N.Y. 10523. Stainless "Hammersmith"—Towle Silversmiths, 280 Merrimac St., Newburyport, Mass. 01950. Pitcher, pompon belt, footed bowl—Courtesy Pan American Phoenix, 927 Madison Ave., N.Y., N.Y. 10021. Shawl, candle holders, embroidered collar—Courtesy Mexican Folk Art Annex, 23 W. 56th St., N.Y., N.Y. 10019.
Page 119 (right): Stoneware "Tema"—Bing & Grondahl (address above). Crystal stemware "Crystalline Amber"—Gorham Co., 333 Adelaide, Providence, R.I. 02907. Stainless flatware "Hammersmith"—Towle Silversmiths (address above). Lantern—Primitive Artisan Inc., Farmington, Conn. 06032. Gourds; baskets used as place mats and beneath soup—Folklorica Imports, Inc., 24 E. 21st St., N.Y., N.Y. 10010. Napkins—Leacock & Co., Inc., 1040 Avenue of the Americas, N.Y., N.Y. 10019. Belts used around table edge, leather chairs—Courtesy Mexican Folk Art Annex (address above).
Page 120: Geometric-patterned china "Fretwork, Chinese Red"—Josiah Wedgwood & Sons, Inc. of America, Coleport, 41 Madison Ave., N.Y., N.Y. 10010. Octagonal plates "Fleur et Nuages," serving bowl "Dragon Crest"—Fitz and Floyd, 1371 Roundtable, Dallas, Tex. 75247. Goblets "Diamond"—J. G. Durand, Wade Blvd., Millville, N.J. 08322. Stainless flatware "Bijou"—Oxford Hall Silversmiths, Ltd., 225 Fifth Ave., Suite 912, N.Y., N.Y. 10010. Footed centerpiece tray, antique candle holder—Far Eastern Arts, Inc., 225 Fifth Ave., N.Y., N.Y. 10010. Japanese paper wallet—Nippon Koda, 220 Fifth Ave., N.Y., N.Y. 10010. Three-tier lacquer box—Toyo Trading, 13000 Spring St., Los Angeles, Calif. 90061. Black rice bowls—Fitz and Floyd (address above). Embroidered butterfly mats—L'art de Chine, 1906 Jackson St., Oakland, Calif. 94612. Wall-size fan—Hong Horizons, 135 N. Victory Blvd., Burbank, Calif. 91502.
Page 121 (top left): Rust lacquer tray—Taylor and Ng, P.O. Box 200, Brisbane, Calif. 94005. Umbrella—Import Specialists, 82 Wall St., N.Y., N.Y. 10005. (Top right): Floral china "Interlude"—Lenox, Inc., Trenton, N.J. 08605. Gold salad plates "Pickard Gold"—Pickard Inc., 782 Corona Ave., Antioch, Ill. 60002. Striped dessert plates "Ramses," napkin rings—Fitz and Floyd (address above). Crystal goblets "Rochelle"—Doulton & Co., 400 Paterson Plank Rd., Carlstadt, N.J. 07072. Flatware "Silver and Golden Patrician"—Oneida Ltd. Silversmiths, Oneida, N.Y. 13421. Brass biscuit box used as centerpiece—Select Imports, 1135 Dallas Trade Mart, Dallas, Tex. 75207. Blue sheet—J. P. Stevens & Co., Inc., 1185 Avenue of Americas, N.Y., N.Y. 10036. Napkins—Leacock (address above). Pillows—Courtesy The Pillowry, 929 Madison Ave., N.Y., N.Y. 10021. (Bottom): Gold coffee server, gold bud vases, servers "Pickard Gold"—Pickard (address above). Kashkai kilim rug—Courtesy The Pillowry (address above). Batik fabric shirred behind buffet "Dutch Java"—International Printworks, 110 Gould St., Needham, Mass. 02194. Large brass tray, samovar—Unique Handicraft for P.S. Editions, 225 Fifth Ave., N.Y., N.Y. 10010. Brass votive candles—Select Imports (address above). Demitasse cups "Ramses" and "Tutankhamun"—Fitz and Floyd (address above).
DO SOMETHING DIFFERENT WITH CONVENIENCE FOODS
Page 122 (left): Small white plate—Bennington Pottery, 324 County St., Bennington, Vt. 05201.
Page 124 (bottom left): Copper pot and lid—Bloomingdale's, Lexington at 59th St., N.Y., N.Y. 10022.
Page 127 (right): Clear platter—The Pilgrim Glass Corp., 225 Fifth Ave., N.Y., N.Y. 10010.
PRIZE TESTED RECIPES
Page 138 (center left): Wine goblet—Fostoria Glass Company, 1200 First St., Moundville, W. Va. 26041. (Center right): Plate—Bennington Pottery, 324 County St., Bennington, Vt. 05201. Glass—Schmid Brothers, Inc., 55 Pacella Park Drive, Randolph, Mass. 02368. (Right): Platter "Sea Urchin"—Franciscan Table Top Fashions, Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Dessert plates—Fitz and Floyd, 1371 Round Table Dr., Dallas, Tex. 75247.

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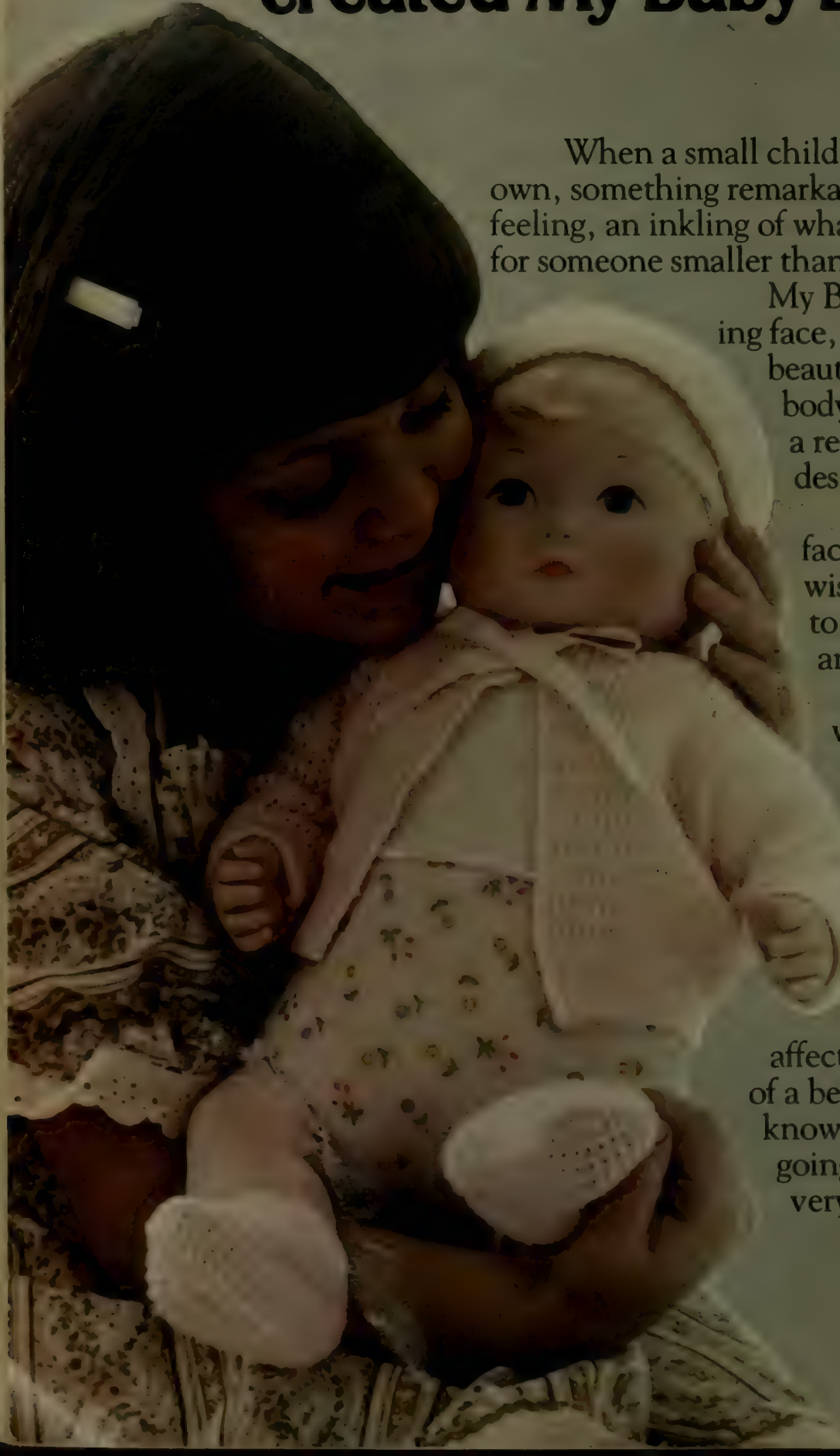
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HEALTH Michael P. Scott



A GUIDE TO HOME HEALTH CARE

When illness or infirmity strikes, more and more Americans are choosing—for themselves or for someone they love—the comforts of home over the coldness of an institution.

The comprehensive home care available today is a far cry from the visits community health nurses made ten or 20 years ago. More services are being offered, more people with complex medical problems are being treated at home, and more insurance companies are picking up the tabs. In some areas, home care agencies provide nearly every service a recuperating patient could get at the hospital.

Why home care?

Very often, it is cheaper to recuperate at home. In Rochester, New York, charges for home care are typically about $26.70 a day, while the typical fee for a hospital patient is $200 a day. A 1975 Blue Cross study in Philadelphia found that home care cut the length of hospital stays by 12.3 days per case at an average savings of $1,021. But whether care at home is always cheaper depends on the services required and the amount of help family members can give.

Economy, however, isn't the only reason for the growing appeal of home health care. Good care at home often can prevent or delay the need to enter a nursing home, and with a few exceptions, sick people are happier being cared for at home. Moreover, the family is usually thankful to be spared the ordeal of visiting the patient, running a household, and perhaps holding down a job at the same time.

When to use home health care services

Various estimates indicate that as many as ten percent of hospital patients and as many as 25 percent of nursing home residents could be cared for in their homes.

About two-thirds of Americans receiving home health services are the elderly; diseases of the circulatory system such as stroke are the most common ailments. But babies born with severe birth defects, persons with kid-

continued

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continued

Home health care

ney disease who require dialysis, multiple sclerosis patients, young mothers injured in auto accidents, and children in traction are all successful candidates for treatment at home. A St. Louis ophthalmologist sends patients home two days after cataract surgery (five days is the standard hospital stay), with the visiting nurse association stepping in to provide care. In Rochester, New York, children who underwent surgery for scoliosis (curvature of the spine) used to face three months of hospitalization; now they go home in two weeks under the supervision of a home care agency.

In some areas, hospital discharge planning teams suggest when patients might go home and recommend the care they will need when they get there. (Sometimes public health nurses are part of the hospital's discharge planning team.) In most places, however, it will be up to the patient or his family to investigate the possibility and availability of home care and then ask his doctor to order it.

Home health care services are also able to fill gaps left by traditional medical treatment. For instance, a recuperating stroke patient may be sent home with only general guidelines from his physician, medicines to take, and a schedule for periodic visits to the doctor's office. The patient may be told to "call if you have any problems."

John P. Byrne, president of the National Association of Home Health Agencies and executive director of the St. Louis VNA, says most people eventually seen by his agency fit that mold. In the case of the stroke patient, home health services would be begun soon after release from the hospital. The services would provide supplemental physical or speech therapy to speed the patient's recovery or prevent the condition from worsening.

Availability of home care

Approximately 2,500 agencies are certified by the U.S. Department of Health, Education and Welfare under the Medicare program to provide health care services in the home. This certification only means the agency meets minimum federal standards and qual-

continued

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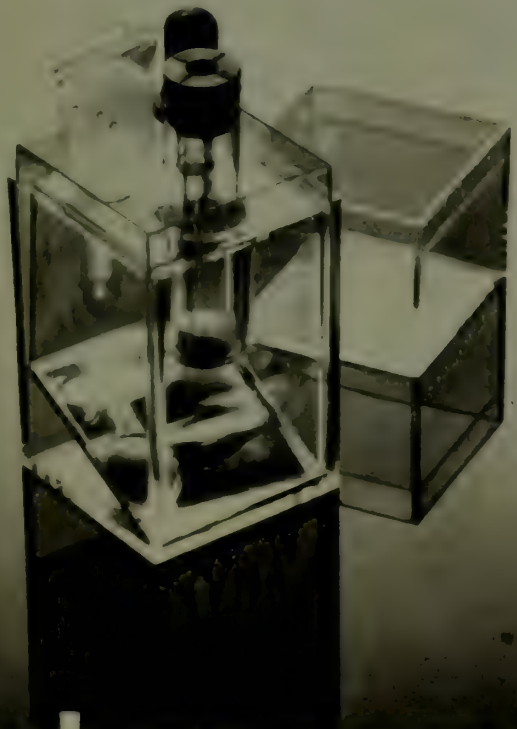
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E.P.T. is very simple to do, but it is important that you follow the instructions carefully to insure an accurate reading.

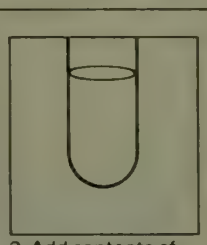
E.P.T. Early Pregnancy Test gives women a new power, the power of time to help control the quality of their pregnancies.

The first 60 days are critical in fetal development. Improper nutrition, cigarettes, alcohol, even commonly used household medications can be harmful in these crucial first 60 days before most women even know for sure that they are pregnant. Now with E.P.T. you can know. Now, when you call your doctor, you have the results of your test to report. And time is on your side at last.





1. Put three drops of urine into the test tube.



2. Add contents of the plastic vial, shake and place test tube in holder. It must remain undisturbed for two hours



3. After two hours if a dark brown ring is visible in the mirror, that indicates an active pregnancy.



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At last, an accurate early pregnancy test that women can do at home quickly, safely and very easily.

continued

Home health care

ifies for Medicare reimbursement. But many agencies providing home health care are not so certified. The lack of Medicare certification doesn't necessarily indicate inferior service. A proprietary agency or placement service may be uncertified because it is located in one of the 30 states that have no licensing laws. Other uncertified organizations may provide only one type of service. Medicare/Medicaid requires home health agencies to provide at least two services.

The services offered by agencies, and the fees, vary widely.

Some of the more sophisticated agencies provide expertise you'd expect to find only in a hospital: nurses with advanced training in chemotherapy, social workers, speech pathologists, occupational therapists, pediatric nurse practitioners, specialists in caring for surgical patients. Some services are able to set up traction in the patient's home; others provide medical supplies and drugs, and arrange transportation to the doctor's office.

The typical agency, however, is not that elaborate. Most have only three or four nurses, a few home health aids, and usually a physical therapist.

As is the case with physicians and hospitals, the quality of home health care varies. Screening and supervision of workers may be haphazard, and a number of abuses have been reported to Medicare officials. If you're considering a home health agency, ask if the service is certified by Medicare. Check the qualifications of staff members, the ratio of professional staff to aides, the patient load, and whether the agency has professional staff education programs. If one registered nurse is responsible for 200 aides, you can bet that the supervision provided will be spotty at best.

Home health care costs

Most home care agencies charge for professional services by the visit. According to an annual industry survey done by the National League for Nursing, the average cost of a nurse's visit was $19.73 in 1977. Fees ranged from under $8 to over $35.

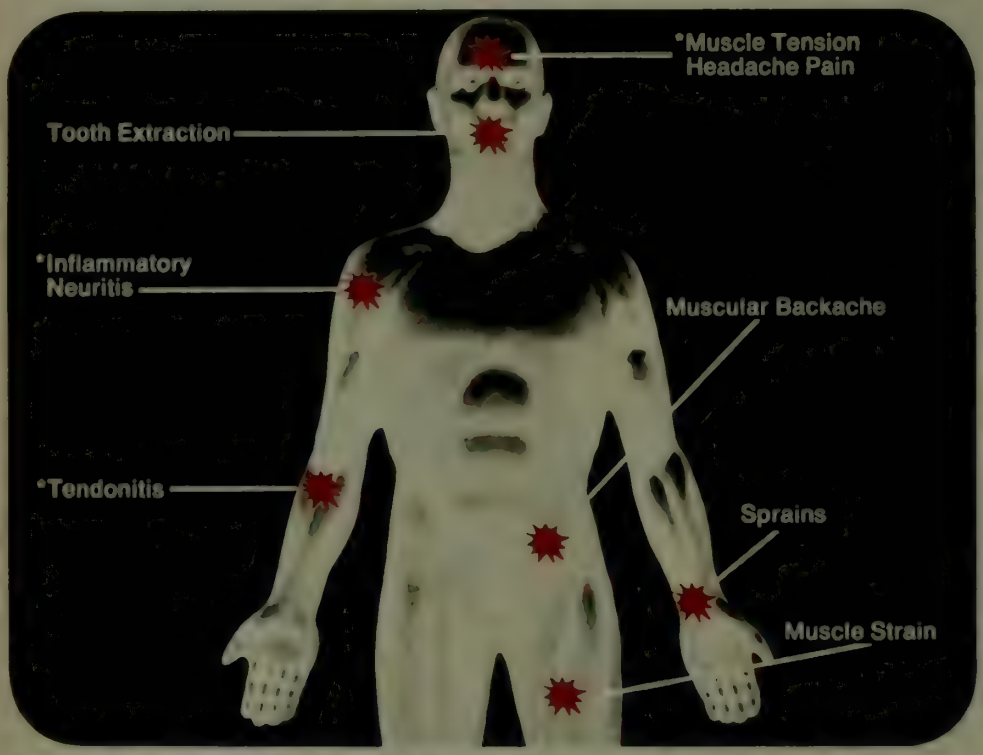
Home health aides, who provide nontechnical personal care, including bathing and dressing, usually charge by the hour; the typical hourly fee was $6.32 last year, according to the League's survey.

Proprietary agencies may charge a little less per hour than the public agencies surveyed above. Fees for a registered nurse from Upjohn HealthCare Services will range from $6 to $8.75 an hour. For aides, the range is $3.80 to $5.25 an hour. A minimum stay of two to four hours is often required by proprietary agencies (thus, they may cost more per visit), although this is subject to negotiation.

How to pay the bills

Medicare, Medicaid, other government programs, private insurance, and charities will help individuals pay for home health care. However, Leah Brock, home health care statistician for the National League for Nursing, says, "It's pretty well accepted that government and private assistance is not adequate. It doesn't cover enough people and is too restrictive in terms of

continued



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continued

Home health care

what services are covered." Because of the restrictions and inadequate coverage, the patient sometimes winds up paying more out of his own pocket when he stays home than he would if he were hospitalized and an insurance plan paid for the stay. Moreover, some people who could be cared for at home are forced to enter an institution or give up the care because they can't fulfill all the requirements for payment by a third party (insurance or government assistance programs).

If you need or use home health care, here are seven sources that might help pay. Investigate these alternatives ahead of time so you know what restrictions will apply in your area.

1. Medicare. Home health care generally is covered by Medicare if the care is prescribed by a doctor, if a skilled service such as nursing or therapy is required, if the patient is homebound, and if he has been hospitalized for at least three days prior to the start of care. (For people who subscribe to Part B of Medicare, prior hospitalization is not required.) Visits by nurses, therapists, and aides are generally covered while homemaker services and drugs are not reimbursable.

2. Medicaid. Forty-nine states and the District of Columbia are required to provide Medicaid payments for three home health services: nursing, home health aides, and medical supplies and equipment (Arizona has no Medicaid program). At the option of the states, Medicaid may also provide other services such as physical therapy, occupational therapy, and speech and hearing services.

3. Blue Cross. Fifty-two of 69 Blue Cross plans provide some form of home health benefits. A majority no longer require prior hospitalization. Twenty-six plans cover comprehensive home care services: drugs, medical-surgical supplies, transportation, nutritional guidance, counseling, social service, and rental of equipment are covered, in addition to visits by medical professionals. Homemaking services are usually not covered.

4. Private insurance. An estimated 145 million Americans who have major medical insurance may have major health benefits included in their coverage plan. Except for prior hospitalization and coverage of prescription drugs, the restrictions are usually similar to the Medicare plan. Many private insurance programs require the patient to pay a deductible (which could amount to several hundred dollars) and a percentage (usually 20 percent) of any charges beyond the deductible.

Except in six states where home health care coverage is mandatory, private hospitalization plans probably will not cover home care.

5. Federal programs. In some areas, there may be federal funds available for home health services for persons who qualify. Homemaker services may be provided to needy persons under Title 20 of the Social Security Act. Where these programs are available, they are usually administered by the local welfare agency. Money for home care for the elderly is available on a limited basis under an Administration on Aging program; check with your local or state Agency

continued

HAIRCOLOR CLINIC

"Dear Barbara Britton..."



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Everyone remembers Barbara Britton, the lovely star of TV's Mr. and Mrs. North. Recently she discovered a simple new way to color gray hair that many women have asked about.

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Mrs. V.M., Fredrickstown, Ohio

There's no confusing color chart with Lady Grecian. The one clean clear liquid works whatever your original color was. Just comb it through daily until the gray disappears. Then once a week or so keeps your beautiful natural looking color. And no dyed look because Lady Grecian works with the natural chemistry of your hair to retain a natural blend of shades.

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Yes indeed. Lady Grecian Formula is compatible with any haircolor you may have been using. It's gentle because it has *no damaging peroxide* so your hair will be softer, healthier. Dry split ends begin to disappear and switching's really easy. Just use Lady Grecian on the gray root area til it blends in. And *no more tiresome touch-ups.*

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Oh, it's especially good for early gray, because it colors only the gray...And it's so simple, no messy dye. Just comb a few clear drops through the gray til it blends with your natural color. Or, you can even make highlights.

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The uniquely easy way to color gray hair—Lady Grecian Formula, a practically clear liquid that's totally different from ordinary haircolor. Just comb a few drops through daily until you have the color you want. No mixing, no mess *and no peroxide*, so you know it's gentle. No tiresome touch-ups either.

Once you have the color you want, (usually about 10 days), a quick comb-through once a week or so will keep it naturally lovely with no gray roots ever. Available at toiletry counters everywhere.

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Ask Barbara Britton *about your haircoloring problem. Write: Barbara Britton, Box 328 BB, White Plains, N.Y. 10604.*

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Are you constipated again?

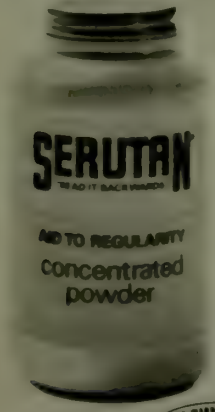
If you are, you should do something that will be of real help. Sure, you've probably been trying lots of things. Maybe even harsh chemical laxatives that can irritate your system. But they haven't given you the relief you've been looking for.

What you need is a gentle laxative that regulates your system. And that laxative is Serutan.

Serutan works by adding the roughage your system needs to retain vital moisture. Then, Serutan's bulk forms the soft stools that enable you to eliminate gently and comfortably.

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So if you're constipated, take Serutan—you'll get the relief you've been looking for.



Read label for directions.

Good Housekeeping

continued

Home health care

on Aging. Disabled persons may qualify for services provided under the Developmentally Disabled Assistance Act. An agency that deals with rehabilitation of the handicapped may be able to help.

6. Health Maintenance Organizations. An HMO is required by law to provide home health care services to its members.

7. Charitable funds. Nonprofit home health agencies such as visiting nurse associations often receive United Way funds to help defray the costs of home care when patients cannot pay the full cost of service.

How to find home health care services

To learn more about home health care services in your area, check with your doctor, the public health department, a hospital social service department, or the visiting nurse association in your community. Home care agencies may be listed in the Yellow Pages of your phone directory under "nursing" or "home health."

Check, too, with your local hospital or the local welfare agency. The following are common home health care agencies:

1. Public health services. About half of the Medicare-certified home health agencies are government sponsored, usually under the auspices of a city or county health department. Most charge for services but arrange reduced rates or free care for those who cannot pay. Some may restrict services to the poor or elderly, but most serve a broad-based clientele. Even if public health departments do not provide direct home care, they usually can refer callers to agencies that do.

2. Voluntary, tax-exempt agencies. Voluntary agencies are locally funded, community based, and usually run by a volunteer board of interested citizens. Like the public health services, the agencies cater to a broad base of clients, usually offer a sliding fee scale, and are good sources for information and referral. Ninety percent (or more) of the 500-plus certified voluntary agencies are visiting nurse associations.

3. Hospital-based agencies. Nearly 300 hospitals operate home care agencies. Many of the clinical services available in the hospital are provided, such as laboratory work and physical therapy. Nearly all restrict themselves to providing follow-up care for patients released from the hospital.

4. Proprietary agencies. A number of profit-making organizations offer home health services in cities throughout the country. The largest is Upjohn HealthCare Services, with 228 offices in the United States. Others include Medical Personnel Pool, Staff Builders, and Kelly Services. Only about 100 of these agencies are eligible for Medicare reimbursement.

Reimbursement of proprietary agencies by private insurance plans is more common, but not universal. While proprietary agencies do offer skilled services, many agencies have invested heavily in non-skilled care, such as homemakers, companions, and home health aides.

5. Private, nonprofit agencies. These are usually small organizations owned by families or individuals who technically earn a salary, rather than take a profit. This arrangement makes such agencies eligible for Medicare reimbursement, regardless of state licensing procedures, and Medicare patients constitute a high percentage of their clientele. The majority of private, nonprofit agencies are found in urban areas with large numbers of elderly.

Single free copies of the National Directory of Medicare Home Health Agencies may be ordered by writing the Social Security Administration, 6401 Security Blvd., GM1 E. Low Rise Building, Baltimore, Maryland 21235. Ask for SSA-PUB-10018.

Two free booklets on home health care are available from The National League for Nursing, *Somebody Still Makes House Calls* and *The Community Health Nurse Is Where You Need Her.* The NLN address is Ten Columbus Circle, New York, New York 10019.

What You Should Know About Home Health Care, a publication of Upjohn, is available free from the Director of Consumer Affairs, Upjohn HealthCare Services, 365 Van Rick Drive, Kalamazoo, Michigan 49002. Please enclose a self-addressed and stamped business-size envelope. ■

(Produced in cooperation with Barbara Mantz.)

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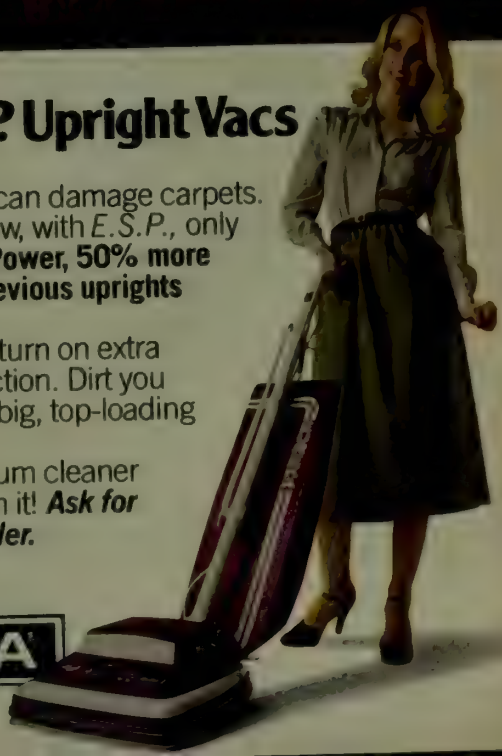
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What's Happening to the American Family?

HOW IT SOUNDS TO US

By GORDON G. GREER, EXECUTIVE EDITOR

Last fall when we asked readers to share their views on the state of the family, we got 302,602 replies—many times the size of the response to most surveys and one of the largest public outpourings on this subject in history. Precisely 29,902 of the respondents attached letters to the completed questionnaires they sent in, and often they turned the tables and asked us questions of their own. Some took the form of rhetorical laments: "The rich keep getting richer, and the poor get federal aid, but who's looking out for families caught in the middle?" Others showed curiosity about our project: "Who wrote this questionnaire?" "What will you do with the answers?" And so on.

OK, fair enough. You answered our questions, we'll answer yours. We'll also let you in on some of our editors' impressions about the state of the American family as our survey reveals it.

Q. What's the whole point of this survey anyhow? Why are you asking us all these questions?

A. Mainly to give our audience a chance to be heard. So often the calm, sensible voice of middle America is drowned out by special interest groups modest in size but gifted in the tactics of high-decibel hype. This seems to us unfortunate. Politically, spiritually, culturally, economically, the segment of society our magazine addresses—middle-class families is a good enough description—constitutes the nation's true center of balance. Their numbers are enormous, their collective power awesome. But shouting their opinions at the world is not their style. They seldom hold rallies in the Astrodome, they rarely chant slogans in protest marches, they receive no invitations to make their pitch on the Johnny Carson show. They're just decent, responsible, "average" men and women who tend to keep their opinions to themselves unless they're asked. We think their opinions matter, so we asked. It's that simple.

Q. Who put this survey together? Who picked the questions?

A. The six editors whose pictures and comments appear on these pages. They volunteered strictly because of their interest in the project (they were offered no vacation from their customary chores), and they donated many after-work hours to the effort. To call them a committee is somewhat misleading because they wasted little time in aimless debate around a table. The atmosphere at their gatherings was more like that of a good encounter group—candid, probing, supportive, concerned.

Like the majority of the people who answered the survey, all six committee members have middle-class incomes, all are homeowners (as are 82% of the respondents), and all have college educations (as have 66% of the respondents). They vary in age from 23 to 49, with the average roughly 34—two years younger than the average respondent. Collectively, they have had six marriages, nine children, two divorces. One of the three women is a working mother.

Q. Are you going to hire some "experts" now to tell us what our answers mean?

A. That's standard procedure, but we decided against it. A major disadvantage of most magazine surveys—which are designed,

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Photographs: Hopkins

continued

tabulated, and interpreted by outsiders—is that the editorial staff is only peripherally involved. We thought it might be interesting to try something different. One of the results we all wanted from this project was to make our editors more aware of the feelings of our readers (better understanding leads to better communication). That's why we decided to have the editors run the whole show. They selected the questions, they studied the answers, they immersed themselves in respondents' letters, they shared their impressions and conclusions in staff memos. Distillations of some of those memos appear on these pages. (Don't expect conformity in the editors' opinions; independent judgment was one of the rules.)

Not that we rejected the assistance of outside experts; on the contrary, we solicited their insight and experience. But rather than having them analyze our survey in print—thus, in effect, bypassing the editors—we invited them to join us for a four-day conference at Kiawah Island, South Carolina. By this time, our whole staff was intrigued by the project, and about 100—most of the people listed on our masthead on page 14—were on hand. The guests we invited formed a nicely balanced group: Dr. Urie Bronfenbrenner, professor of human development and family studies at Cornell University and one of the nation's leading authorities on the structure of the family; Dr. Mary Jo Bane, associate professor of education at Harvard and author of a highly acclaimed study of the American family entitled *Here to Stay;* Patricia Carbine, editor and publisher of *Ms.* magazine and an articulate advocate of the women's movement; Dr. Daniel Bell, professor of sociology at Harvard and a member of the American Academy of Arts and Sciences' Commission on the Year 2000; and Dr. Otto Larsen, professor of

continued



"The future of our readers' families is in good hands: their own."

KATE KEATING, TRAVEL AND FEATURES EDITOR

Considered overall, what our survey comes down to is a good news/bad news situation. The good news is that most readers say their families are solid—loving, stable, basically happy, everyone cherished by everyone else. Where do they feel most content? At home. They recognize the trials of raising children these days, but they also rejoice in the attendant satisfactions, and when asked if they'd do it all over again, their cumulative, unhesitating response is "You bet." Their expectations of happiness in marriage are being fulfilled. There's good communication between husbands and wives—also, for the most part, between parents and kids. Many take great comfort from a deep religious faith that serves as the paramount guide for their lives.

This essentially sunny outlook pervades every age group, and evidence of any basic generation gap is slight. In their comments, newlyweds concur with grandparents regarding fundamental values and family relationships. And at every stage of life, respondents voice appreciation of their good fortune.

"Even though we've had our share of problems and troubles, we feel our life is a good one," begins one letter, representing hundreds that expressed the same view. "Because our family is *the* most important thing to us, we've worked very hard at making it good. Sure, there's been lots of compromise and sacrifice along the way. But we're comfortable with our marriage now, satisfied with our children, and we no longer think about getting rich. Who could ask for more in this day and age?"

So much for the good news. The bad news is external—problems and frustrations our readers perceive as threats to their families from outside forces: the negative impact of television; the spiraling costs of everything, from houses and energy to health care and food; the dwindling support given middle-class families by the government, churches, schools, big business; inroads made by moral decay. Our readers also tend to worry about the influence of other families. Rather than setting their sights on keeping up with the Joneses, they're trying to keep the Joneses' values from invading their own living rooms. What are the things they see in other families that disturb them? Alienated, immature, selfish parents. Hapless, unsupervised, undisciplined children. The rejection of moral and religious traditions. Childishly greedy materialism. A particular worry is the growing number of working mothers who are forced to leave their children with baby-sitters—or, worse, simply abandon them to their own devices—because their paychecks are needed to offset inflation.

As for the future, who knows? How will everything turn out? Will middle-class values withstand the assault? Most readers seem quietly optimistic. "We foresee a fierce battle for our children," said one letter. "We, as parents, have tried to instill in them respect for the rights of all persons, responsibility for their own actions, pride in their vocations, purpose for their lives, patriotism for our country, and a knowledge that none of these can be attained without prayer and Almighty God. Now they must make the choice to maintain those values in an irresponsible social environment. It won't be easy for them, but then it hasn't been easy for us either. We hope for the best."

The strongest single impression left by scores of such letters is that the future of our readers' families is in good hands: their own.

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continued

sociology at the University of Washington and former head of the President's Commission on Obscenity and Pornography. In round table discussions, in lectures, in dinner talks, in early morning chats along the beach, we analyzed the American family from top to bottom, guided by the response to our questionnaire. Editors and guests alike gave the experiment rave reviews.

Q. Are you going to compare women's answers with men's?

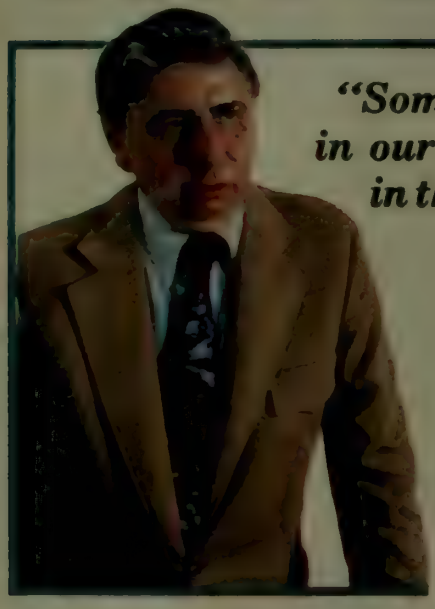
A. Yes. After we compiled the total count for each question, we broke out all the answers according to the age, education, family income, and sex of each respondent. Then for selected questions we did additional breakdowns. For example, we were curious to see how much disagreement there might be between working and non-working women when asked, "Do you think most working mothers spend enough time with their children?" (As it happens, 63% of the working women said "No"—compared to 83% of the non-working women.)

In general, women's opinions ran closely parallel to men's. In the entire survey, the majority of men and the majority of women found themselves on opposite sides of only a couple of questions. The most interesting was this one: "If the wife chooses to have an abortion, should the husband have the right to prevent it?" Consider for a moment which sex took which view: 51% of all women answered "Yes"; 51% of all men said "No."

Q. Do you expect most people to tell you the truth?

A. We certainly see no good reason why they shouldn't. On the other hand, self-deception is a part of human nature, and so are feelings of guilt and inadequacy. It's conceivable that some answers have been innocently inflated because respondents blurred the line between good intentions and true behavior. When we asked what readers

continued



"Some of the greatest changes in our readers' thinking appear in the area of women's rights."

RAY DEATON,
DIRECTOR OF EDITORIAL RESEARCH

Many of the questions we posed in our survey were taken from a questionnaire we published six years ago. Let's see how much the answers have changed—or haven't.

First, we'll check those areas in which readers' attitudes remain substantially the same. In both studies, respondents project a favorable view of their own family's stability, but they say the American family in general is in trouble (76% say this today, up from 71% in 1972). Asked why they believe most married couples stay married, respondents still name love as the primary reason (43% today, 42% in 1972). In both studies, only 11% of the respondents feel that most couples enter marriage with a good understanding of what it will be like, and in both studies they give the same reasons for the failure of marriages: immaturity, selfishness, a change in (or lack of) mutual interests and goals, and financial problems. Most respondents (84% today, 83% in 1972) continue to agree that it is right for a couple who simply cannot get along to get a divorce if no children are involved. (Today, 75% also say divorce is an acceptable decision, given the same situation, when children *are* involved—a question not asked in 1972.) They also believe that they have little or no trouble communicating with their own children, and that most fathers—and now working mothers, too—spend too little time with their kids.

There has been virtually no change in the number of people who think abortion is an acceptable alternative to an unwanted pregnancy in cases of a married woman (39% today, 40% in 1972), and there has been just as little change in the number of respondents who say they like their jobs (83% today, 84% in 1972). An irony that showed up in the earlier questionnaire persists: Although a large majority of respondents (87% today, 85% in 1972) tell us that most parents are too permissive with their children, less than one out of three—both then and now—admit to being guilty of this fault themselves.

Now let's look at some of the answers that have dramatically shifted.

Some of the greatest changes in our readers' thinking appear in the area of women's rights, particularly concerning husband and wife roles. For example, we asked readers if they would disapprove if a wife became the family breadwinner and her husband took responsibility for the house and children. In 1972, a big majority (74%) said "Yes." Now only a minority (40%) say "Yes." Would you consider a decline in the husband's dominance to be beneficial or harmful to family life? Today, 45% say "beneficial"—up from 28% in 1972. Has the new awareness of women's rights altered the husband-wife relationship significantly? In 1972, only 36% said it had—as opposed to the current 66%. Approval of the women's rights movement has also grown—from 54% to 60%.

One of the most revealing questions is this: How important is it that a husband and wife have separate interests and activities? Today, 42% say "very important," nearly double the 22% of 1972. Should that change be construed as a threat to the family? No. It's merely an indication of the growing national trend against 24-hour-a-day, lock-step "togetherness" that denies the opportunity for independent, personal growth. That's the message that comes through in our survey. Readers are saying "Yes" to the family and to marriage, but they're also saying "Yes" to more freedom, more choices.

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So instead of picking up a bag of hard, dry puppy food, pick up a box of soft, moist Gaines Puppy Choice.

Your baby will love you for it.

FOOD FOR PUPPIES



This is soft and moist. And contains meat.



This is hard and dry. And has no meat.

Then save 15¢ with this meaty offer.

STORE COUPON

15¢ **To the retailer:** General Foods Corporation will reimburse you for the face value of this coupon plus 5¢ for handling if you receive it on the sale of the specified product and if, upon request, you submit evidence thereof satisfactory to General Foods Corporation. Coupon may not be assigned or transferred. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Cash value: 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. For redemption of properly received and handled coupon, mail to: General Foods Corporation, Coupon Redemption Office, P.O. Box 183, Kankakee, Illinois 60901.

15¢

BHO 4591-9

Limit—One Coupon Per Purchase.
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Moist, Meaty Puppy Choice. Think of it as baby food for puppies.

15¢ 15¢

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continued

were doing to conserve energy, for instance, only 4% confessed to doing nothing whatsoever. The others seemed enormously conscientious: 82% said they'd lowered the thermostat; 71% said they'd cut down on the use of electricity; 46% reported reducing the use of the air conditioner; 42% said they'd improved their home insulation; 16% said they were using a car pool or mass transit. Confronted with these figures, skeptics smile; they doubt that such claims are supported by the facts. Of course, we have no way of checking up. One of the limitations of any attitude survey is that it leaves unanswered the tantalizing question of how many respondents really practice what they preach.

Q. Is somebody actually going to read all these letters?

A. We haven't finished yet, but we're still hard at work on them. Nearly one out of every ten respondents to our survey—29,902 out of 302,602 to be exact—accompanied their answers with written comments, sometimes a dozen or more pages long. That adds up to a lot of reading. But the contents of these letters are so utterly intriguing that we hope not to leave a single one of them unread. "I hear America singing," Walt Whitman observed. Well, we've been hearing America singing, too—and griping, and exulting, and laughing, and bragging, and arguing, and sympathizing, and wondering, and praying. Whitman called it a "varied carol," and the musical analogy fits to a T. In this case, the statistical results of our survey could be compared to the melodic line of a symphony; the letter writers, like instrumentalists in some huge national orchestra, add resonance and counterpoint and body to the score.

It's a pity every American can't read these letters with us; the experience is enormously engrossing and informa-

continued



"It's tremendously reassuring to find in letter after letter that common sense is still in goodly supply."

SALLY PEDERSON, SENIOR FOOD EDITOR

It seemed predictable that readers who hold strong or extremist positions on emotional issues would add comments on those topics to their questionnaires, but what was surprising—and encouraging—was that such a great number of sensible, practical, middle-road Americans took the time to articulate commonsense views on everything from abortion to energy conservation.

Repeatedly, their comments begin in idealism and end in a pragmatic accommodation to reality. They believe that young mothers shouldn't work, for example; ideally, they should stay home and take care of their children. But when that option isn't available, readers are thoughtful and understanding. "All the questions related to mothers working and whether this is harmful to the child," one letter noted, "must take into consideration the total picture. What is the husband's role as father? How much time and help does he give to the children? What is the quality of the time the working mother spends with her child? How does the child view the fact that the mother works?"

The same commonsensical attitude comes through in comments about teen-agers' behavior. Predictably, most readers deplore the idea of teen-agers indulging in drugs or alcohol. But their comments show few signs of panic or overreaction. Instead, readers try to find underlying causes: "I'm more concerned about the life philosophy surrounding the drug and alcohol subculture than about the actual drugs. Drugs wouldn't exist without a reason."

When asked if premarital sex among young people in love was OK, the majority of respondents—57%—say "No." Yet 80% say that birth control methods and information should be available to everyone, including teen-agers. "I don't approve of teen-age sex," was the consensus. "But if a teen-ager is determined to engage in sex, it's better to face the truth and prevent a pregnancy."

Divorce is discussed in a similar way. A comment from one reader is typical of hundreds: "I feel that divorce is wrong, but I also realize that some marriages are wrong. Sometimes divorce becomes a necessity." It's tremendously reassuring to find in letter after letter that common sense is still in goodly supply.

It's satisfying, too, that so many respondents said our questionnaire served as a catalyst for concern. "It made me stop and think," we heard over and over. Readers were clearly pleased that someone cared about their views, and many used the survey to take stock of their good fortune ("After the wonderful experience of raising four children and sharing 35 years with a loving and good man, one can only wish that all people could have been as richly blessed"). But the most intriguing letters came from readers who said our survey had led them to unexpected self-discoveries: "My husband and I filled out your questionnaire together. It was the first time in quite a while that we sat down and discussed how we feel about the things you brought up. It really felt good to talk to my husband. After 11 years, I guess I felt I knew what he'd say. Well, I found out differently. We've changed. Not drastically, but we saw that we've both taken ourselves for granted over the years. That 19-year-old starry-eyed kid who used to be me has turned into a 30-year-old woman with ideas of her own and not just 'What honey says goes.' Thanks."

Our new lamp chose our new phone.



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Bell System



BE CHOOSEY

continued

tive. Our practice is to pack up the letters in big boxes and send them home with editors to sample overnight. Often they come to work bleary-eyed the next morning, having read the whole batch in one sitting, fascinated.

Q. What are you supposed to do if you can't decide between two answers?

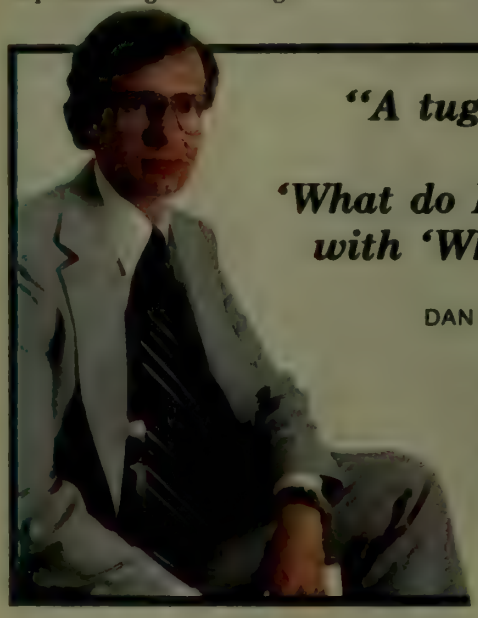
A. What many respondents did was to discuss their doubts in writing, and their comments had a rather strange cumulative effect: We began to get the feeling that readers who "don't know" or "can't decide" consistently write the most interesting letters. This impression grew stronger as the evidence mounted, no matter which question was being considered. Undecided readers showed themselves to be more thoughtful than those committed firmly to either side of any issue. For example, when we asked, "Do you think teen-agers are better prepared for life if they are raised in a permissive or in a strict home environment?," we got lots of compelling arguments for one view or the other. But the most sensitive observations came from people in the middle. "Permissive in what ways? Strict in what areas? Too much permissiveness leaves a child so confused and undisciplined that he is not desirable in an orderly society. Too much strictness can inhibit a child so that his creativity is stifled and he is afraid to show initiative; he cannot realize his potential as a contributing member of the community."

We developed a new respect for the "undecideds" of the world. They deserve a better image than the customary put-downs: "confused," "uninformed," and "wishy-washy."

Q. What do you mean by the American family? How do you people define a family?

A. The Census Bureau's definition seems to us too narrow: a group of people related by blood, marriage, or

continued



"A tug-of-war in many minds is 'me' versus 'we.' 'What do I owe myself?' conflicts with 'What do I owe others?' "

DAN KAERCHER, REMODELING IDEAS EDITOR

Some readers' families appear to be coping beautifully; others seem ready to throw in the towel. Some sound contented and secure in their beliefs; others are agonizing over many gut issues: divorce, sexual mores, abortion, parental permissiveness. "The only thing pulling us through is religion," some tell us; yet others who have no religious orientation indicate that they're doing quite well without it. In short, our readers don't speak in a single voice. They suggest that the American family in 1978 is a mixed bag of life-styles, dreams, and troubles. What ties all these readers together is a common vested interest in the viability of the family unit.

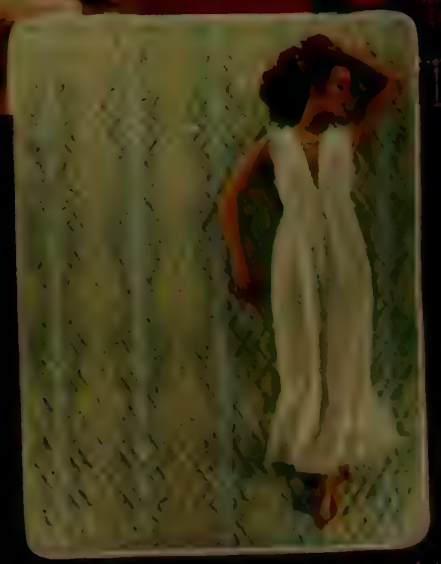
A tug-of-war in many minds is "me" versus "we." "What do I owe myself?" conflicts with "What do I owe others?" Self-fulfillment is vigorously promoted these days, and we're constantly advised to develop our own potential, pursue our own happiness, do our own thing. The emphasis is on looking out for number one. But this attitude runs counter to many Americans' upbringing. It can detract from our concern for other people and make serious inroads on family commitments. The dilemma seems particularly intense among women. They delight in the new choices that are opening to them, but they're anxious and uncertain about how to resolve them. One typical comment came from a 24-year-old reader: "I was raised in the '50s and '60s when working was taboo for women. Now it's the '70s and everyone's doing it. I'm constantly torn apart by my own desires to have a career and yet raise a family—and to bring up my children without a care center teaching them the rights and wrongs of life."

This theme of self-interest-versus-duty also surfaces in responses relating to the treatment of the elderly and raising children. There's a real sense of guilt over neglect of the elderly. "I definitely feel the aged are forgotten," was a common comment. "It saddens me that they get so little attention and respect. And it truly terrifies me to think of myself like that some day—senile, forgotten, utterly alone." Yet nothing in our survey indicates a return to the era of three-generation households where aging parents and grandparents were assured a lasting welcome when no longer able to care for themselves.

Similarly, a lack of parental involvement was cited as the root of many young people's problems: "Each parent is so preoccupied with his or her own sphere of life that little time is left for the children—or each other."

We discovered a central paradox in our survey. On the one hand, when readers are asked about the state of the family in general, they tend to give glum and pessimistic replies. But on the other hand, when they're questioned about the state of their *own* families, the picture they paint is undeniably reassuring. Are readers viewing their own lives through rose-colored glasses? Perhaps. Or maybe our readers' families are more stable than others. But it somehow seems more likely that the mass media emphasis on problems confronting the family has conditioned us to take a too-negative view of what might be happening inside other people's homes. Maybe things are better than we perceive them from a distance. Maybe the American family is basically well, even thriving. Certainly our survey shows it stronger in close-up than our image of the sum of its parts would suggest.

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continued

adoption living under the same roof. That's a better definition of a household than of a family because it ignores the crucial matter of emotional bonds. Does a son who leaves home to take a job in another city lose his standing as a member of the family? The Census Bureau says yes; we disagree. The definition we favor is probably too broad, but at least it errs in the right direction: A family is any group of people who truly care as much about each other as they care about themselves.

Q. How are you going to use our answers?

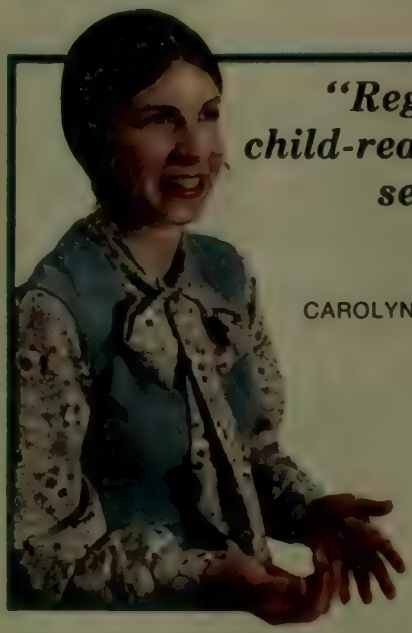
A. First, by giving them wide distribution and asking other Americans to pay them close heed. In June, we ran an eight-page report on the survey, in which statistics were combined with pertinent excerpts from readers' letters. That article has been seen by more than 22,000,000 people. Simultaneously, we published a full statistical report—214 pages in all—and brought it to the attention of the President, the Vice President, all 535 members of Congress, and literally thousands of other leading public figures across the country—people in government, church, school, and social organizations. Subsequently, our survey has been discussed in other media—on television and radio and in newspaper stories—and we've even gone out and made speeches about it. We're doing all we can to bring the findings to public notice.

Obviously, the answers will also be useful in guiding us in the planning of future issues.

Q. Why didn't you ask any questions about politics?

A. You can't ask everything in a limited space. Our survey posed a total of 135 questions, plus those related to demographic characteristics—age, education, marital status, and so on. That's a lot of information to ask people to provide. Any more would

continued



"Regardless of their neighbors' child-rearing mistakes, our readers seem determined to bring up their own kids right."

CAROLYN HAMILTON, EDITORIAL RESEARCH ASSOCIATE

Readers are wondering what kind of children form the new generation and what kind of parents are raising them. Much of what they see is deeply depressing. But regardless of their neighbors' child-rearing mistakes, our readers seem determined to bring up their own kids right. Many women respondents say their primary responsibility is to make sure their children grow up to be good people. They endorse those wives and mothers who, because of this goal, choose the role of full-time homemaker. As one woman put it, "I feel that if I can help my children become the best people possible, then I have done something far more important than working in any job outside the home."

But this is not to say readers disapprove of the movement for women's rights. On the contrary, they support the movement's fundamental objectives: equal education and opportunities; equal pay for equal work; the right of every woman to direct her own life. It makes for stronger families, many readers believe, when a woman can decide what she truly wants to do and can steer her own course toward achieving that goal. If she opts to marry and have children, then her family is highly valued as the result of conscious choices—not just the product of traditional inevitabilities.

But freedom and responsibility are two sides of the same coin, and many readers make it clear that the "new woman" gets their blessing only if she accepts the full burden of her choices. If she and her husband choose not to have children, fine. If they decide the other way, they should accept whatever sacrifices the proper upbringing of their children may require. Our readers regard children as a very precious commodity; they should be planned and wanted, not merely "had."

Does all this mean that mothers are expected to put aside their personal interests and devote themselves solely to the needs of their families? No. Often, readers tell us, the entire household benefits when the mother takes time to pursue her own interests.

Readers also applaud the decline of sexual stereotypes. They think boys and girls should be raised the same way—to recognize and fulfill their potential as individuals. And they think fathers and mothers make much beter role models if they share household tasks on a regular basis. At least that's what they say. What they do is something else. Alas, even in families where the wives have full-time jobs, most husbands do little more than "help out" on occasion.

Major worries are selfishness, immaturity, and inflation. Readers perceive these as ominous threats to the cohesiveness of the family unit. Selfish parents are often too wrapped up in themselves to give proper consideration to their children or each other. Immaturity is cited as the main reason for divorce, with many respondents especially scornful of the breaking up of families as an "easy" solution to marital strife. Inflation is blamed for the entry (or reentry) into the work force of mothers who would rather stay home with their kids.

Overall, our readers are introspective and concerned. The tone of their comments is more fearful than optimistic. A greater sense of responsibility toward others, more willingness to persevere and work things out, evidence of a genuine sense of caring—these are some of the things readers feel are necessary to prevent what they see happening to the American family.

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Manufacturer's suggested retail price for the storage headboard grouping shown is under $1,300. For a free brochure on Timbermist, write Stanley Furniture, Dept. J 1, Stanleytown, Va. 24168.

Stanley Furniture

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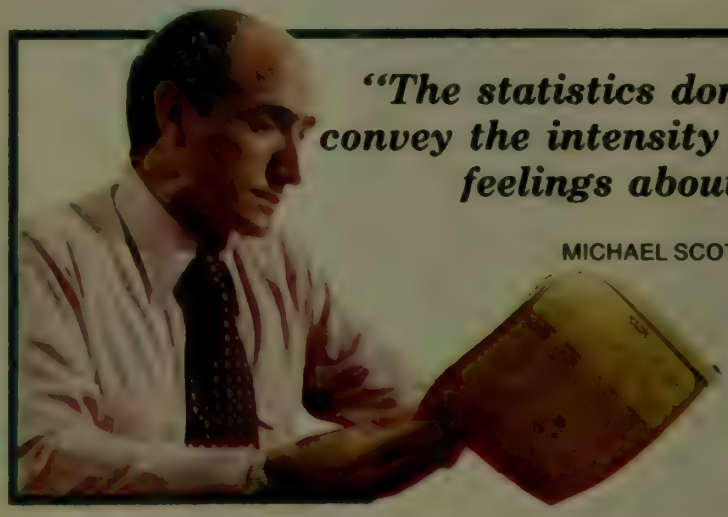
probably have been too much.

Still, it would have been enlightening to get the answers to some political questions. It would be interesting to learn, for example, how many respondents actively campaign for candidates for office or in other ways attempt to give their opinions political clout.

Q. Do you really believe people will pay attention to our answers? Does anybody honestly care what we think?

A. Yes to both questions. A lot of people care, including many in positions of authority, and the feedback we've received since publication of our findings suggests that readers' convictions are being studied very carefully. Ministers have used our survey as the subject of sermons. Schoolteachers have used it as a topic of class discussions. So have women's clubs and other civic and social organizations. At latest count, we had heard personally from 12 Congressmen and 21 state governors, all deeply interested in what our survey reveals. In addition to their overall remarks about the project—Senator Proxmire of Wisconsin called it "a remarkable survey," and Senator Glenn of Ohio said he found it "intriguing"—many officials were compelled to add personal comments, just as so many of our readers had done. For example, New Hampshire's Governor Meldrim Thomson, Jr., citing the "not-so-gradual breakdown" of the American family, sees an "urgent need for the home to once again become the center of responsibility. Our parents of today must take back the initiative of directing their children in the way they should go and in fostering healthy, creative interests, moral values, and a proper set of priorities based upon the Christian ethic."

To repeat: The answer to both questions is "Yes." A lot of people are listening. A lot of people care. The problems of the American family are the problems of us all.



"The statistics don't begin to convey the intensity of readers' feelings about religion."

MICHAEL SCOTT, HEALTH EDITOR

An extraordinary amount of tolerance comes through in our survey. Even readers who argue fiercely for their personal opinions—on abortion for married women, say, or divorce in homes with children—usually recognize the validity of opposing points of view because they sympathize with the predicaments people find themselves in. A good example is the subject of working mothers. Many readers are clearly appalled that any woman with young children should leave home in the pursuit of a nine-to-five job. But the pattern of their comments isn't angry or self-righteous. After forcefully explaining why the practice is so awful ("Nothing can replace what a full-time mother can give to her children"), most respondents back off and take a broader perspective ("But I guess it's sometimes necessary"), then often end up putting the blame on inflation ("Maybe the family needs two paychecks to survive") and expressing compassion for the working mother's plight.

Possibly this tolerance has its roots in religion. Certainly, religion looms large in our survey, with 66% of respondents reporting that a belief in God or a Higher Being is "very important." And the statistics don't begin to convey the intensity of readers' feelings about religion. Time after time, their letters make it obvious that religion is the main influence on their attitudes and behavior.

- "Believing in God and worshipping Him is a vital part of our family life."
- "Our religion holds our marriage together. Without religion, we would be just another number in the divorce records."
- "When spiritual and religious foundations are strong, many other threats to family life can be surmounted."
- "I've lived both ways, and I know how God can take mixed-up lives and make something good out of them."

And they show their usual tolerance for other people's views, including people whose religions are very different from their own. "Nontraditional religions are still religions, and people should worship in whatever manner fulfills their personal needs best."

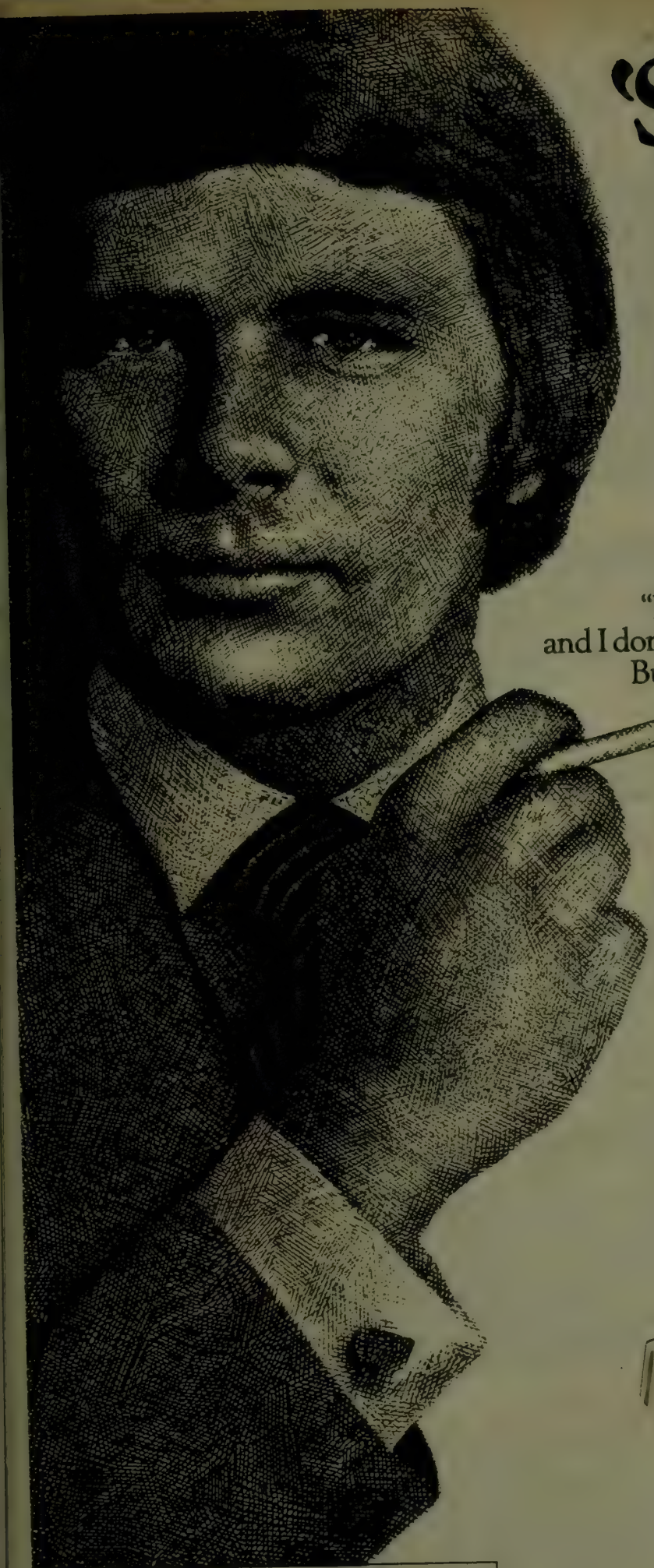
It's interesting that the only interruption of this tone—reasonable, tolerant, reflective, subdued—comes when the subject is television. An astounding number of people seem to truly hate TV, and their comments leave no doubt about their outrage.

- "TV isn't fit for humans."
- "I'm disgusted with the shows on TV—gutter language, cheap sex, violence without end. How can children be expected to maintain high standards in a world cluttered by this trash?"
- "Television is a devastating, demoralizing instrument for the destruction of the American family and home."

Such remarks are a major surprise on two counts: first, their bitterness; second, their volume. Except religion, no subject drew more comments than television, and overwhelmingly they made the same basic point: "We shut off the TV more and more these days."

Many readers claim to have kicked the TV habit completely—some by assigning their sets to locked closets, some by refusing to get broken sets fixed, some by taking the ultimate step of figuratively (and even literally) throwing their sets out the window. And all seem delighted with the results of their decision: "Our TV set has been blissfully on the blink for several months now, and we have no intention of repairing it. Our family is much better off without it." ■

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'Smoking. Here's what I'm doing about it.'

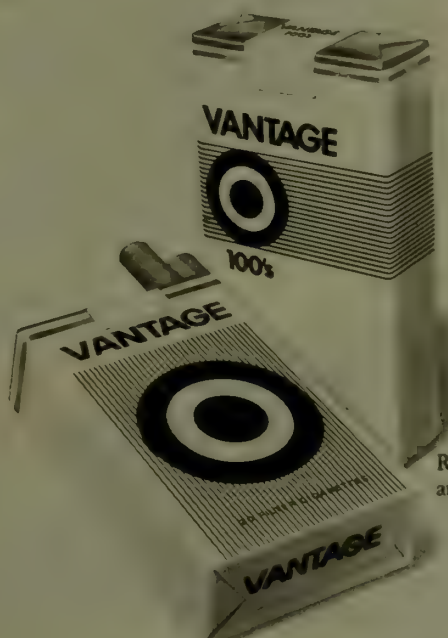
"I like the taste of a good cigarette and I don't intend to settle for less. But I'm aware of what's being said.

So I began searching for a cigarette that could give me the taste I like with less tar. I found Vantage. A cigarette that really gives a lot of taste. And with much less tar than what I'd smoked before.

"What am I doing about smoking? I'm smoking Vantage."

G. S. Cooper

G.S. Cooper
Edmonds, Washington



Regular, Menthol, and Vantage 100's.

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FILTER 100's: 10 mg. "tar", 0.8 mg. nicotine, FILTER, MENTHOL: 11 mg. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report MAY '78.

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BEFORE YOU PAINT THE INSIDE OF YOUR HOME.

Take a look at K mart's Fresh Look label before you buy any other paint. Check our performance promise. It covers washing, fading, stain removal, spot resistance and more. The Fresh Look is easy to apply, free of lead hazards, fast drying. And it tints beautifully to over 650 distinctive, fade-resistant colors.

If you want a quality paint with a quality label, pick the can with ours. The Fresh Look. A premium paint at a K mart price.



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- **Fade Resistant.**
- **Washable** — household dirt can be removed when washed according to label instructions
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- **Spot Resistant** — spots from water, soap, or detergent can be removed by washing
- **Durability** — paint film will not erode and expose the substrate when washed according to label instructions.

When applied according to directions, if paint fails to perform as specified above, K mart's obligation shall be limited solely to refund of the purchase price

The versatile "FRESH LOOK"...durable, latex color, easy-to-apply and maintain everywhere in your home

For maximum beauty and durability...just follow these simple steps...

WHERE TO APPLY: On all interior walls and ceilings, including plaster primed wood, primed metal, over wallpaper finished surfaces, bare dry wall or wallboard.

COVERAGE: Up to 400 sq. ft. per gallon using quality painting tools such as GOLD LINE Rollers and K mart brushes. One full roller, rolled in a straight line, four to five feet in length, will closely approximate this rate.

HOW TO PREPARE FINISHED SURFACES: For maximum paint adhesion WASH THOROUGHLY WITH POWDER DETERGENT AND WATER — RINSE COMPLETELY. Make sure all dirt, grease, soap film, oil buildup are completely removed. Patch all holes and cracks with patching paste — allow to dry — and sand smooth. • *Wallpaper* — Before applying new finish, paste all loose sections down — sand smooth. If pattern stains through, coat with Wall Primer and Sealer — allow to dry overnight. • *Glossy Painted Surfaces* — wash with household powder cleaner in water — rinse well, or sand lightly.

HOW TO PREPARE UNFINISHED SURFACES • *Bare Dry Wall or Wallboard* — when all dust is removed, coat directly with the FRESH LOOK. Two finish coats recommended. • *Bare Plaster* — new or old should be dry, cured and hard. If textured, swirl, soft, porous or powdery, treat with solution of one pint household vinegar in one gallon water. Repeat until surface is hard — rinse well — let dry and apply Wall Primer and Sealer. • *Bare Wood or Metal* — apply a first coat of the appropriate primer.

HOW TO PAINT EFFECTIVELY — Stir paint well. Spot prime all patched areas. Use top quality painting tools for best results — such as GOLD LINE Roller or K mart nylon or polyester brush. Allow overnight drying, before applying second coat.

WHEN TO WASH — To assure durability benefits, do not wash for 30 days. Once cured, the FRESH LOOK cleans easily with dry, non-abrasive detergents and water. "Spray-type" and abrasive cleaners not recommended.

3/76



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GOOD NEWS

Air bag auto jack

This inflatable jack can raise a flat tire faster than a standard jack can and also can quickly lift a stuck wheel out of mud or snow. You slip the deflated bag under the car's edge, attach the hose to the exhaust pipe, and start the car. Wait 30 to 60 seconds while the bag raises the car and then turn off the ignition. No air escapes until you release the safety valve in the hose. The bag is made of tough vinyl and woven nylon fibers.

Anser ML-2 Inflatable Jack, Model P for small and mid-size cars, about $89; Model G for big cars, vans, and trailers, about $99. Prudent Traders, Inc., 50 E. 42nd St., N.Y., N.Y. 10017.



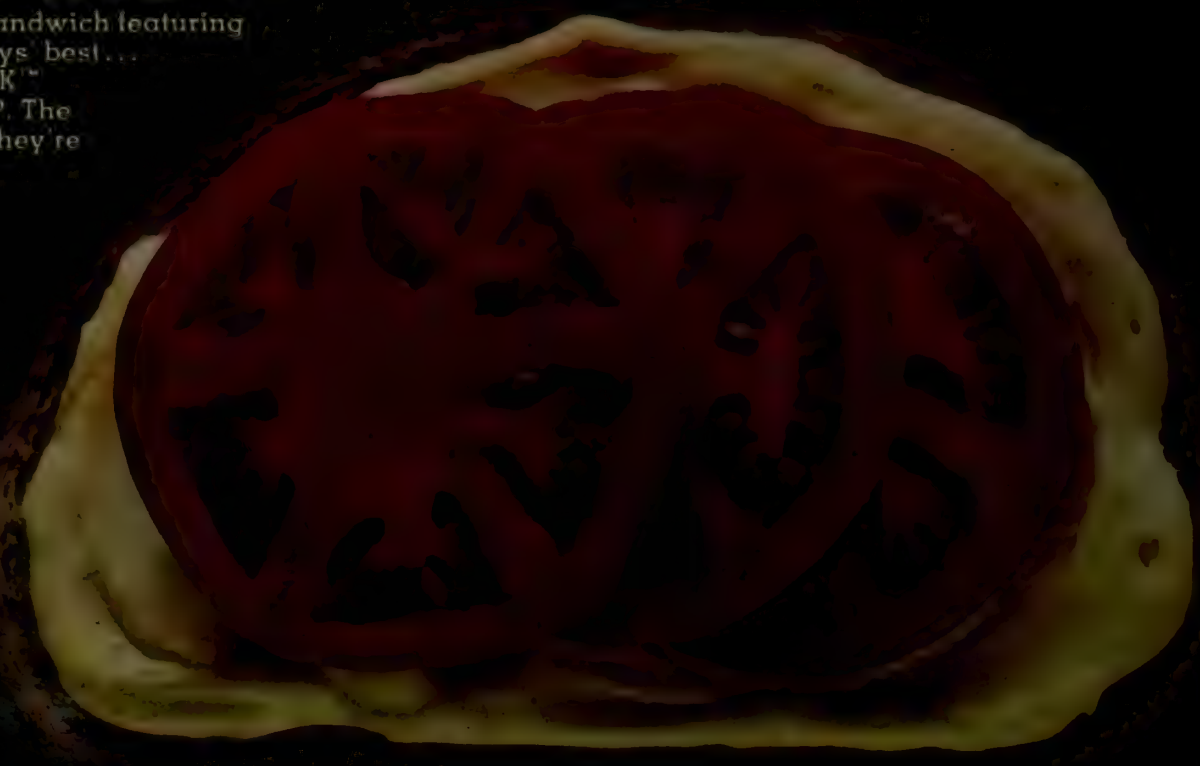
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Here's a super-stacked sandwich featuring two of your Sandwich Days' best... delicious TENDER CHUNK™ Ham and MIRACLE WHIP. The Bread Spread. Together they're a ham-dandy treat.

HAM-DANDY SANDWICHES

6¾-oz. can TENDER CHUNK™ Ham, drained, flaked
MIRACLE WHIP Salad Dressing
½ cup celery slices
¼ cup chopped green pepper
2 cups shredded cabbage
¼ cup chopped sweet pickles
Rye bread slices
Natural Swiss cheese slices
Tomato slices



GOOD NEWS

Dental spray



This device can turn your bathroom sink faucet into a pulsating dental cleaning spray in seconds. You simply snap the flexible hose, sprayer, and removable tip into the adapter installed to the faucet. You can adjust the spray action with a knob on the sprayer.

Assist-Dent, about $26. Clairol, 345 Park Ave., N.Y., N.Y. 10022.

Using the type of bulb found in many street lamps, this portable fixture can light your whole patio with only 92 watts of electricity. And the soft yellow glow of the lamp won't attract party-pooping insects.

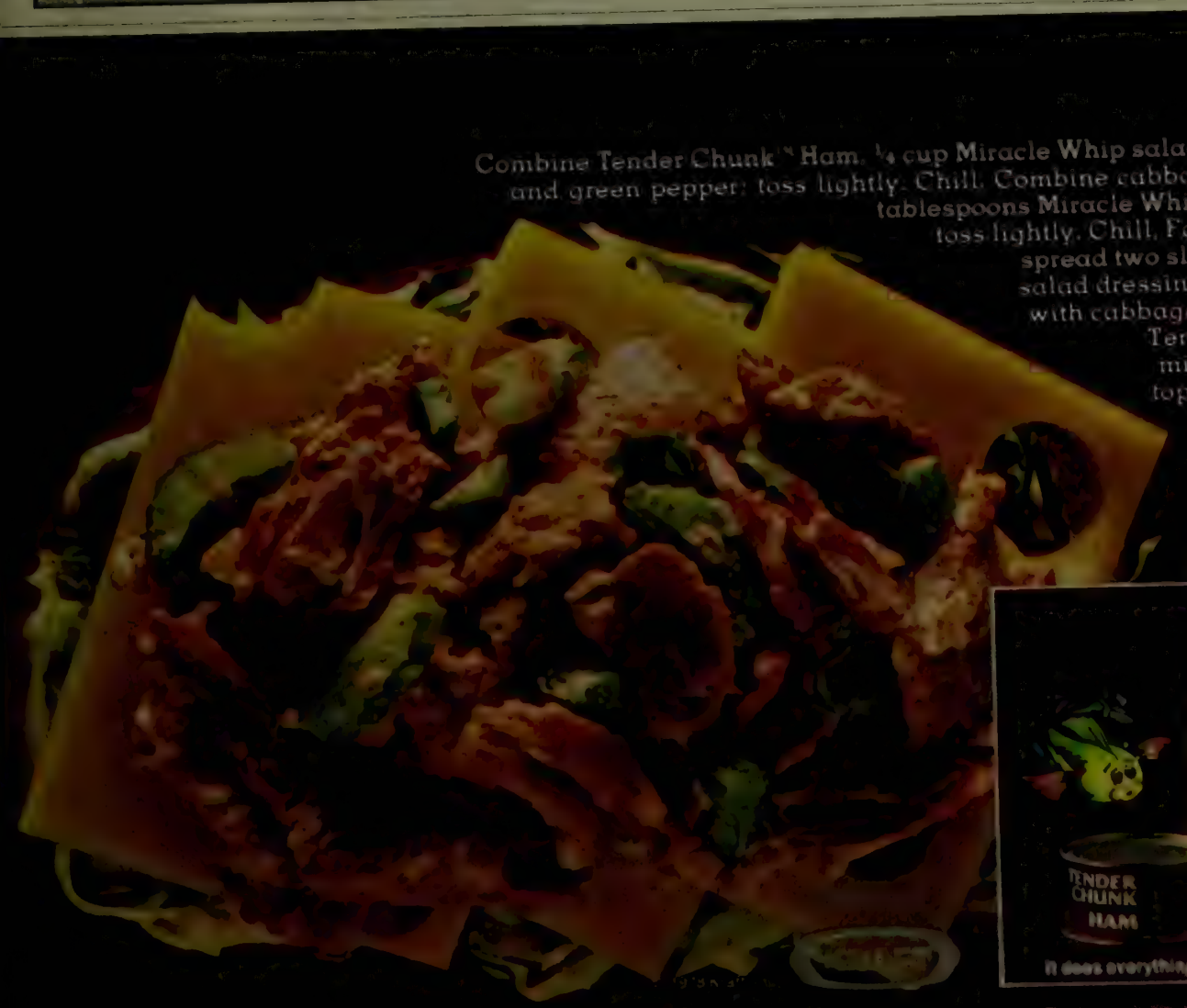
The Beacon Portable Lighting Fixture, about $100. Consumer Lighting Products, P.O. Box 7079, St. Louis, Mo. 63177.

continued

Patio light



Combine Tender Chunk™ Ham, ¼ cup Miracle Whip salad dressing, celery and green pepper; toss lightly. Chill. Combine cabbage, pickles and 2 tablespoons Miracle Whip salad dressing; toss lightly. Chill. For each sandwich, spread two slices of bread with salad dressing. Cover one slice with cabbage mixture, cheese, Tender Chunk™ Ham mixture and tomato; top with second slice of bread. 3 to 4 servings

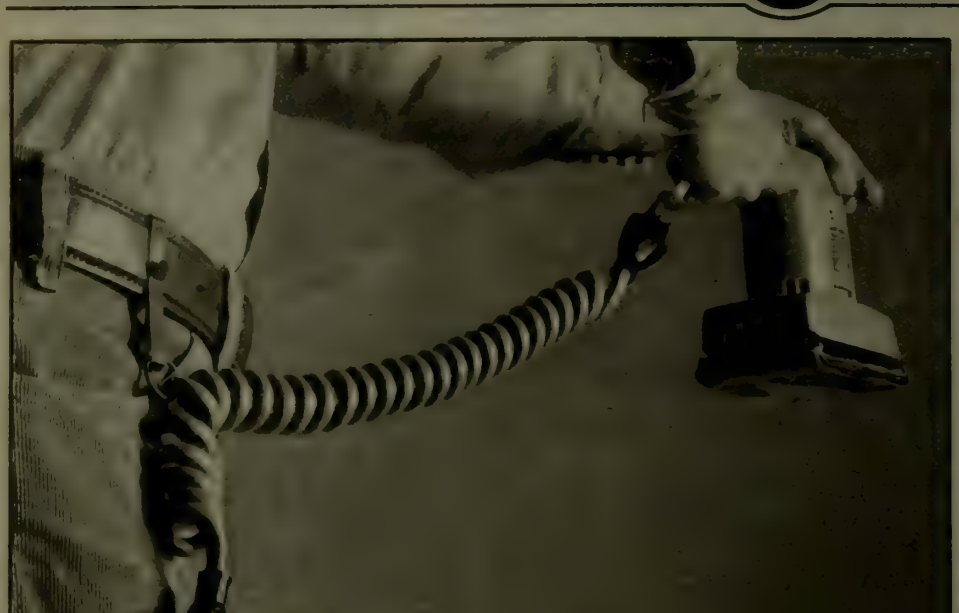


Sandwich Days



It does everything tuna does except swim.

GOOD NEWS



Extension cord organizer

Whether you're trimming a hedge or sawing plywood, usually you must constantly push the extension cord out of harm's way when you work with a power tool. This 12-inch-long retractable cord that clips to your belt and connects the tool to the extension cord can eliminate that chore. You can stretch the cord up to four feet in length as you move freely and quickly around the work.

Save-A-Cord, about $4.44. Belden Corporation, Consumer Division, 2000 S. Batavia Ave., Geneva, Ill. 60134.

Products shown in Good News are available nationally. For more information or the name of the nearest retail outlet, contact the manufacturer at the address listed; please do not send money to the company. All prices are subject to change.

Whether you love Beethoven or the Bee Gees, you'll love what this radio does for their music.

It's our greatest AM/FM hi-fidelity table radio ever. With features and specifications you'd expect to find on elaborate hi-fi component systems.

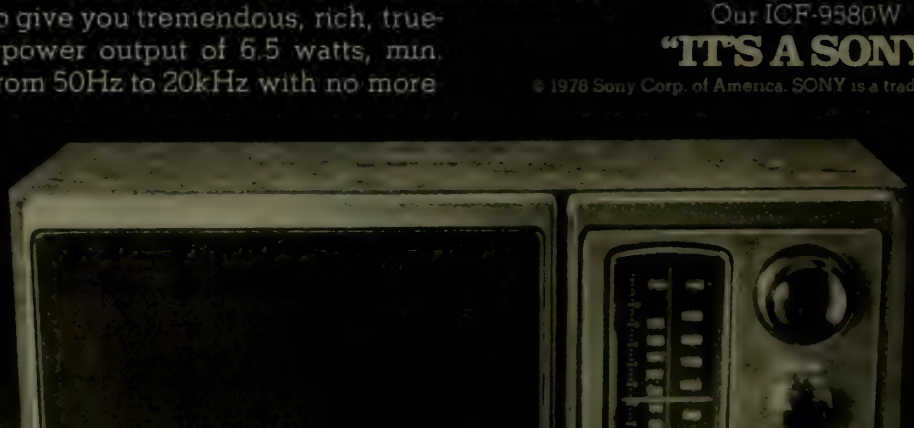
A direct coupled speaker mounted in a bass-reflex chamber to give you tremendous, rich, true-to-life sound. A power output of 6.5 watts, min. RMS at 8 ohms from 50Hz to 20kHz with no more than 3% harmonic distortion. (Whew!) Plus separate bass and treble controls and a high density wood cabinet (to enhance the sound even more) with a handsome walnut vinyl finish.

Want to get more out of your music? Get more of a radio.

Our ICF-9580W

"IT'S A SONY"

© 1978 Sony Corp. of America. SONY is a trademark of Sony Corp.



Great music is only as great as the radio you hear it on.

Special Introductory Offer

"Duet" and "Beethoven"—Masterpieces in Silver or Gold



Now you can choose from two distinctively elegant patterns designed to enhance your most important dining occasions. Both patterns are available in either luxurious Silverplate or stunning Gold Electroplate. Each expresses the fine tradition of craftsmanship for which Oneida is famous.

Duet's subtle brushed satin finish sets off its classic Chippendale design. Beethoven's special beauty lies in its richly carved, traditional pattern.

Whichever you choose, you may be certain that its beauty will delight you, your family and your guests, for years to come.

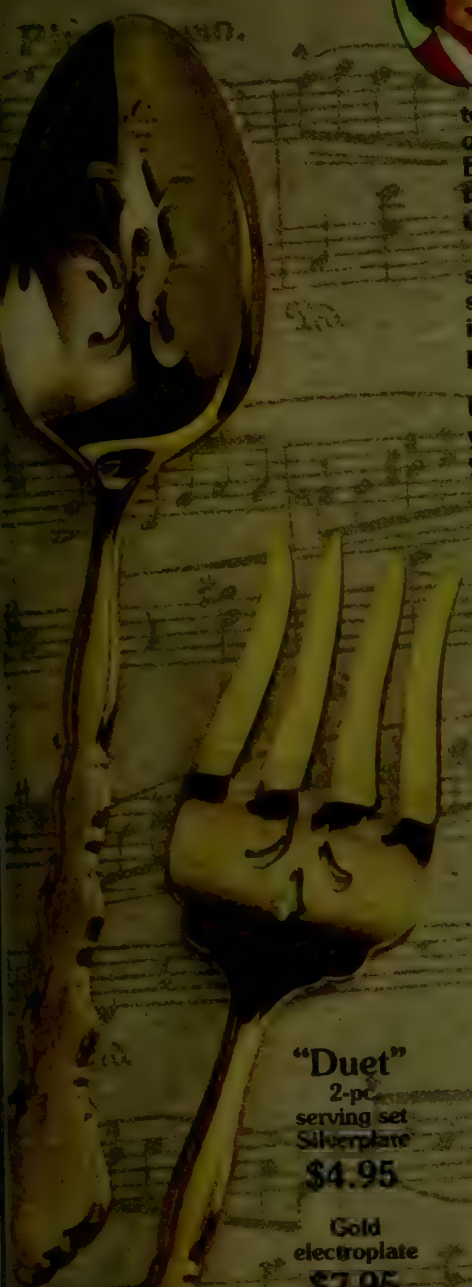
Betty Crocker

You would expect to pay at least twice as much in stores for this quality silverplate and goldplated flatware. However, with this special offer a four-piece place setting is just $6.95 in silverplate, $9.95 in gold electroplate. The setting includes deluxe hollow handle knife, dinner fork, salad/dessert fork and teaspoon.

You may also order serving sets at special savings: the cold meat fork/pierced tablespoon set at $4.95 silver, $7.95 gold and the sugar spoon/jelly server/butter knife set $4.95 in silver, $7.95 in gold.

Begin your service now, then add to it from time to time from open stock at additional savings with Betty Crocker coupons which you will find on more than 175 General Mills products. Discover many other items to save for in the catalog included with your order.

If you are not completely satisfied, return your order within 10 days and your money will be refunded. Offer expires November 15, 1978.



"Duet"
2-pc. serving set
Silverplate
$4.95

Gold electroplate
$7.95



"Duet"
4-pc. setting
Silverplate
$6.95

Gold electroplate
$9.95

"Beethoven"



4-Pc. Place Setting

☐ Duet Silverplate	$6.95
☐ Golden Duet	$9.95
☐ Beethoven Silverplate	$6.95
☐ Golden Beethoven	$9.95

Cold Meat Fork/Pierced Tablespoon Set

☐ Duet Silverplate	$4.95
☐ Golden Duet	$7.95
☐ Beethoven Silverplate	$4.95
☐ Golden Beethoven	$7.95

Sugar Spoon/Jelly Server/ Butter Knife Set

☐ Duet Silverplate	$4.95
☐ Golden Duet	$7.95
☐ Beethoven Silverplate	$4.95
☐ Golden Beethoven	$7.95

General Mills Inc.
Box 58,
Minneapolis, MN 55460

I enclose $_____ (check or money order) for items ordered as checked.

Name_____

Address_____

City_____

State_____ Zip_____

Limit: One each of the sets offered per family, please. To assure delivery, give zip code. Offer good only within U.S. Please allow up to 6 weeks for shipment. Expires November 15, 1978.



PASTA CASSEROLES AND TOSSED SALADS

Have you invented a pasta casserole that's become a family favorite? Are you a whiz at putting together refreshing tossed green salads? Send us your recipes—you could win next April. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipe pages next April. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Pasta Casseroles

Does your side dish or main dish casserole combine eggs, a favorite seafood, cheese, or meat with pasta? Do you layer spinach noodles with a sauce? Tips: **parmesan spaghettini bake, Oriental vermicelli-vegetable casserole, or mostaccioli Florentine.**

Tossed Salads

Maybe you make a unique main dish salad by tossing meats and vegetables with lettuce. Do you serve a side dish salad of greens, fruit, and a special dressing? Hints: **avocado bacon salad, Hawaiian pork 'n pineapple salad, or zucchini-cabbage toss.**

THIS MONTH'S WINNERS

(See recipes on pages 137 and 138.)

Cooks-of-the-Month

Rebecca Cox, El Monte, Calif.
Mrs. Vincent Dowling, Tacoma, Wash.

Runners-up

Mrs. Elmer Christensen, Pine River, Minn.
Nancy Gawlik, Seattle, Wash.
Mrs. Tim Hoff, Lakeport, Calif.
Jeanette Knapp, Boulder, Colo.

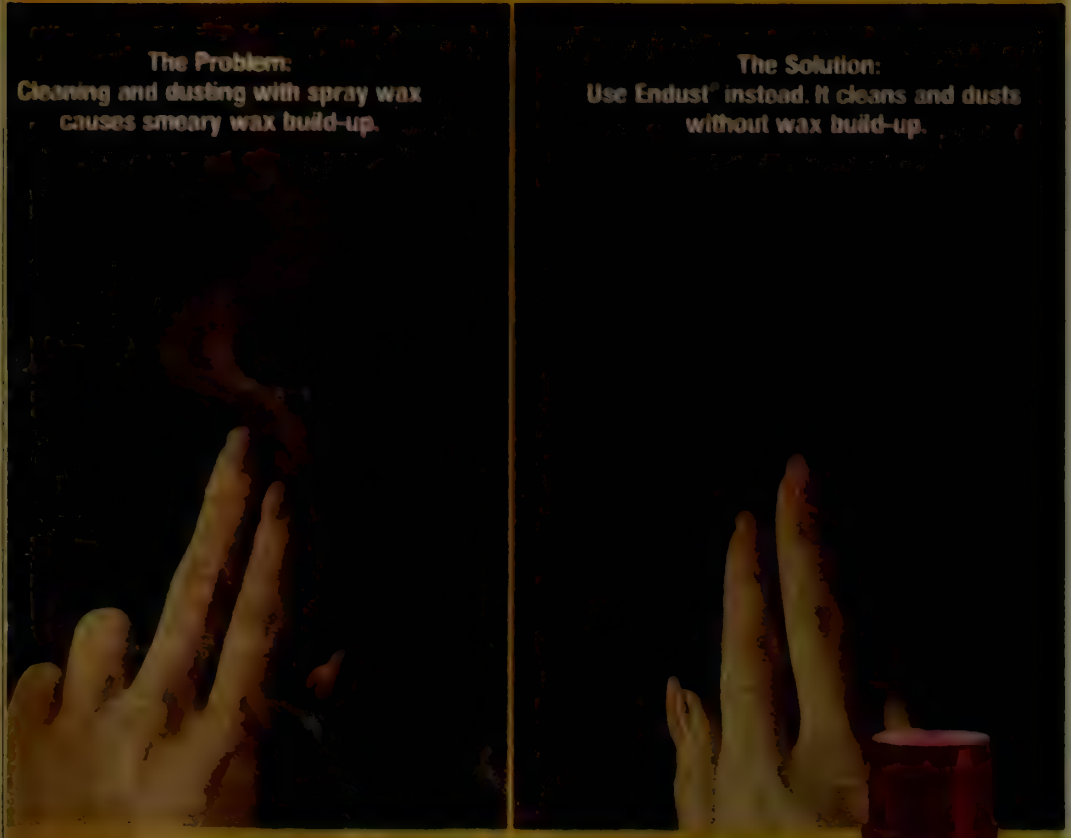
Honor Roll

H. Adele Bachman, Crested Butte, Colo.
Gloria T. Bove, Bethlehem, Pa.
Mary Hillyard, Mogador, Ohio
Mrs. Camelia Huang Ho, Rochester, N.Y.
Ruth C. Huber, Glendale, Ariz.
Mrs. Gene Jordan, Mount Hope, Kans.
Rosemary B. Martin, Cologne, Va.
Rosalind Peabody, Santa Rosa, Calif.
Mary Vadeboncoeur, Cupertino, Calif.
Betty Rae Worthington, Ranchester, Wyo.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "April Pasta Casseroles" or "April Tossed Salads."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **Recipes submitted become the property of Meredith Corp.**
5. **Entries must be postmarked by midnight, September 30. Where duplicate recipes are submitted, the one with the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7809 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**

ENDUST ANNOUNCES A NEW SOLUTION TO AN OLD PROBLEM.



If you use spray wax every time you clean and dust, you'll get wax build-up. That's why you should use Endust.®

The unique Endust formula can't cause wax build-up, because it contains no wax. For cleaning, Endust gets rid of smudge marks and fingerprints. For dusting, Endust works like a dust magnet.

Just spray it on your cloth. Then clean and dust as often as you like without ever worrying about smeary wax build-up.

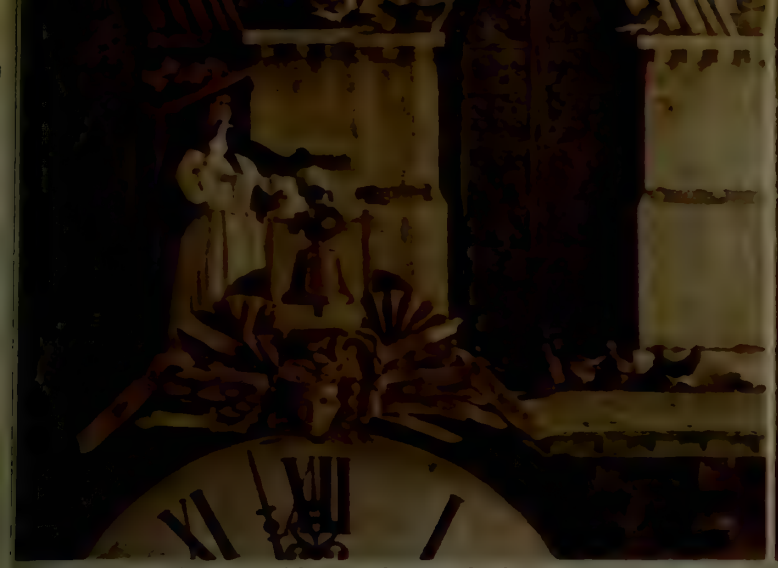
Endust. It not only solves your problem, it leaves your wood looking the way it should. Beautiful.



Cleans and dusts without wax build-up.

Good Housekeeping

©1978 The Drackett Products Company



n 1908, Naomi Fett couldn't understand why more omen didn't sneak cigarettes in the Emperor's clock.



A moment later it struck her.



You've come a long way, baby.

VIRGINIA SLIMS

Slimmer than the fat cigarettes men smoke.



16 mg "tar," 0.9 mg nicotine av. per cigarette, FTC Report May '78

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

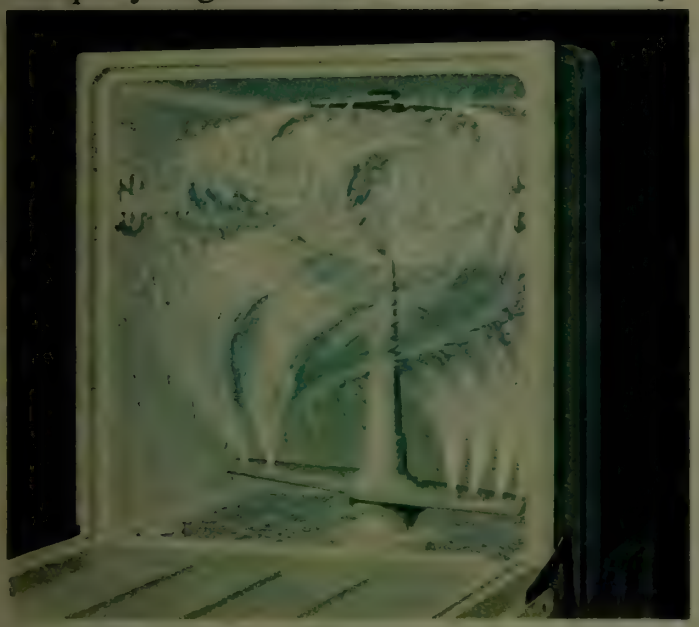
Fashions: Marion Magee


GENERAL ELECTRIC

"THE NEW POTSCRUBBER® III IS THE BEST DISHWASHER GE HAS EVER MADE. WHO COULD ASK FOR ANYTHING MORE!"

—Debbie Reynolds

IT WASHES DISHES CLEANER. The Potscrubber III dishwasher features the new exclusive Multi-Orbit™ Wash Arm that is uniquely engineered to direct a constantly

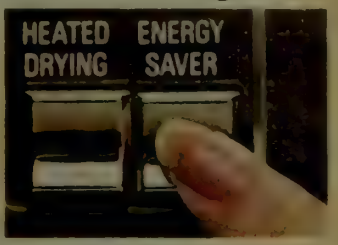


changing pattern of water up through the dishes to wash them thoroughly from many angles. This arm, combined with a Power Shower on top and a Power Tower in the middle, gives a 3-level washing action that gets dishes and glasses cleaner than ever.

And the Potscrubber III even washes the messy cooking utensils. Its special Power Scrub® cycle, while it may not do everything (such as remove burned-on soils), is designed to remove the heavy dried-on and baked-on foods from pots, pans and casseroles.

IT SAVES WATER AND SAVES ENERGY. Almost 80% of the energy used in a dishwasher is in the hot water it consumes. The Potscrubber III dishwasher was specially designed to use less hot water. In fact, you can save hundreds of gallons a year.

And that's not all. With the Potscrubber III, you don't have to waste heat to dry your dishes if you don't need them right away. You just press the Energy Saver button and the dishes will dry naturally. And you don't even have to run your Potscrubber III as often as other dishwashers, because the new Super Racks hold more dishes.



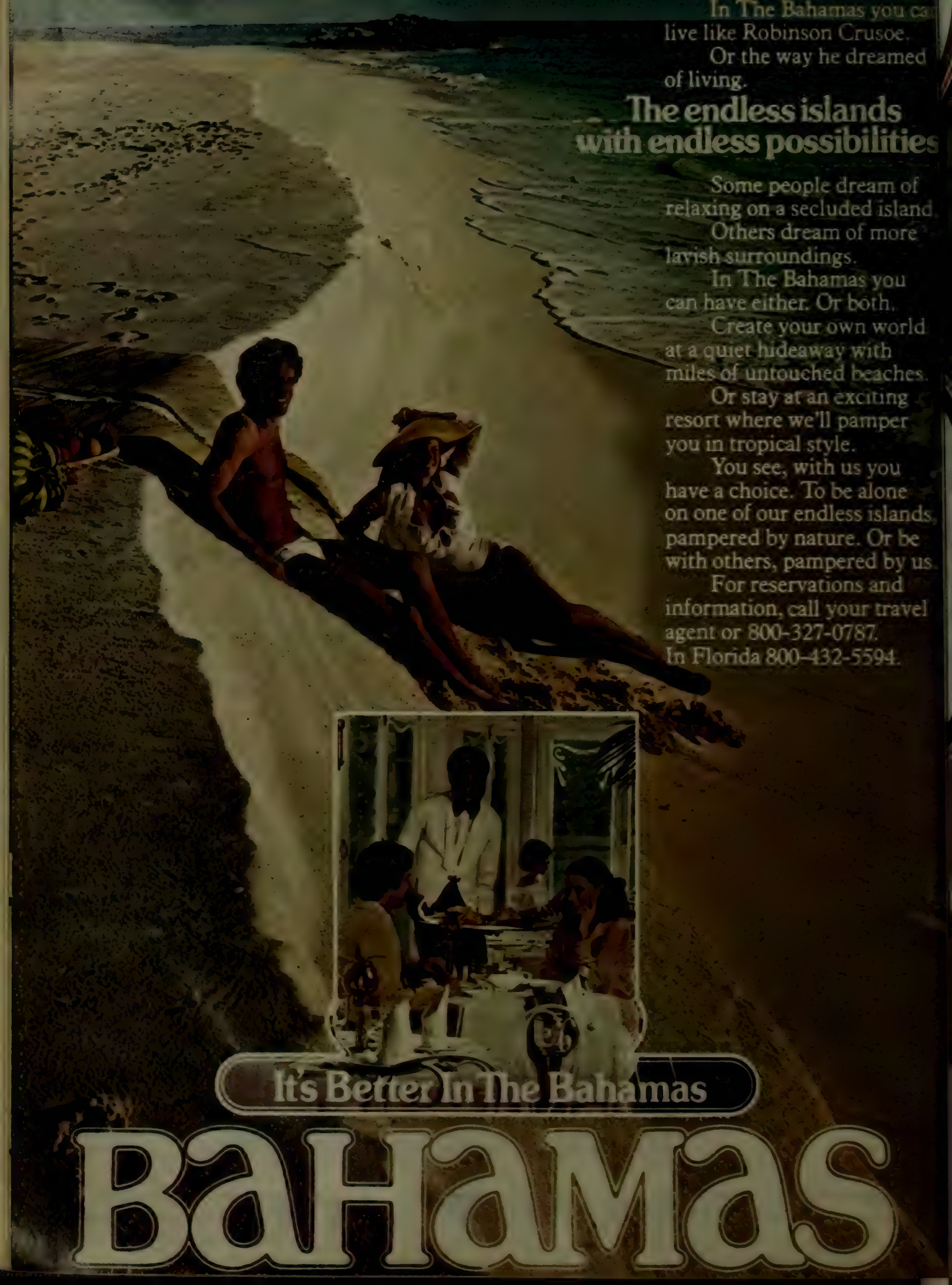
AND IT RUNS QUIETLY, TOO. We created our own material for our dishwasher tub and door. It's called PermaTuf.® And not only is it tougher (it won't chip, crack, peel or rust in normal use), but it's a sound dampening material, too. And we didn't stop there. We even surrounded the PermaTuf tub with a blanket of sound insulation.

The Potscrubber III dishwasher from General Electric. Who could ask for anything more?



THE APPLIANCES AMERICA COMES HOME TO.

GENERAL ELECTRIC


In The Bahamas you ca
live like Robinson Crusoe.
Or the way he dreamed
of living.
The endless islands
with endless possibilities
Some people dream of
relaxing on a secluded island.
Others dream of more
lavish surroundings.
In The Bahamas you
can have either. Or both.
Create your own world
at a quiet hideaway with
miles of untouched beaches.
Or stay at an exciting
resort where we'll pamper
you in tropical style.
You see, with us you
have a choice. To be alone
on one of our endless islands,
pampered by nature. Or be
with others, pampered by us.
For reservations and
information, call your travel
agent or 800-327-0787.
In Florida 800-432-5594.
It's Better In The Bahamas
BAHAMAS





Add a little flair to your autumn dishes without adding cholesterol.

Fleischmann's® Margarine presents an Indian Summer garnish... Orange Delight. Just hollow out a golden fresh orange, fill it with potatoes mashed with the orange juice, and top it off with a pat of Fleischmann's 100% Corn Oil Margarine.





4

CHERRY TURNOVERS

What's the best part of our Turnovers? The fruit or the pastry?

Pepperidge Farm pastry is so good, some people like it even better than the luscious red cherries or juicy apples in the filling. No wonder. It's our best, flakiest puff pastry—golden, rich yet *delicate*, too. Pop the turnovers in the oven and watch them rise. Then enjoy them as a hot dessert or later as a snack. Choose from apple, cherry, peach, raspberry or blueberry. **You can get them in your grocer's freezer.**

Zesty Hidden Valley Ranch® Original Ranch® Dressing.



Call it what you will — zesty, creamy, tangy, delicious—it's one of the world's unique tasting salad dressings. Original Ranch® dressing — only from Hidden Valley Ranch. Just mix our secret blend of herbs and spices with mayonnais and buttermilk — or with our Milk Re cipe — use fresh milk. Either way – you'll get a taste in salad dressing yo won't soon forget.



Family Meat Loaf

1½ pounds ground beef
1 cup soft bread crumbs
1 egg, slightly beaten
½ cup chopped onion
⅓ cup Heinz Tomato Ketchup
1 teaspoon salt
⅛ teaspoon pepper

Combine ingredients; form into a loaf (8" x 4" x 2") in shallow baking pan. Bake in a 350°F. oven, 1 hour. Let meat loaf stand 5 minutes before slicing. Makes 6-8 servings.

Heinz

© 1978
H. J. Heinz Co

Heinz thick, rich Ketchup...

delicious on French fries and hamburgers . . . and just as delicious in your cooking. Try Heinz Ketchup tonight with chicken, fish or in this Family Meat Loaf that's go enough for guests.

Heinz Ketchup—the taste that's worth the wait at your table and in your cooking But don't wait—treat your family to thick, rich Heinz Ketchup today and *save 10¢* with this coupon.

Better Homes and Gardens R 2



LIVE-IN ROOMS

where you feel most at home

BY SHIRLEY VAN ZANTE

In every home there's one room that draws the family just as naturally as honey attracts a bee. It can be an area off the kitchen, a family room or living room, an attic hideaway, or a snug basement retreat. No matter what the location, this cozy spot is where the family gathers. That's why we've dubbed it the "live-in room."

No two are alike, which is exactly what makes a live-in room so livable—ideally, it's planned to handle the special activities of a special family. How does your own family gathering spot measure up?

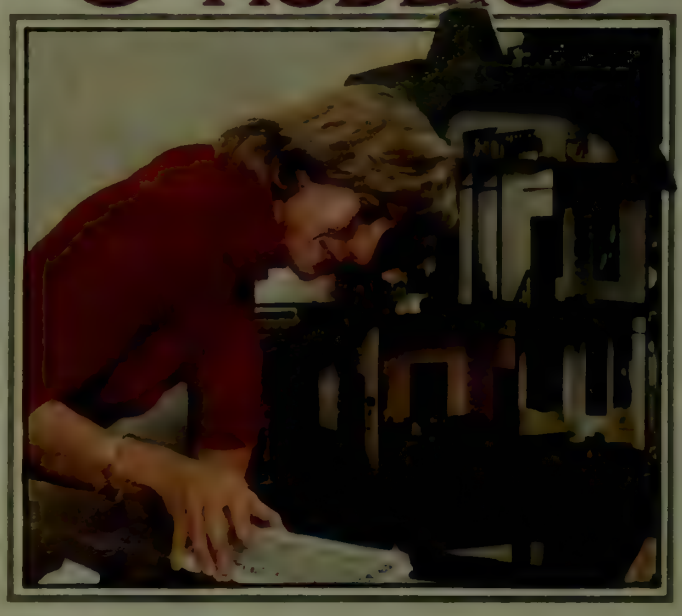
First of all, check the room's comfort quotient. You'll want plenty of put-your-feet-up seating for lounging, watching television, and reading. Then add a good-size work surface with space for spreading out a craft project, like the dollhouse furniture above. From here on, it's up to you. Does your crew need space for table tennis or dancing, or a quiet corner for weaving?

Different as they may be in activity level, these rooms have something in common: they can take rugged treatment. Furnishings are chosen to stand up under more than normal use—no flimsy fabrics or fragile furniture here.

Now, to see just how livable a live-in room can be, turn the page.

LIVE-IN ROOMS FOR

relaxing & hobbies





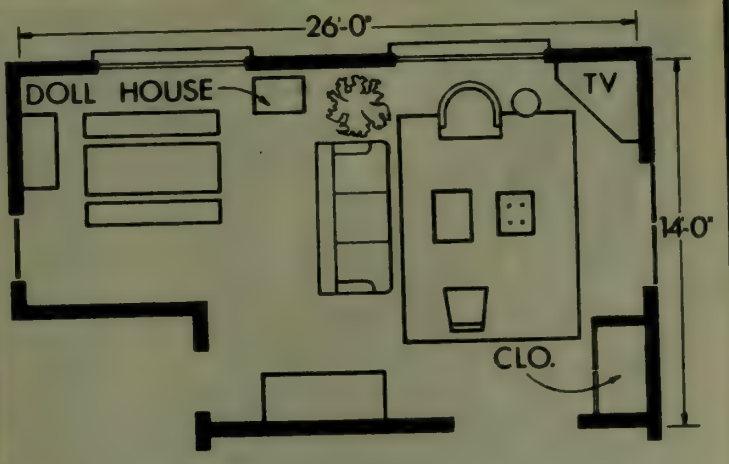


An inviting mix of old and new furnishings fits this room for full-time live-in activities, especially for the hobbyists in the family. The picnic table is drafted into service when Sandra Banks and her daughter Pam work on miniature furnishings for their Victorian dollhouse, while the old hutch keeps hobby supplies close at hand. In between projects, the table serves up casual meals. At the other end of the room, *left*, the Bankses put unused space to work by building in corner cabinets for stashing all the family's sports gear and games.

Sandra wanted the room, *above*, to be comfortable and carefree, so she chose brick-pattern vinyl for the floor and simple shutters for the windows. She alternates two sets of colorful, washable slipcovers on the chairs and sofa. By keeping the background simple, she can change the look of the room with just a switch of covers.







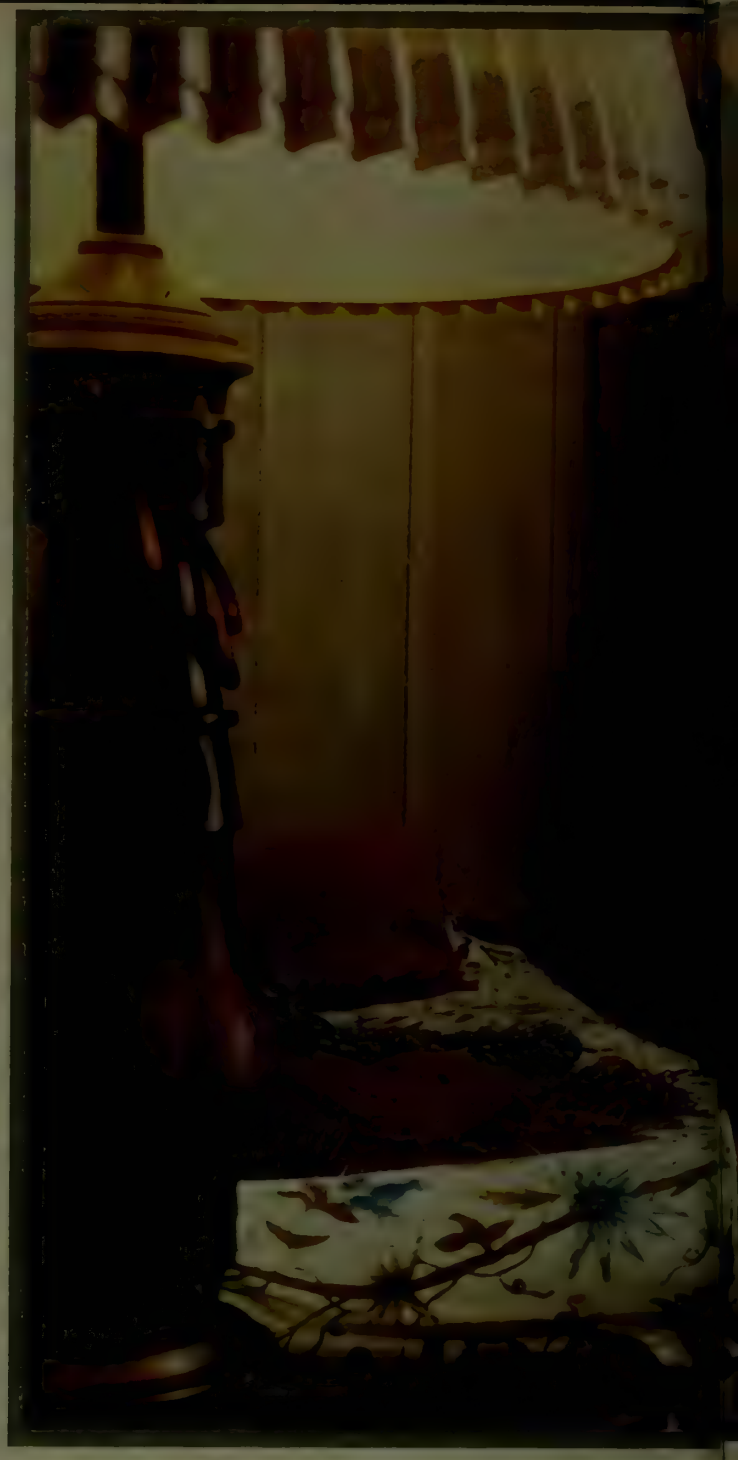
Photographs: Fred Lyon
Interior design: Sandra Banks. Source: Helen Heitkamp

Buying information, page 68

LIVE-IN ROOMS FOR

entertainment





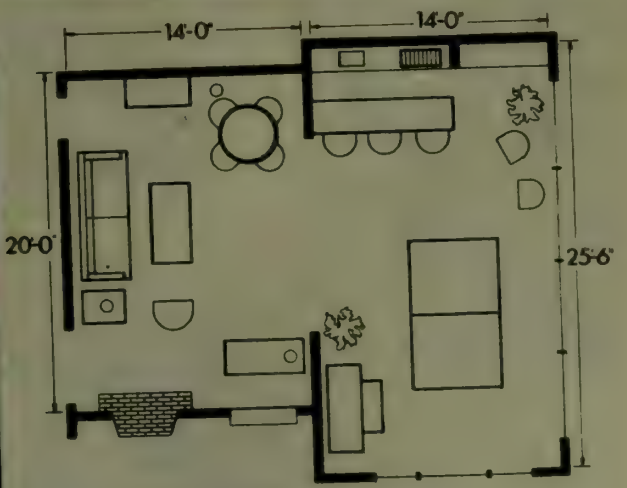




A small family room just wasn't large enough to handle all the entertaining needs of the active Warren Palmer family, so they added the live-in area you see, *left* and *right*. Now there's plenty of space for the table tennis table and piano that get heavy play when the family's teen-agers and their friends are around. For adult dinner parties, the table (held securely by clamps) can be separated into two units, each large enough to seat eight. To add to the convenience, there's a handy serving bar and built-in barbecue.

In the original part of the room, *above*, Barbara Palmer created a more relaxed setting, with comfortable seating, a game table in the corner, and an antique armoire to house television and stereo. Practical, good-looking brick pavers cover the floor. Rough-sawn cedar and brick were used on the walls.





Photographs: George de Gennaro
Interior design: Barbara Palmer. Source: Pauline Graves

Buying information, page 68

LIVE-IN ROOMS FOR

crafts & houseplants





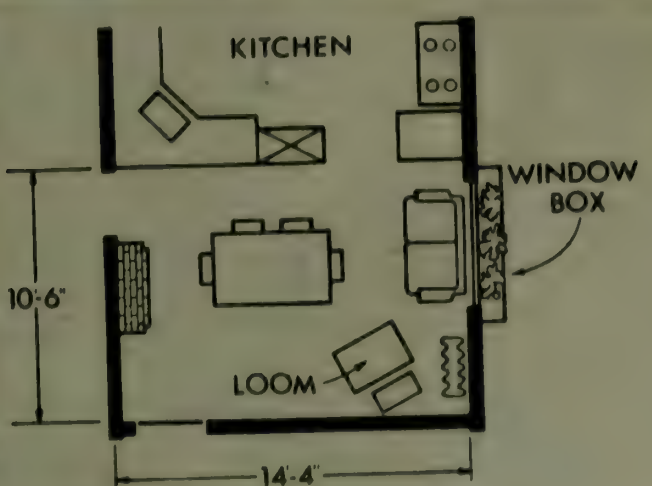


A room for children to play in, for someone to cook, read, tend an indoor garden, or work on a crafts project—that neatly sums up this comfortable live-in spot. The all-purpose area off the kitchen, *above,* suits this young family, since both parents like to cook and neither likes to be isolated in the process. The mother, a weaver, also keeps a small loom here so she can work and still be part of the family scene. To satisfy another family interest, prefab greenhouse units were slipped into existing windows, *left,* so that indoor gardening can go on all year round.

Although the homeowners are antique buffs, they chose good-looking, easy-care contemporary furniture for this much-used room. Their four-year-old and her friend, *right,* can cut clay "cookie" shapes right on the stain-resistant tabletop.



Buying information, page 68



Photographs: Maris/Semel. Interior design: Marla MacDonald. Source: Estelle Guralnick.

FLOWERS YOU CAN COUNT ON

BY STEVEN COULTER

PEONIES: PERENNIAL BEAUTY WITHOUT BOTHER

Few plants require as little care as the peony. Planted correctly, peonies will bloom faithfully every spring even if neglected entirely. Some plants in old gardens have been known to bloom for over 100 years, which accounts for peony's nickname, the century plant.

Basically, there are four types of peonies, classified according to their flower: single, Japanese, semidouble, and double. The many beautiful hybrids available today are various combinations of these four species. All except the tree peony are herbaceous, dying to the ground in the fall and returning in the spring.



SWEET REFRAIN



DRAGON'S NEST

Photographs: William Hopkins

Peonies appear in all colors except blue. Yellow is found mainly in the tree peonies and in a few herbaceous hybrids. You can extend the blooming time of peonies in your garden by choosing varieties that bloom early, mid-season, and late.

Blooming season begins about the time late varieties of tulips open and ends six to eight weeks later. Tree peonies bloom earliest, at least two weeks before the others.

The first herbaceous peony to bloom in the spring is the fern-leaved peony *(Paeonia tenuifolia)* with its sharp cut-leaved foliage. One of the oldest of the



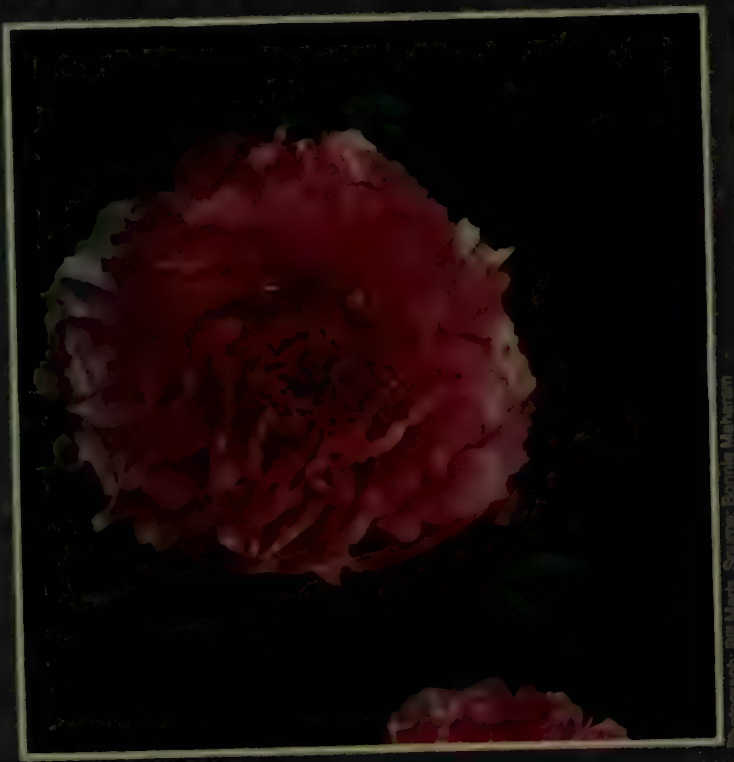
SARAH BERNHARDT



SHAYLOR'S SUNBURST



RED CHARM



KAMADO FUJI

Photograph: Bill Marks Source: Bonnie Marhenke

peony species, the fern-leaved peony was popular during the Victorian era for planting in cemeteries to decorate the graves. The fern-leaved peony seldom grows higher than 18 inches and bears bright red double flowers about three inches in diameter.

Early fall is the best time to plant or move peonies: September in the North, October in the South. Pick a sunny location and provide good drainage. Although peonies are not particular about soil, they do best in soil low in nitrogen and high in phosphorous and potassium. Test for pH—the soil should be neutral (7.0) or slightly alkaline (7.1).

Dig each hole large enough to accommodate the roots without crowding, about 18 to 24 inches deep. In the bottom, mix some topsoil with about a pound of bone meal and a shovelful of humus or screened compost. Manure and peat moss should *not* be used.

Plant the eyes of the peony roots 1½ to two inches below ground level. Deeper planting may result in little or no blooms. Shallower planting risks winterkill. Be careful not to damage the eyes as you fill the hole with soil and tamp it firm. Water the plant thoroughly, and if rain is lacking, keep the plant

continued on page 178

FLOWERS YOU CAN COUNT ON

BEARDED IRIS:

THE COLORS ARE BETTER THAN EVER

In Greek mythology, Iris was the goddess of the rainbow. Modern hybridizers have evidently kept that in mind, for today's bearded iris are available in every tint of the rainbow except bright red.

When new varieties are first introduced, the demand from iris fanciers exceeds the limited supply, making the newcomers more expensive. But the many old favorites on the market offer an impressive array of color at less cost.

Bearded iris bloom in May and June and are good companions for peonies, Oriental poppies, coral bells, columbine, and early daylilies. Or mass a single variety for a great sweep of rich color. Remove blooms as soon as they fade; otherwise seed pods will form, and the developing pods will sap the plants' strength.



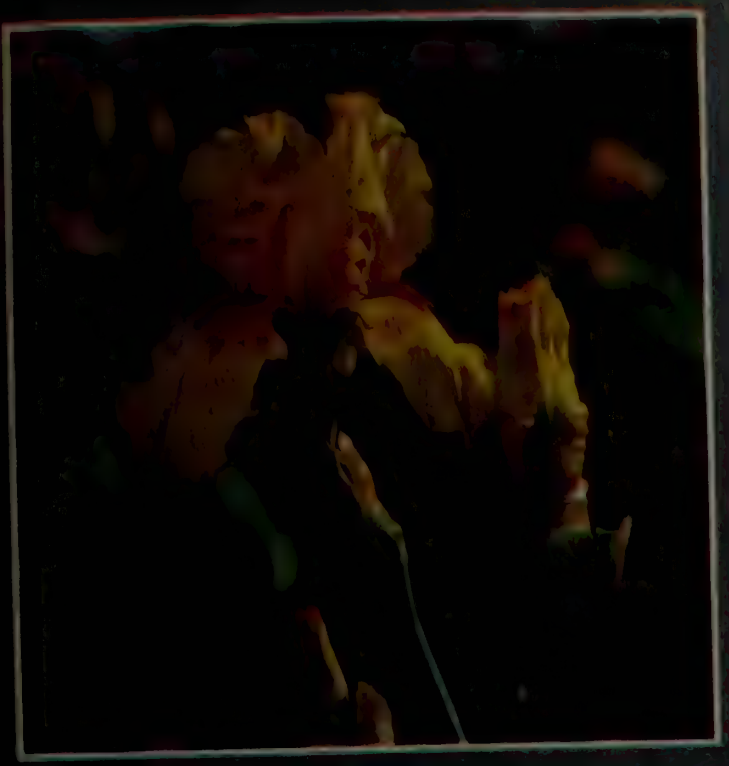
BLUE PROMISE



NEW ROCHELLE

Understanding a little iris terminology will help you decipher the color information in plant catalogs. The three petals that curve downward are called falls. Each fall sports a fuzzy beard that trails down into the throat of the flower. The three petals that stand upright are called standards. With these definitions in mind, you don't need a photo of Paris Gown to picture it in your mind from the catalog description: "Rich pink standards; clear peach falls; peach-coral beard."

Plant all bearded iris in late summer or early fall in a sunny location. Supply good drainage so the



SON OF STAR



HALL OF FAME



TROPICAL NIGHT



ISLANDS OF LIGHT

rhizomes won't rot. Bearded iris should be lifted, divided, and replanted about every five years. Iris spread out, so leave 18 inches between plants.

Depth of planting is very important; the rhizome should be barely below the soil surface. If you plant the rhizome too deep, there will be no bloom.

Spade a fertilizer with a low nitrogen count into the soil at about an ounce to the square foot. Place compost or well-rooted manure into the bottom of the bed, deep enough so it won't touch the rhizomes. Topdress each plant in spring with superphosphate —about ¼ cup to each plant. Take care not to disturb the roots during the topdressing process.

When dividing your old iris, dig the entire clump, then hose away the clinging soil to expose buds, rhizomes, and fibrous roots. Trim away and discard old woody tissue. With a sharp knife, separate the rhizomes, leaving as many roots as possible attached to each division. Trim the foliage to a fan shape to prevent severe wilting of the transplants. The suddenly smaller root system would be unable to support the original amount of leaves.

continued on page 182

To order product numbers 09080 and 09081, see page 192.



BATHROOMS

A little stretching makes a big difference

If you're about to remodel or build a new house, don't skimp on planning bathroom space. Today it's natural to try to squeeze and economize, but you're wiser to plan long-range convenience from the beginning, even if you must postpone something else.

Are you thinking in terms of a 5x8-foot bathroom? Making the bathroom only four feet longer can pay off big. The extra floor space allows compartmentalization and two-at-a-time usage so everything functions smoothly.

Plan the line-up of fixtures along one wall, with lavatories closest to the door. Here, we used an easy-care, fiber glass shower-tub unit in its own compartment, then surrounded the other two areas with a combination of 2x2-inch ceramic tile and oak flooring with a urethane finish. Oak plywood on the counter unit enhances the richness of the twin lavatories and fittings. Outside, an undereave garden adds an affordable extra.







Or, if your starting point is a complete master bath, you can get it all in a space like this. At one end of a 12x11-foot space, two lavatories bracket the oversize tub. The tub is specially shaped for comfort, with a built-in whirlpool for real relaxation. A great combination of materials—stainless steel, ceramic tile, and black glass paneling—minimize cleanup.

At the other end, the bidet and toilet share one area, and there's room for a separate shower. No need for a curtain here—splashes can do no harm.

A combination of lighting fixtures and diffusing panels brightens each area. You could plan a skylight to add a dash of daylight.

Buying information, page 68

SETTING THE SCENE FOR

Ethnic Parties

By Patricia Pollock

Why wait for a round-the-world trip to savor exotic cuisines and atmosphere? We'll show you how to stage international parties at home—complete with more-splash-than-cash props to match the menu. Grab your sombrero and away we'll go!



Photographs: Harry Hartman. Table designs: Christine Roth. Stoneware: "Tema" Bing & Grondahl; crystal: "Crystalline Amber" Gorham; stainless: "Hammersmith" Towle

MEXICAN

From gazpacho to almendrado, your Mexican dinner party can be destined for success when you add a little local color to the menu. Draw from a rich heritage of folk art, handcrafts, music, and flamboyant colors for your table decor. Then add generous portions of casual, unhurried Southwestern hospitality, and your evening will become a fiesta. Let the party pictured on these pages inspire you. Here's a rundown of the ideas shown:

Set a boffo buffet. Surround the serving area with colorful shawls or serapes; drape one across the surface at a jaunty angle to show off the fringe.

Wrap a pitcher of sangria with a tasseled pompon belt, or make one from scraps of colorful yarn.

Add balsamwood candle holders painted in bright, primitive designs. Or make and paint your own.

Stretch a small dinner table to suit your guest list. Have someone at the lumberyard cut a plywood circle to place atop your existing table.

Whip a woven-straw area rug onto the plywood top as a table covering. Use a Guatemalan belt or two to cover raw plywood edges; tape or staple the belts in place.

Create a freestyle centerpiece with vegetables and flowers. Or duplicate ours. Start by placing a lantern in a large, low, wide-rimmed basket.

continued on page 134
Buying information, page 68

To order lantern, Product #11334, see page 192.




CRAB ROLLS
BEEF WITH
BARBECUE SAUCE
PRAWN WITH
SNOWPEAS
RICE

ORIENTAL

Whether your party features Chinese, Japanese, or Korean cuisine, you'll find ideas here to enhance the evening. You might want the gather-round informality of a cook-at-the-table firepot, or you could bow to traditional elegance, as we did here. Either way, key your mood-setting accessories to the formality of the food served.



China: "Fretwork" Wedgwood; octagonal plates: "Fleur et Nuages" Fitz & Floyd; goblets: "Diamond" J.G. Durand; stainless: "Bijou" Oxford Hall

Paint or borrow a paper fan to hang on the wall. Use the design—floral or abstract—as a basis for the rest of your scheme. To make your own fan, follow directions on page 135.

Turn the table into a garden oasis with bonsai. If you can't locate the real thing, adapt potted herbs or evergreens by judicious pruning.

Add a little splendor to your basic china with some mix-and-match ware in harmony with the feast. Here, octagonal salad plates and serving bowls echo the Far Eastern motif.

Orient your guests to the cuisine by writing the menu on parchment in exotic calligraphy. Display the menu in a Japanese wallet with a bronze butterfly holder.

Use a covered lacquered rice bowl to moor a napkin at each place; top with a pair of shiny chopsticks.

Tuck rice paper parasols here and there in houseplant greenery, massed in a mini-jungle on the floor.

continued on page 134



MIDEASTERN

Clustered around the Eastern end of the Mediterranean are the lands of pharoahs, sultans, sheiks, and shahs. From these diverse cultures and multitude of nations emerges one thoroughly enchanting cuisine. Why not feature Mideastern fare at your next dinner party? Here are some ideas to help you make the scene as exotic as the items on the menu:

Spread your feast on the floor, or close to it, for comfort's sake. If your coffee table isn't the right size, set plywood tops on screw-on legs or low-level benches. Cover the table (or tables, if it's a big bash) with a sheet; tie gold tassels at the corners to drape the fabric a little.



Floral china: "Interlude" Lenox; gold china: Pickard; striped plates: "Ramses" Fitz & Floyd; crystal: "Rochelle" Doulton; flatware: Silver and Gold "Patrician" Oneida

Toss around all the pillows you can find to soften sitting surfaces.

Supplement your best china with some special new jewel-toned salad and dessert ware.

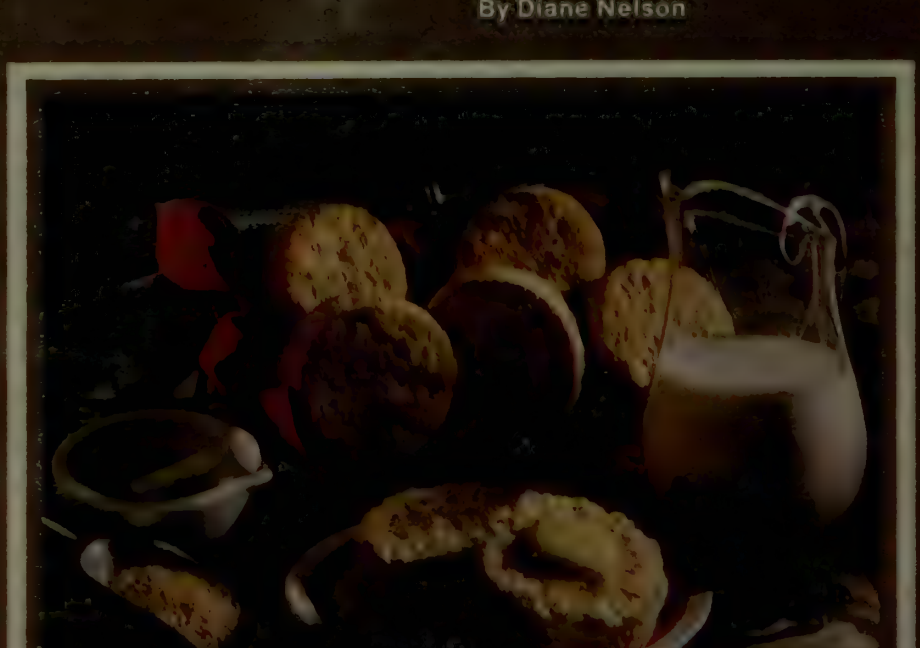
continued on page 135

Buying information, page 68

Do Something Different

WITH CONVENIENCE FOODS

By Diane Nelson



Everyone knows you can make a cake with a cake mix — but did you know you can also make pie with a frosting mix and flavor chicken with pie filling?

All sorts of delicious possibilities open up when you start thinking of convenience products in an unconventional way. By saving you time and work, these handy packages, boxes, envelopes, and cans make it easier for you to cook creatively. We'll start you off with eight imaginative spin-offs from familiar convenience foods.

BISCUITS FROM PIECRUST MIX

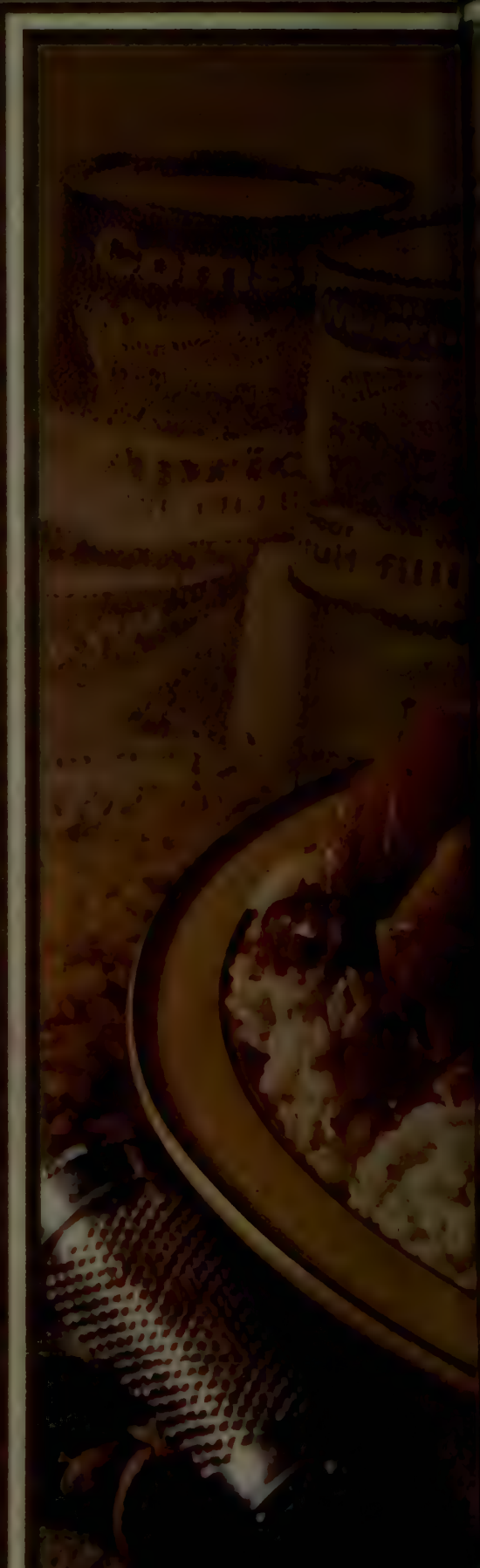
By using a piecrust mix to make **Onion Biscuits**, you eliminate one whole step from "scratch" biscuits—that of cutting in shortening. Add your choice of parsley, dill, or sesame seed to these extra flaky biscuits.

MAIN DISH FROM PIE FILLING

Already-thickened fruit pie filling provides the sauce in **Apricot Chicken**. Skin the chicken breasts first, so you won't have to fuss with skimming fat.

Buying information, page 68

Recipes begin on page 130





Do Something Different

WITH CONVENIENCE FOODS



SANDWICHES FROM PATTY SHELLS

Instead of pouring a creamy filling into baked patty shells, try wrapping the unbaked shells around a Canadian bacon, pineapple, and cheese filling. These **Pineapple-Bacon Pastries** will impress your brunch or lunch guests. (You'll also want to keep the ingredients on hand for quick and hearty snacks.)

SOUP FROM DINNER MIX

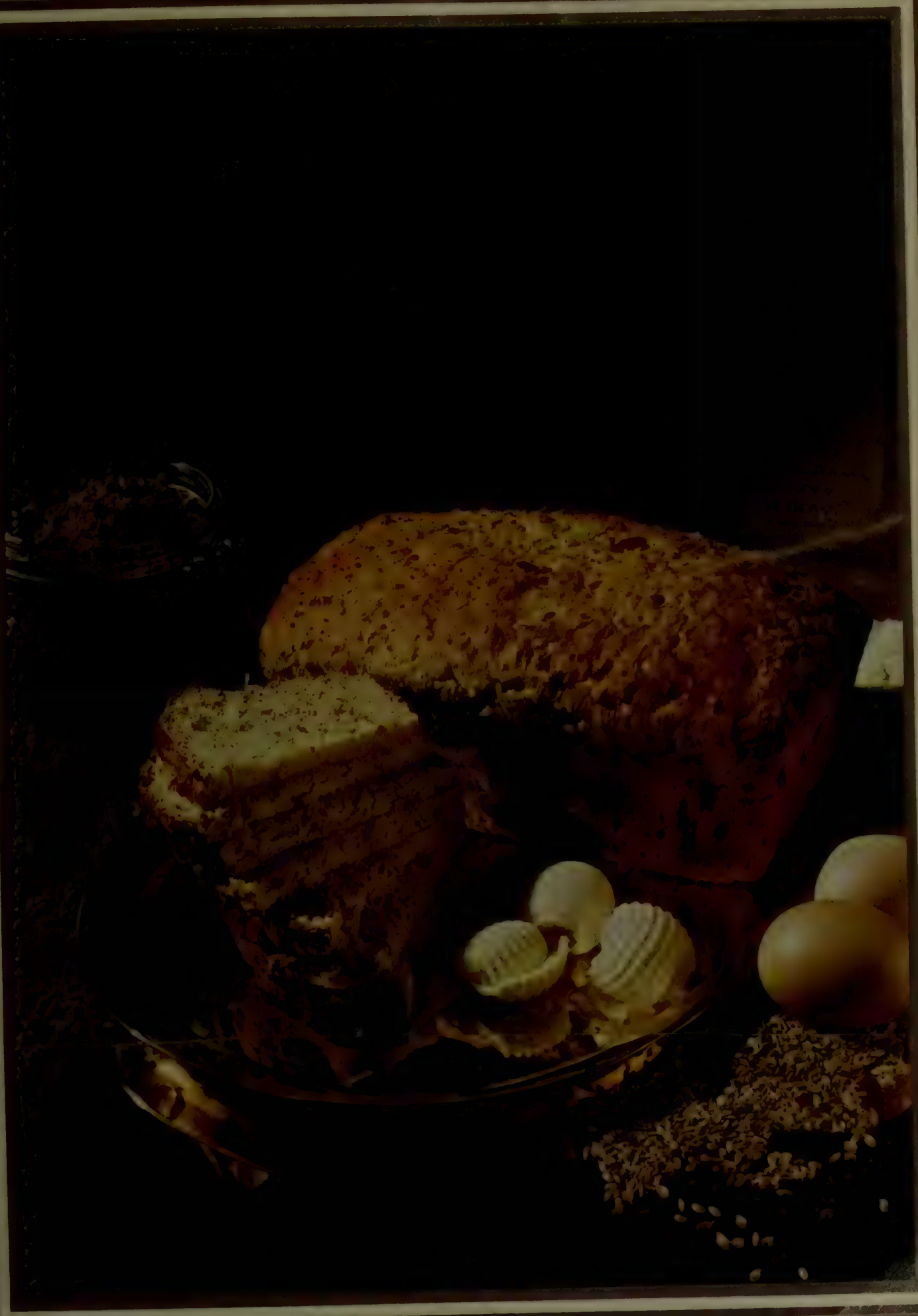
Start **Macaroni and Cheese Soup** with a macaroni and cheese dinner mix so you'll have no cheese to shred or macaroni to measure. Add already-chopped frozen mixed vegetables, chicken broth, and beer for a fast soup that's full of homemade flavor.

YEAST BREAD FROM CAKE MIX

Use dillseed, cereal, and cheese, plus yeast, to turn a dessert mix into a dinner bread. **Dilly Cheese Bread** is a batter bread, which means there's no need to knead—

Recipes begin on page 130.
Buying information, page 68





Do Something Different

WITH CONVENIENCE FOODS

SHORTCAKE FROM COOKIE MIX

Bake a sugar cookie mix in two cake pans and you have the layers for **Mixed Fruit Shortcake**. The near-instant filling features frozen mixed fruits in a velvety blend of sour cream and frozen whipped topping. Save some of the fruits to arrange atop.

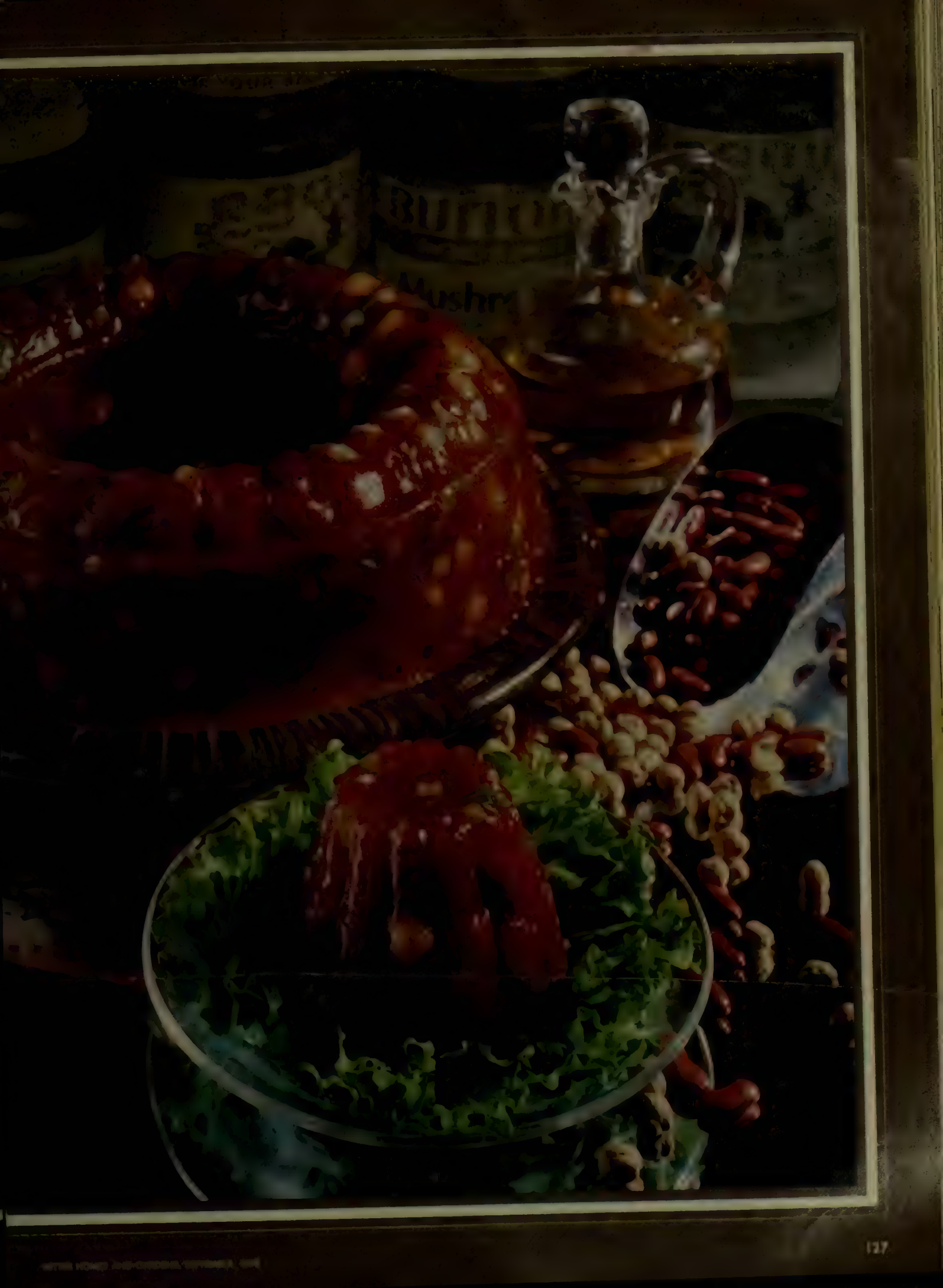
SALAD FROM SPAGHETTI SAUCE

Who says spaghetti sauce just goes on spaghetti? In **Bean Salad Aspic** the sauce deliciously seasons garbanzo and kidney beans. Serve the salad with sausages or cold cuts and it becomes a make-ahead supper.

Recipes begin on page 131
Buying Information, page 68







Do Something Different

WITH CONVENIENCE FOODS

FROZEN PIE FROM FROSTING MIX

Whip fluffy white frosting mix and your favorite fruit-flavored yogurt into easy **Frozen Yogurt Pie.** The creamy filling takes only ten minutes to put together. For twice the convenience, use a purchased graham cracker crust. Garnish with whipped cream and semisweet chocolate pieces or slivered almonds.

Or, layer the filling with chopped nuts in parfait glasses.

Recipes begin on page 132
Buying information, page 68



...resh, as if J. L. Kraft ...ad delivered it himself.





Here's fresh, flavorful cheese with a fresh serving idea. It's KRAFT natural Cheddars and Colbys, a glorious selection, served on their own cheese board. The cheeses range from mild to sharp, and you can buy them in clear wrappers or traditional wax-dipped packages. This hardwood board is branded with Kraft's distinctive horse and wagon symbol. A fruit-and-cheese snack is always a fresh idea. And when it's set out on this new cheese board, it's as if J. L. Kraft really had delivered it himself.

SEND FOR THIS CHEESE BOARD: Cheese board with the horse and wagon symbol is all hardwood 12″ x 12″ x 1″ with groove, and weighs approximately 4 lbs.

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Please send me _____ cheese board(s). For each one I enclose $5.75 in check or money order (no cash or stamps, please), plus the horse and wagon symbol from any KRAFT Brand Cheddar or Colby cheese as proof-of-purchase.

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Other margarines vs. Squeeze™ Parkay.



Mess Success

½ cup pecan halves
Hot cooked rice

Halve chicken breasts lengthwise; remove skin. Arrange in 13x9x2-inch baking dish; sprinkle with a little salt and pepper. In bowl combine apricot pie filling, lemon juice, the ½ teaspoon salt, and the nutmeg. Stir in pecans. Pour over chicken pieces. Cover and bake in 375° oven for 55 to 60 minutes or till chicken is tender. Arrange chicken on rice; spoon sauce mixture atop. Makes 6 servings.

PINEAPPLE-BACON PASTRIES
1 10-ounce package frozen patty shells, thawed (6 shells)
6 slices Canadian bacon, cut ¼ inch thick
Dijon-style mustard
6 canned pineapple slices
6 slices American *or* Swiss cheese

On floured surface roll each thawed patty shell to a 9-inch circle. Spread Canadian bacon lightly with mustard. Top each circle with one bacon slice and one pineapple slice. Halve cheese slices; crisscross atop pineapple.

Moisten edges of each patty shell. Fold two opposite sides to center, overlapping slightly. Then fold other two sides to center, pinching edges to seal. Prick or slit tops. Place on ungreased baking sheet. Bake in 400° oven for 20 to 25 minutes or till golden. Makes 6.

MACARONI AND CHEESE SOUP
1 7¼-ounce package macaroni and cheese dinner mix

continued

Convenience foods

ONION BISCUITS
½ cup milk
1 teaspoon minced dried onion
1 11-ounce package piecrust mix
1 tablespoon baking powder
1 tablespoon snipped parsley *or* ½ teaspoon dillseed, crushed slightly *or* sesame seed, crushed slightly

Combine milk and onion; let stand 5 minutes. Meanwhile, in mixing bowl stir together the piecrust mix, baking powder, and parsley *or* seed. Make a well in center of dry mixture. Add milk and onion all at once. Stir just till dough clings together. Turn out onto well-floured surface; knead 10 to 12 strokes. Roll or pat dough to ½-inch thickness. Cut with 2½-inch biscuit cutter dipped in flour between cuts. Place on ungreased baking sheet. Bake in 450° oven for 10 to 12 minutes. Makes 10.

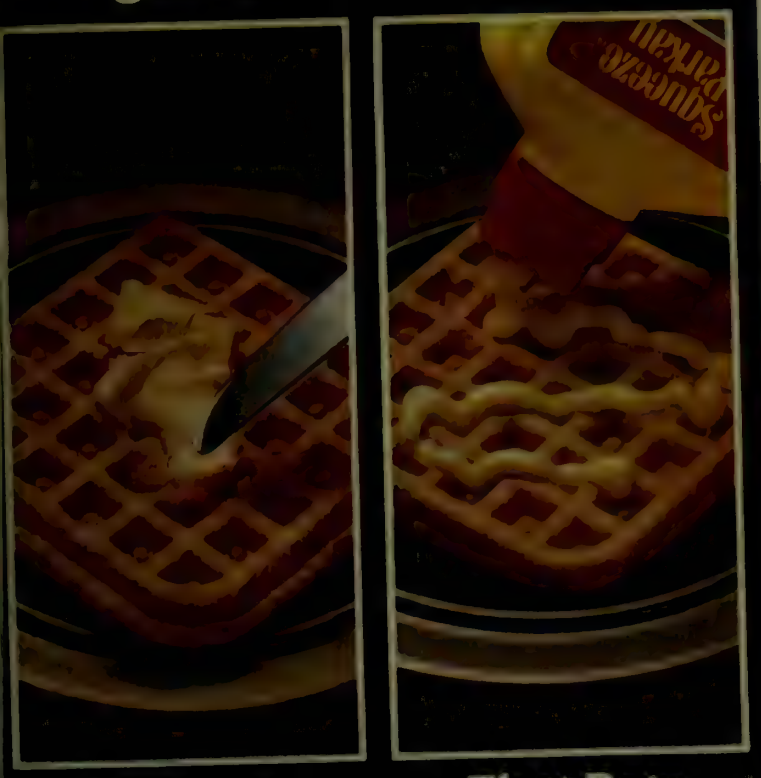
APRICOT CHICKEN
Another time, try peach, pineapple, or cherry pie filling—
3 whole chicken breasts
Salt and pepper
1 21-ounce can apricot pie filling
1 tablespoon lemon juice
½ teaspoon salt
½ teaspoon ground nutmeg

Other margarines vs. Squeeze™ Parkay.



Slide Glide

Other margarines vs. Squeeze™ Parkay



Frustrate First Rate

¼ cup butter or margarine
3 tablespoons all-purpose flour
2 13¾-ounce cans (3¼ cups) chicken broth
1 cup beer
1 10-ounce package frozen mixed vegetables, thawed
1 cup diced fully cooked ham (5½ ounces)

In large saucepan cook the macaroni from mix in boiling salted water till tender; drain and set aside. In the same pan melt the butter or margarine. Blend in the flour and cheese sauce packet from the dinner mix. Gradually stir in the chicken broth and beer. Cook and stir till thickened and bubbly. Add the vegetables and ham. Cook and stir till heated through. Stir in the cooked macaroni. Makes 6 servings.

DILLY CHEESE BREAD

To make only one loaf, use a one-layer cake mix and cut the remaining ingredients in half—

2 packages active dry yeast
2 cups warm water (115° to 120°)
2 eggs
1 package two-layer-size yellow cake mix
1 cup Grape Nuts
1 cup shredded Swiss cheese (4 ounces)
½ cup grated parmesan cheese
1 tablespoon dillseed
4 cups all-purpose flour

In mixing bowl dissolve yeast in warm water. Add eggs, beating till blended. Add dry cake mix, cereal, Swiss cheese, parmesan, and dillseed. Beat well. Stir in the flour. Divide batter between two well-greased 8x4x2-inch loaf pans. Cover and let rise in warm place 1 to 1¼ hours or till nearly double. Bake in 350° oven for 55 to 60 minutes or till bread sounds hollow when lightly tapped. Cover with foil the last 15 minutes to prevent overbrowning. Loosen edges with metal spatula; remove to cooling rack. Makes 2 loaves.

MIXED FRUIT SHORTCAKE

2 eggs
½ cup milk
1 12-, 15-, or 17-ounce envelope sugar cookie mix
2 10-ounce packages frozen mixed fruits, thawed
1 8-ounce carton (1 cup) dairy sour cream
¼ cup frozen orange juice concentrate, thawed
1 tablespoon sugar
1 teaspoon vanilla
1 4½-ounce carton frozen whipped dessert topping, thawed

In mixing bowl combine eggs and milk; stir in cookie mix. Spread batter evenly into two greased and floured 8-inch round baking pans. Bake in 350° oven 20 to 25 minutes. Cool 10 minutes. Invert on rack; remove pans to cool.

Drain fruit. Set aside some fruit for garnish. Cut up remaining large pieces.

In mixing bowl combine sour cream, orange juice concentrate, sugar, and vanilla. Stir in thawed dessert topping; fold in drained fruits. Place one shortcake layer upside down

continued



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Convenience foods

on serving plate; spread *half* of the fruit mixture over. Top with second cookie crust, right side up; spoon on remaining fruit mixture. Garnish with reserved fruit. Cut in wedges. Makes 8 to 10 servings.

BEAN SALAD ASPIC

- **1 6-ounce package lemon-flavored gelatin**
- **1⅓ cups boiling water**
- **1 15½-ounce jar spaghetti sauce with mushrooms**
- **2 tablespoons vinegar**
- **1 15-ounce can garbanzo beans, drained**
- **1 8-ounce can red kidney beans, drained**
- **½ cup finely chopped celery**
- **½ cup finely chopped green pepper**

In bowl dissolve gelatin in boiling water. Stir in the spaghetti sauce and vinegar. Chill till partially set, stirring occasionally. (Mixture should be consistency of unbeaten egg whites.) Fold beans, celery, and green pepper into gelatin mixture. Turn into a 6½-cup ring mold or individual salad molds. Chill till firm. Unmold onto serving plate. Makes 10 to 12 servings.

FROZEN YOGURT PIE

Raspberry- or strawberry-flavored yogurt makes an especially tasty pie—

- **½ cup boiling water**
- **1 package fluffy white frosting mix (for 2-layer cake)**
- **2 8-ounce cartons (2 cups) fruit-flavored yogurt**
- **1 recipe Graham Cracker Crust**

In small mixer bowl pour boiling water over frosting mix; beat at high speed on electric mixer 5 minutes or till stiff peaks form. Carefully fold in yogurt; pour into Graham Cracker Crust. Freeze several hours or overnight. Remove from freezer 10 to 15 minutes before serving. Garnish top of pie with whipped cream and semisweet chocolate pieces or slivered almonds, if desired.

To make Graham Cracker Crust: Combine 1¼ cups *graham cracker crumbs,* and ¼ cup sugar. Stir in 6 tablespoons *butter or margarine,* melted; mix well. Press firmly on bottom and sides of 9-inch pie plate. Chill 45 minutes or bake in 375° oven for 6 to 9 minutes and cool.

BLUE CHEESE STROGANOFF

- **3 slices bacon**
- **1 pound beef round steak, partially frozen**
- **½ cup water**
- **½ teaspoon instant beef bouillon granules**
- **1 10-ounce package frozen peas and onions**
- **2 envelopes blue cheese salad dressing mix**
- **2 tablespoons all-purpose flour**
- **1 8-ounce package cream cheese, softened**
- **⅔ cup milk**
- **Hot cooked noodles**

In large skillet cook bacon till nearly crisp; drain bacon, reserving drippings in skillet. Crumble bacon; set aside. Trim excess fat from beef; cut beef into very thin strips. In same skillet



brown meat in reserved drippings. Combine water and bouillon granules; pour over meat. Bring to boiling. Reduce heat; cover and simmer for 10 minutes. Add frozen vegetables; return to boiling. Cover and simmer 10 minutes more. Stir dressing mix and flour into softened cream cheese; blend in milk. Stir into meat and vegetables; heat through just till bubbly. Serve over noodles. Top with bacon. Makes 4 or 5 servings.

ORANGE-OATMEAL COFFEE CAKE

1 12-ounce envelope oatmeal cookie mix
1 teaspoon grated orange peel
¼ teaspoon ground cinnamon
2 beaten eggs
⅓ cup orange juice
1 11-ounce can mandarin oranges, drained

For topping, measure *½ cup* of the cookie mix into a small bowl; stir in the orange peel and cinnamon. Set aside. In mixing bowl combine the remaining cookie mix, the eggs, and orange juice. Stir till well blended. Spread in a greased 8x8x2-inch baking pan. Arrange drained oranges atop batter. Sprinkle reserved topping over oranges. Bake in 375° oven for 20 to 25 minutes. Cut into squares and serve warm. Makes 9 servings.

BROCCOLI-SAUCED EGGS

Frozen vegetables in sauce simplify this quick brunch or supper entrée—

2 eggs
1 10-ounce package frozen cut broccoli in cheese sauce
⅓ cup dairy sour cream
2 English muffins, split, toasted, and buttered

To hard-cook the eggs, place unshelled eggs in 1-quart saucepan; add water to cover eggs. Bring to rapid boil over high heat. Reduce heat so that water is just below simmering. Cover and cook for 15 to 20 minutes. Cool immediately in cold water to prevent egg yolk from darkening.

Meanwhile, in 2-quart saucepan cook broccoli in cheese sauce according to package directions. Peel and chop eggs. Place sour cream in the 1-quart saucepan. Open the bag of broccoli in cheese sauce; gradually stir into the sour cream along with the chopped eggs. Heat through. Serve on English muffins. Makes 2 servings.

SPICED DOUGHNUT BALLS

Heat the shortening before making the batter; fry at once—

1 cup complete buttermilk pancake mix
1 tablespoon sugar
¾ teaspoon apple pie spice or pumpkin pie spice
½ cup milk
Shortening for deep-fat frying
¼ cup sugar

In small bowl combine the pancake mix, the 1 tablespoon sugar, and *½ teaspoon* of the spice. Stir in milk till blended. Immediately drop by rounded teaspoons into hot fat (375°), frying 6 to 8 balls at a time. Fry for 30 seconds per side; drain on paper toweling. Roll warm doughnut balls in mixture of the ¼ cup sugar and the remaining ¼ teaspoon ground spice. Makes 24.

For large amounts, mix and fry consecutive batches. Do not double the recipe, as the longer the batter stands, the more leavening power it loses. ■





Sunrises by pouring them from pre-chilled pitchers.

Practice the language so you can use it correctly on your invitations and in your party-talk. A Spanish-English dictionary will provide the names for meals, for example: *desayno* (light breakfast at early morning); *almuerzo* (main breakfast or brunch); *comida* (midafternoon meal—the most elaborate of the day); *merienda* (light snack at late afternoon or early evening); *cena* (late evening meal—lighter than *comida*).

Paint some terra-cotta pottery with Mayan, Aztec, or Spanish designs and fill with cactus and other succulents.

Stock the record player with lively mariachi, guitar, or Mexican folk tunes; you can often borrow albums like these from your local library.

continued from page 121

ORIENTAL

Arrange branches of blossoming dogwood or flowering quince in floor-standing vases for a garden effect.

Give lessons for using chopsticks. Be sure to also set forks at the table for guests who flunk.

Plan to serve food Oriental style. Instead of limiting the menu to one main dish, serve several main dishes and let diners sample everything. As a guideline, plan to serve one main dish for every two people.

Dazzle diners with showmanship. All it takes is a practice session and a little planning to cook at the table or on a table-side serving cart.

Symbolize warm hospitality with sake served warm.

begins on page 118

Ethnic parties

MEXICAN

Then arrange artichokes, lemons, red onions, and green onions in the basket around the lantern. Poke magenta and yellow freesia between the vegetables around the basket. Use florist's bud vials on stems to keep the flowers fresh, if you wish. Lengths of thin florist's wire will also add support to weak-stemmed blooms.

Set off each place setting of your casual china with a large woven straw platter; use smaller straw bowls beneath the soup for extra color.

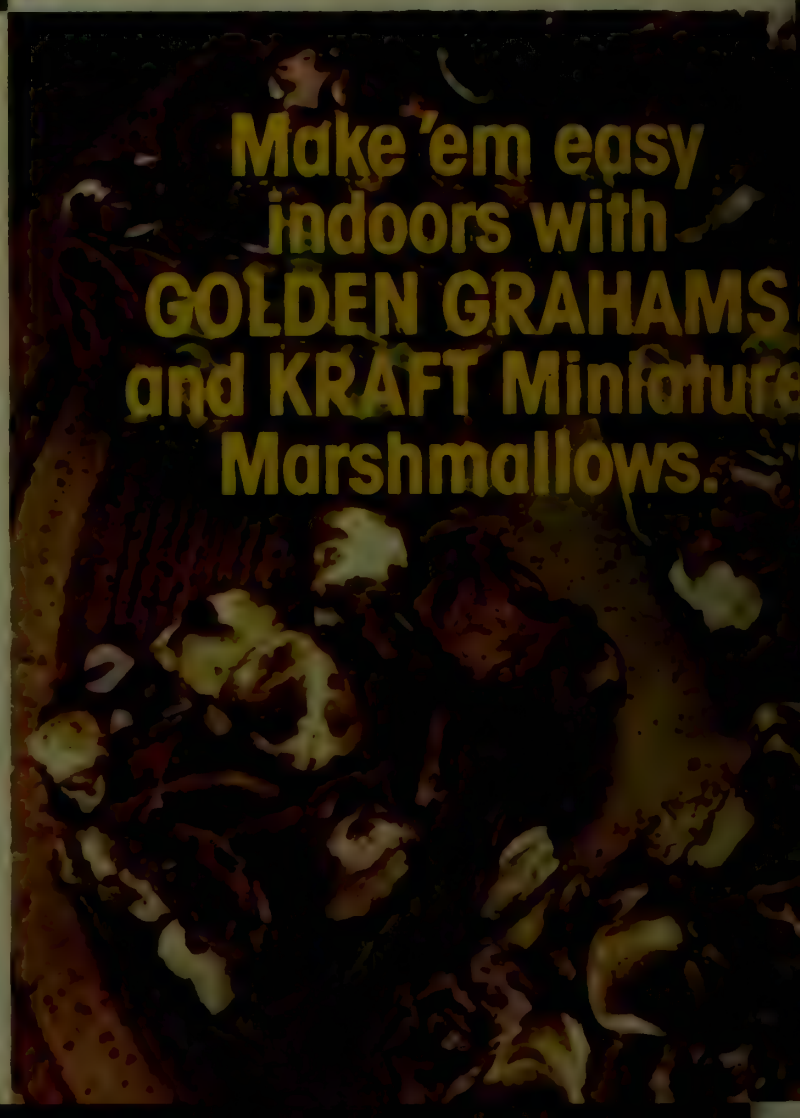
Play tricks with your china. If the soup bowls in your set don't suit you, substitute gravy/sauce servers; many are oven-going and can double as individual casseroles as well.

Basket your flatware to pass with the appropriate course.

Fill decorated, halved gourds with relishes like olives, peppers, and cherry tomatoes. Set atop brightly printed napkins at each place.

Borrow Mexican leather-back chairs if you can locate them. If not, you could improvise by slipping home-sewn suede-like cloth covers over your own chair backs.

Demonstrate how to drink tequila as the natives do. Hold a lime wedge in the left hand while balancing salt in the curve between thumb and first finger. In the right hand, hold a glass of tequila. Then, quickly lick the salt, drink the tequila, and suck the lime. Simplify serving Mexican beer, wine, sangria, and cocktails like Margaritas and Tequila



Create a centerpiece collage of cooking and serving utensils: bamboo brushes, cleavers, wok, wire strainers, steamer baskets, and chopsticks.

Stage a tea tasting. Offer your guests several varieties—green, black, and oolong teas plus an herb-, flower-, or fruit-flavored variety such as jasmine.

Fold napkins in fan-shaped accordion pleats; tie with golden cords and lay atop dinner or place plates.

Make a Japanese sand garden using a low flat container and artistically arranged rocks; trace patterns in the sand with a fork or your fingers.

Fashion fan-tastic invitations by clipping a Chinese or Japanese newspaper into fan-shaped pieces and gluing them on sturdy red paper. Add a gummed gold medallion to each invitation; mail in a Chinese red envelope.

To make a wall fan similar to the one shown on page 121, cut a half-circle (with a 27-inch radius) from sturdy foldable plain or figured paper, such as wallpaper. Mark the curved edge, dividing it into 48 evenly spaced areas; draw spokes from the center point out to the edges. Score and fold into accordion pleats. For spokes, use 25 strips of 30-inch-long, ½-inch-wide split bamboo. Lay the pleated paper face-down; glue one strip to every pleat. Stack all strips at the center point and join with sturdy brass wire.

continued from page 121

MIDEASTERN

Or, layer two different patterns as we did with the glittery gold and the striped Egyptian plates. This might be a good time to consider adding demitasse cups in the same pattern for your Turkish coffee.

Ask everyone to wear loose, flowing garments. You might also consider passing out long sashes at the door as guests arrive. Or, give everyone fabric squares and tie-on belts to make Bedouin-style headdresses or *kuffiyyahs.*

Fabricate a tent-like backdrop for the buffet. Just shirr some cotton fabric on a wooden pole suspended between two tall bookcases. Put your buffet table between the bookcases; drape with another sheet to the floor.

Fill a brass container with brightly colored flowers as a centerpiece. (Remember that a plastic or glass bowl of water makes most any container suitable for arrangements.) If you have two tables, don't try to duplicate your centerpiece. It's more interesting—and easier on you—if each centerpiece has an individual look.

Lower the lights for a true Arabian Nights atmosphere; plenty of candles will add an intimate glow to the scene. We used votive candles in brass and glass cylinders on the buffet as well as around the room.

Wash hands the Mideastern way. Before the meal (and between courses if you're eating finger food), fill a fancy pitcher or coffee server with warm water. Float rose petals in the water for a sensual touch. Pour the water onto hands over a large basin or bowl. Pass colorful towels.

Pass communal plates of food to heighten the sense of sharing. This abundance is an important part of the ritual. Make sure honored guests are offered the choice morsels.

Serve Turkish coffee as a finale. Use demitasse cups to serve the brew; pour it with a flourish. ■

80Y

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COUPON EXPIRES AUGUST 31, 1979

7¢ General Mills 80Y

Indoor S'mores

⅓ cup light corn syrup
1 tablespoon butter or margarine
1 pkg. (5.75 oz.) milk chocolate chips
½ teaspoon vanilla
4 cups GOLDEN GRAHAMS cereal
1½ cups KRAFT Miniature Marshmallows

Butter square pan, 9x9x2 inches. Heat corn syrup and butter to boiling in 3-quart saucepan; remove from heat. Add chocolate chips and vanilla; stir until chocolate is melted. Fold in cereal, 1 cup at a time, stirring gently, until completely coated. Fold in marshmallows. Press mixture evenly in pan with buttered back of spoon. Let stand until firm, at least 1 hour. Cut into bars, about 2¼x1½ inches. 24 bars.





BRIGHTEN UP A BURGER.

GENERAL FOODS

Jell-O is a registered trademark of General Foods Corp.
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The next time you're serving the usual burger, serve an unusually delicious Jell-O® Gelatin salad. Then sit back and listen to the cheers. Your family will love bright, tasty Jell-O® Gelatin salads. And you'll love how easy they are to make.

Yogurt Salad Gems
1 package (6 oz.) Jell-O® Brand Lime Flavor Gelatin
1 cup boiling water • 1¼ cups cold water
2 containers (8 oz. each) vanilla or lemon yogurt
1¼ cups melon balls • Salad greens

Dissolve gelatin in boiling water. Measure ⅔ cup; pour into 8-inch square pan and stir in cold water. Blend yogurt into remaining gelatin and pour into a second 8-inch pan. Chill until firm, at least 4 hours. Cut into cubes and arrange on salad plates with melon balls and salad greens. Makes about 6 cups or 9 servings.



Jell-O® Gelatin salads make supper super



Buying information, page 68

START WITH SOURDOUGH

Orange-Cinnamon Sourdough Rolls

These double-quick yeast rolls take first place—

Combine 2 cups *self-rising flour*, ¾ cup *Sourdough Starter*, and ⅔ cup *buttermilk*. Turn onto floured surface; knead 15 times. Roll to a 12-inch square. Brush with 3 tablespoons melted *butter* or *margarine*. Combine ½ cup *granulated sugar*, 1 tablespoon finely shredded *orange peel*, and 2 teaspoons *ground cinnamon;* sprinkle over dough. Roll up dough jelly-roll fashion; seal. Cut into twelve 1-inch slices. Place slices, cut side down, in a greased 9x9x2-inch baking pan. Brush with 1 tablespoon melted *butter*. Bake in 450° oven for 20 to 25 minutes. Turn out onto rack. Mix 1 cup sifted *powdered sugar*, 1 teaspoon *vanilla*, and 1 to 2 tablespoons *milk;* drizzle over warm rolls. Makes 12.

Sourdough Starter: Soften 1 package *active dry yeast* in ½ cup *warm water* (110°). Stir in 2 cups *all-purpose flour*, 2 cups *warm water*, and 1 tablespoon *sugar*; beat smooth. Cover; let stand at room temperature 5 to 10 days or till bubbly. Stir 2 or 3 times daily. Refrigerate. *Use at room temperature.* To keep starter going, stir ¾ cup *all-purpose flour*, ¾ cup *water*, and 1 teaspoon *sugar* into leftover starter. Cover; let stand at room temperature 1 day or till bubbly. Refrigerate. Add 1 teaspoon *sugar* every 10 days if not used.

Rebecca Cox, El Monte, Calif.



File under Casseroles and one-dish meals

Photographs Dieter

ORIENTAL-STYLE MAIN DISHES

Crispy Mandarin Pork

This colorful Oriental prizewinner has a sweet-sour flavor—

Combine 1 *egg white*, 2 tablespoons *cornstarch*, and 2 tablespoons *soy sauce*. Stir in 1 pound lean boneless *pork*, cut in ¾-inch cubes. Combine ½ cup *packaged biscuit mix*, ⅓ cup *water*, and 1 tablespoon *sesame seed*; stir into pork mixture. Place 8 pieces of pork, *one at a time*, into deep hot *fat* (365°). Fry for 2 to 3 minutes. Drain on paper toweling; repeat with remaining pork. Keep warm in 250° oven. Meanwhile, drain one 11-ounce can *mandarin orange sections*, reserving liquid; set aside. Add water to reserved liquid to make 1¼ cups. Combine reserved liquid and 2 medium *carrots*, thinly bias-sliced. Bring to boiling; reduce heat. Simmer, covered, for 5 to 7 minutes. Mix ½ cup *catsup*, ¼ cup *sugar*, 2 tablespoons *cornstarch*, 2 tablespoons *vinegar*, and 1 teaspoon *instant chicken bouillon granules*. Add catsup mixture and 2 medium *green peppers*, cut in ¾-inch squares, to carrot mixture; cook and stir till bubbly. Stir in oranges and ¼ cup halved *maraschino cherries*. Cover; heat through. Serve sauce and pork atop *hot cooked rice*. Serves 4.

Mrs. Vincent Dowling, Tacoma, Wash.



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Ground Beef Oriental

1 9-ounce package frozen French-style green beans
¾ pound ground beef
½ cup chopped onion
¼ cup soy sauce
⅛ teaspoon garlic powder
⅛ teaspoon pepper
2 cups cooked rice
2 tablespoons butter *or* margarine
2 slightly beaten eggs
1 cup fresh bean sprouts, rinsed and drained

Rinse green beans under hot water to separate. In a preheated wok or large skillet stir-fry beef and onion, leaving meat in large chunks, till meat is browned and onion is tender. Drain; add soy sauce, 2 tablespoons *water*, garlic powder, and pepper to meat. Remove from wok; keep warm. Add beans to center of wok; cook 2 to 3 minutes. Stir in rice; push mixture up the sides of the wok. Melt butter or margarine in center of wok; add eggs and stir-fry just till set. Stir rice and meat mixture carefully into egg mixture. Stir in sprouts; cook 1 to 2 minutes. Serves 4.

Mrs. Tim Hoff, Lakeport, Calif.



Scallop and Broccoli Stir-Fry

2 teaspoons cornstarch
½ cup sake *or* dry sherry
1 teaspoon sugar
1 teaspoon instant beef bouillon granules
1 8-ounce can bamboo shoots, drained
1 medium onion, sliced
1 6-ounce can whole mushrooms, drained
1 tablespoon cooking oil
1 10-ounce package frozen broccoli spears, thawed and halved crosswise
1 12-ounce package fresh *or* frozen and thawed scallops

Mix 2 tablespoons *cold water* and cornstarch; stir in sake, sugar, bouillon, and ¼ teaspoon *salt*. In wok or large skillet stir-fry bamboo shoots, onion, and mushrooms in hot oil till onion is crisp-tender. Remove from wok; keep warm. Add broccoli to wok; stir-fry 2 minutes. Push broccoli up sides of wok; add scallops to center of wok. Cook on high heat for 3 minutes. Return vegetables to wok; stir sake mixture and pour over all. Cook and stir till bubbly. Season to taste. Serves 3 to 4.

Nancy Gawlik, Seattle, Wash.



Sourdough Italian Pizza

In bowl combine ½ cup *Sourdough Starter* (recipe on preceding page) with 1½ cups *all-purpose flour* and ¾ cup *warm water* (110°); mix well. Cover; let stand at room temperature overnight. To mixture add ½ cup *whole wheat flour*, 1 tablespoon *cooking oil*, 1 teaspoon *sugar*, and 1 teaspoon *salt*. Stir in 1 to 1¼ cups *all-purpose flour* to make a moderately stiff dough. Knead dough 5 minutes or till smooth and elastic. Roll to 15x10 inches; press onto bottom and sides of a greased 15x10x1-inch baking pan, forming a high edge. Cover; let rise 1 hour. Bake, uncovered, in a 450° oven for 5 to 7 minutes. Meanwhile, in bowl combine one 8-ounce can *tomato sauce* and 1 teaspoon *each* dried *Italian seasoning*; dried *oregano*, crushed; and dried *basil*, crushed. Spread over prebaked crust. Arrange 1 medium *onion*, chopped; 1 medium *green pepper*, chopped; and 4 ounces sliced *pepperoni* or *Italian sausage* over sauce. Sprinkle 2 cups shredded *mozzarella cheese* atop. Return to oven for 15 to 20 minutes more.

Jeanette Knapp, Boulder, Colo.



Sourdough Pumpkin Torte

Beat 3 *eggs* at high speed of mixer till thick. Gradually beat in 1 cup *granulated sugar*. Stir in ⅔ cup *canned pumpkin*, ½ cup *Sourdough Starter* (recipe on preceding page), and 1 teaspoon finely shredded *lemon peel*. Stir together 1 cup *all-purpose flour*, 1 teaspoon *each baking powder* and *ground cinnamon*, and ¼ teaspoon *each salt, ground allspice*, and *ground nutmeg*; fold into pumpkin mixture. Pour into 2 greased and floured 8-inch round baking pans. Bake in 375° oven 25 to 30 minutes. Cool 10 minutes. Remove from pans; cool. Halve layers horizontally. Beat together one 8-ounce package *cream cheese*, softened, 2 tablespoons *butter* or *margarine*, and ½ teaspoon *vanilla*. Beat in 1 cup sifted *powdered sugar*. Spread 1 cake slice with ⅓ of cheese mixture; sprinkle with 2 tablespoons chopped *pecans*. Repeat layers twice. Place final cake slice atop. Whip ½ cup *whipping cream*, 1 tablespoon *granulated sugar*, and ½ teaspoon *vanilla*; spread atop cake. Top with chopped *pecans*.

Mrs. E. Christensen, Pine River, Minn.

Scratch has met its match.



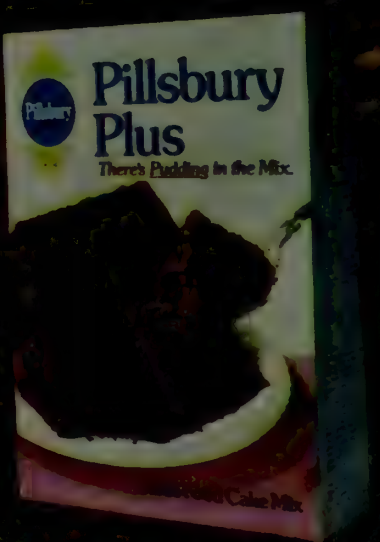
Pillsbury Plus. The "Plus" is pudding right in the mix.

Let a piece of Pillsbury Plus Devil's Food Cake linger in your mouth. It'll tell you what no words can: Scratch has met its match.

The moistness of scratch. The firmness of scratch. The rich flavor of scratch.

The "plus" is our special blend of pudding right in the mix. And the proof of the pudding is the taste of the cake.

A taste that's a match for the great taste of scratch.



Pillsbury

Yellow. Devil's Food. White. German Chocolate. Lemon. Fudge Marble. Butter Recipe. Dark Chocolate.

©The Pillsbury Company 1977

begins on page 50

Kitchen remodeling

HOW TO WORK WITH AN ARCHITECT

begins on page 51

a flat fee. Occasionally an architect or designer offers a comprehensive service, which includes the contracting. The fee is higher than for just a design service, but it's a trade-off when you consider you don't have to pay a contractor's fee and your project gets the architect's complete attention.

Explain what you want

Tell the architect what kind of remodeling you want and ask what approach he or she recommends for you. Also discuss your present and future needs and your life-style. The more you tell the architect about you, your family, and your tastes, the easier it will be for him or her to design for you. To help convey your thoughts, use magazine photographs that approximate what you want.

You should know that an inquiry to an architect about his services doesn't obligate you. Although there may be a charge for the initial consultation, it's usually money well spent. Once you sign a contract with an architect, however, you are obligated to him. If you decide after you have signed the contract to abandon the remodeling or to change architects, you must pay for services rendered up to that point.

HOW TO WORK WITH A KITCHEN PLANNER

begins on page 53

the kitchen business), and a staff of competent personnel. (Or you can write the AIKD at 114 Main Street, Hackettstown, New York 07840.)

You will find kitchen planners affiliated with dealers specializing in particular lines, with lumberyards, and with home centers. But many planners also operate as independent retailers whose sole business is the designing, equipping, and installing of complete kitchens. Ask a prospective planner if she or he is a member of the Certified Kitchen Designers (CKD). If so, you know the planner has passed a rigid exam and submitted affidavits of competence and integrity to an accrediting body known as the Council of Certified Designers. Before you decide on a planner, ask to see jobs he or she has done and visit with the planner's former clients. Check also with your bank, the Better Business Bureau, or chamber of commerce about the reputation and stability of the planner's company.

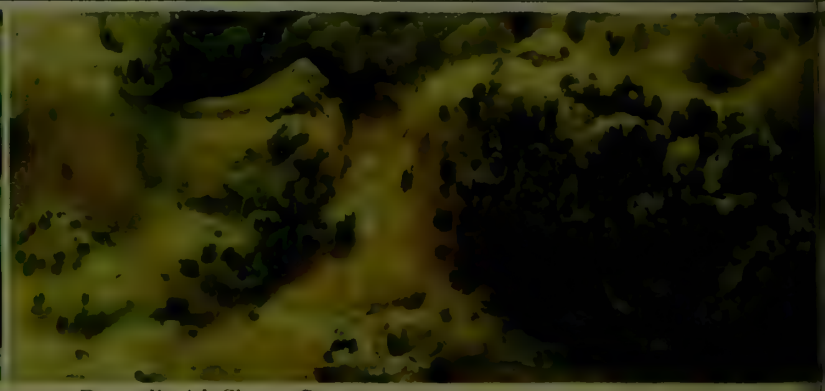
Discuss the services and the fee

The fee is tied to the services provided. For example, if your budget is limited, you may choose to do some of the work yourself or you may decide to develop a master plan that you can complete over a few years. In this case, the planner will tell you which improvements have top priority and which can be completed later. In both of these instances you would negotiate your payment arrangement with the planner.

However, there is a standard fee breakdown recommended by the AIKD for planners who provide an all-inclusive service. This complete service includes ordering from suppliers, handling deliveries, supervising and



▲ Green Peas and Pearl Onions



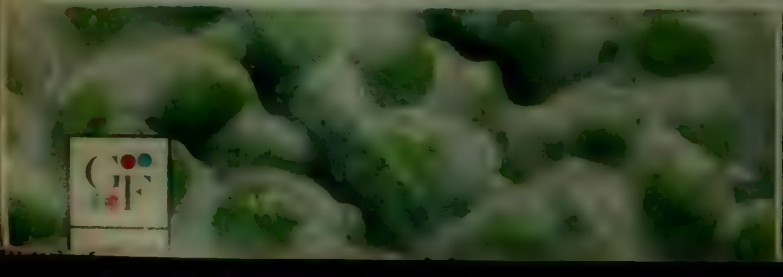
▲ Broccoli with Cheese Sauce

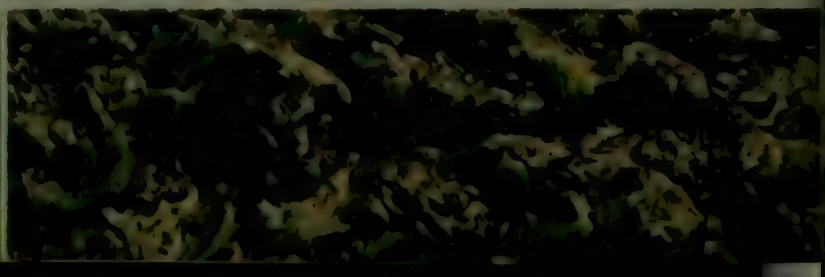


▲ Carrots with Brown Sugar Glaze ▼ Green Peas with Cream Sauce



▲ Green Peas and Potatoes with Cream Sauce ▼ Creamed Spinach





coordinating tradesmen, and ascertaining that all of the equipment you ordered performs properly.

For this service, you would pay the planner a retainer to do a detailed floor plan and perspective of your proposed remodeling. This retainer is usually a flat fee and a percentage of the estimated package price of the remodeling. When the planner orders the kitchen equipment, 50 percent of the package price is usually due. Another 40 percent is due when the equipment is delivered, and the final ten percent is due when the kitchen is installed. Usually, the initial retainer is deducted from the final ten-percent payment. Of course, business procedures vary among planners, and the percentage of payment required at each stage varies accordingly. For example, some planners require only one-third for the first payment. Also, according to the AIKD, fees vary greatly depending on the individual planner's market and location.

In any case, be sure to get estimates, and to consult several planners if you wish. Discuss ways that you can cut costs if you're tied to a tight budget. Many homeowners, with the help of their planners, now install their own cabinets. And the AIKD reports a growing trend toward do-it-yourself.

Explain what you want

Different kitchen planners work in different ways, but typically a designer will first talk with you in her or his showroom, then visit your home to look over your present kitchen and make suggestions. Next come preliminary sketches. At this point, it's time for honest reactions and nuts-and-bolts negotiations. Study the plan. Visualize yourself moving through this kitchen.

It may take several sketches before the two of you agree on a final plan. Once you do, you'll sign a contract specifying the work to be done and purchases to be made. But before you sign the remodeling contract, make sure you understand what it says and how long it will take.

As work commences, expect the unexpected—and try to deal with it calmly. Experienced planners supervise their work closely and guarantee it as part of the overall project—but snafus do happen. Such mishaps will be rectified by the professional before she or he considers the job finished.

HOW TO WORK WITH A CONTRACTOR
begins on page 55
which of them provide quality work and have good track records.

Discuss the services and the fee

The contractor orders and pays for all of the materials and sees that they are shipped to the site as they're needed. He hires and pays the various subcontractors—such as excavators, carpenters, plumbers, masons, electricians, and painters. He coordinates the work of all the subcontractors to make sure the job progresses smoothly and quickly. The contractor handles the budget and checks the job on the site.

Once construction starts, keep records of all payments made by the general contractor for materials, equipment, appliances, labor, and subcontractor services—as well as payments made by you to the contractor. When you make each payment to the contractor, ask for copies of lien waivers. ■



xed Vegetables with Onion Sauce



▲ French Green Beans with Toasted Almonds

Birds Eye® Combinations will do almost anything to get your husband's attention.

es your husband think your vegetables are all alike as peas in a ? Even when you're not serving peas? Then you should be serving Birds Eye® Combinations.

Birds Eye® Combinations are mixed vegetables, glazed vegetables, etables in a cream sauce, vegetables with almonds—interesting, rful, exciting vegetables. They're even broccoli and cauliflower in a at-tasting cheese sauce.

In short, they're vegetables that your husband can't ignore. That's ause Birds Eye® Combinations will catch his passing fancy... kind that makes him keep on asking you to pass the vegetables r to him.



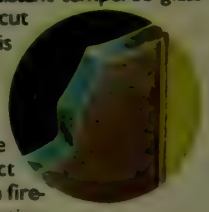
IRDS EYE®

Birds Eye® Combinations.
The first vegetables your husband might even notice.

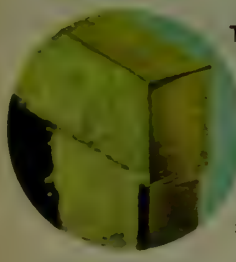
SEARS
LOWEST PRICE EVER! GLASS DOOR FIRESCREEN— NOW JUST $98.99

Save $21* ...lowest price ever on this fully assembled antique brass finish fire-screen. Helps save heat too.

Energy-efficient, shatter-resistant tempered glass doors (3/16 in. thick) help cut house heat loss after fire is out and damper is still open. Optional mesh screen (pictured) only **$12.99.** Glass doors could save more than heat—they help protect against sparks jumping from fireplace onto floors and carpeting.







Thick (1-3/16 in.) insulated frame comes in seven sizes, easy to install. *Measure the height and width of fireplace opening before shopping.*

*Black and brass finish screen also on sale at just $98.99. **Save $21.** Unassembled glass door fire-screens start as low as **$74.99.**

Save $7 ...on tool set pictured. Just **$29.99.** Wood basket just **$14.99.**

ON SALE SEPT. 3-23, 1978
AT MOST SEARS STORES.

Sears **THE FIRESIDE SHOP**

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Prices and dates may vary in Alaska and Hawaii.

KITCHENS

Major appliance buymanship

Shopping for a new major kitchen appliance can be a mind-boggling experience since appliances today have myriad features and come in a variety of styles. To simplify the search, first decide exactly what it is you need in an appliance and how much you can afford to spend.

Next, decide where you'll shop. Ask friends and neighbors who have recently purchased appliances which dealers they recommend. You also may wish to check with your local Better Business Bureau. They can tell you whether any complaints have been filed against the dealers.

Once you have the names of several reputable dealers who carry a variety of brands, start comparison shopping to see where you can get the best deal. Be sure to compare features, performance, and prices of each manufacturer's various models. It's also a good idea to consult your repairman about the durability of various brands, and ask friends about their experience with various manufacturers' lines.

As you shop, compare warranties. Find out how long the warranty covers the product and exactly which parts are covered. Also ask if the warranty covers labor and if the warranty will be honored by another dealer if you move.

The articles that follow will explain in detail which features to look for and which questions to ask.

RANGE AND OVEN BUYMANSHIP

Today you'll find more range and oven models available than ever before with an amazing variety of features. Prices also vary greatly, depending upon the sophistication and styling of the model you choose. Since there are so many options, begin your shopping venture with a mental list of your family's present and anticipated needs for cooking, canning, and entertaining.

Types

Here is a breakdown of the basic types and sizes of ranges and ovens you can expect to find in your dealer's

continued



ONE FOR THE ROAD.

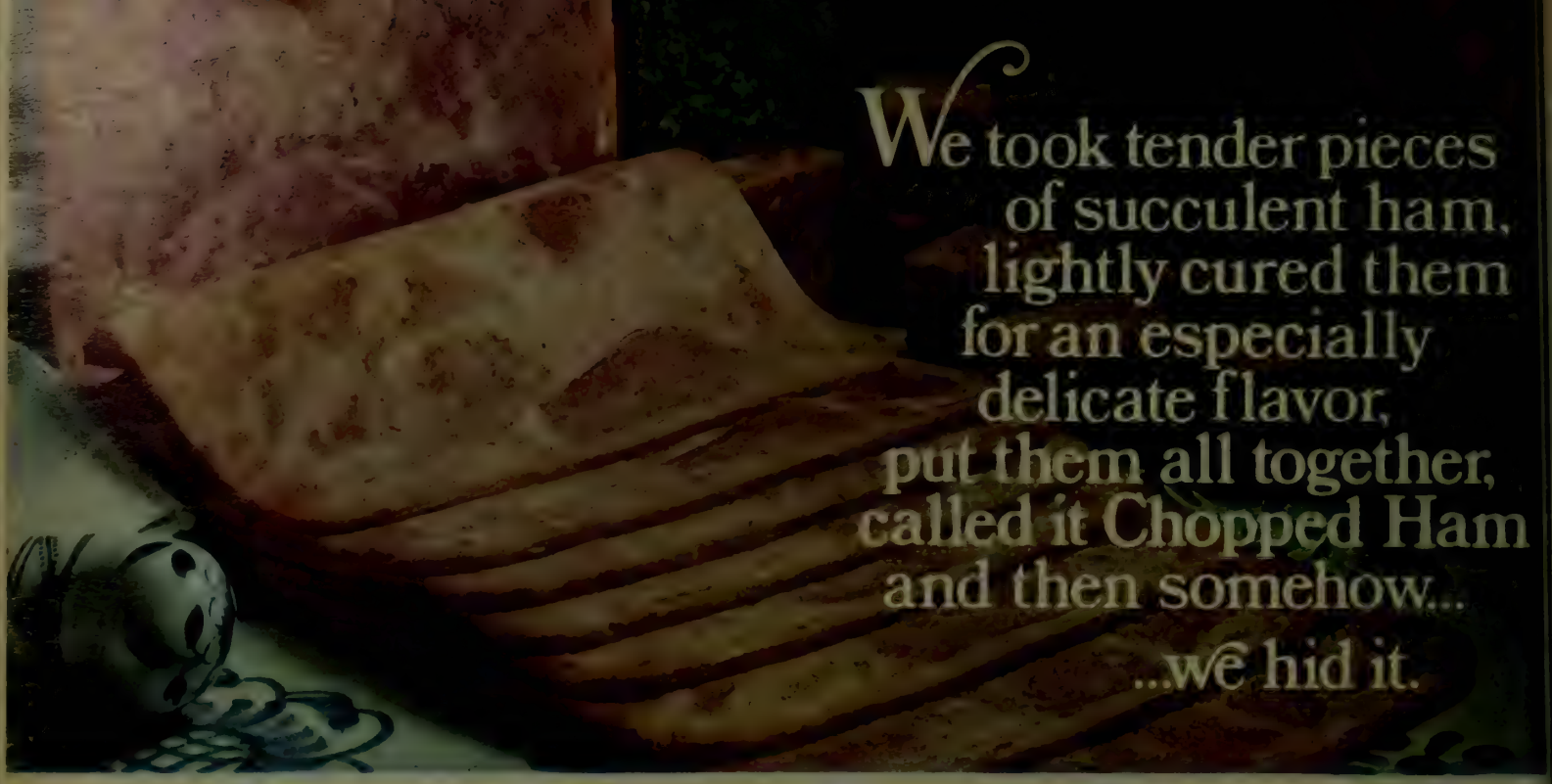


You can thank nature for creating this unique snack. A Dole® banana. It's packed with natural sweetness that gives you a quick pick-me-up.

Look at the vital statistics: a medium-size banana has only about 101 calories and no cholesterol. It's 99.8% fat-free. Why not put your best foot forward and jog down to the supermarket right now? There's a big bunch of Dole® bananas waiting for you.

The Dōle Banana.
As a snack, it's a natural.

CASTLE & COOKE, INC.





"What a find!
Oscar Mayer Chopped Ham.

For unique serving ideas send for: "The Art of Cold-Cutting,"
Oscar Mayer & Co., P.O. Box 7188 CC, Madison, WI 53707.

continued

Appliance buymanship

showroom. But first decide if you want your new unit to be the same type as the one you now have, or if you want to change to another type. A no-frills, standard range costs about $250. The top-of-the-line range equipped with a microwave oven will run about $1,000.

- A **freestanding range**—what we used to call a stove—is a self-contained unit that rests on the floor. Burners are on the top, and the oven is usually below them. The most common width is 30 inches, though you can find both narrower and wider models if you need to fill a certain size space. Cooking surfaces are at the standard 36-inch counter height, but some freestanding ranges with an upper oven may be lower.

There are several types of freestanding ranges with an upper oven. One type has an oven at eye level and a dishwasher underneath the cooking surface. Another type has one oven on top and a second oven under the burners. Still another type has a microwave oven at eye level, and a conventional oven below.

- A **slide-in range** is like a freestanding range, except the side panels are missing because the range and oven slide snugly between kitchen cabinets. Side panels are available if one side will be exposed.
- A **drop-in or built-in range** has burners on the top and the oven underneath. This type, found in many tract homes, is less expensive than other types. The drop-in or built-in range is permanently installed in kitchen cabinets, and usually rests on a wood base, which allows for height adjustment. Most of these units are 30 inches wide.
- A **cooktop** is built into the counter top. The cooking surface usually has two to four heating units or burners.
- A **built-in oven** is, of course, built into a wall.
- **Double built-in ovens** are simply built in with one unit above the other. These units can be anywhere from 24 to 30 inches wide.
- A **microwave oven,** which can either be portable, built-in, or part of a freestanding range, cooks food rapidly with a special type of high-frequency radio energy.

Gas vs. electric

If you're moving into a new home, check to see if the range hookup is for electric or gas. Next, check with your local utility to find out which fuel type is most abundant and least expensive for cooking. Change fuel type only if there is a substantial difference in rates. Let your utility's home service department be your guide in deciding which type of service is best for your needs.

Recent developments

It's important for you as a consumer to know about the recent developments in ranges and ovens. Here's what you can expect to find in the market:

- **Energy-efficient ranges.** Manufacturers are now replacing constant-burning pilot lights in gas models with electric or electronic (pilotless) ignition systems, which use no gas. You can expect all ranges to have improved

continued



BinB®
The fresh alternative.

Delicious, fresh-cooked mushrooms without fresh-cooked fuss. That's what you get from BinB.

We start with the freshest, firmest mushrooms, just like you do. Then we lock in all that fresh flavor and firm texture by broiling our mushrooms in butter and packing them in a butter broth, not salt water brine. That's why BinB Mushrooms are the fresh alternative. © 1978 The G S P Co.



Enjoy smoking longer without smoking more.

Rich, full-flavored Saratoga 120's give you extra smoking time and extra smoking pleasure. And they cost no more than 100's.



Saratoga 120's

© Philip Morris Inc. 1978

Regular: 16 mg "tar," 1.0 mg nicotine—Menthol: 15 mg "tar," 1.0 mg nicotine av. per cigarette, FTC Report Aug.'77

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

continued

Appliance buymanship

insulation to reduce heat loss.

- **Ranges with convection ovens.** In convection cooking, a blower forces heat around the food. You don't need to preheat the oven, which cooks food at lower temperatures and saves you both time and energy. However, only a few gas range manufacturers now offer convection ovens.
- **A combined microwave oven and conventional cooking oven.** When the two ovens are used simultaneously, microwaves speed cooking, and heat from the conventional oven browns food. The two types of cooking can also be done separately.
- **Glass ceramic surfaces**—also called smooth tops—a showy development in new ranges. Electric heating units underneath the surface provide heat. Flat-bottomed pots and pans are used to maximize heat transfer. A smooth top is energy efficient because the glass ceramic cools slowly, allowing you to turn off the heat a few minutes before food is done.
- **Electric ranges without outlets.** Safety is the big plus with these ranges. Outlets on earlier models were potentially hazardous because the ranges were never grounded. Also, many people were burned while reaching over burners for the outlet. Electric ranges without outlets are not only safer, they have fewer service problems.

Features

The variety of features on ranges includes:

- **Built-in barbecues, griddles, cutting boards, warmer shelves, and exhaust fans**
- **Removable controls, range tops, oven doors, and warming trays** to simplify cleaning
- **Broilers varying in speed and cost**
- **Warming ovens**
- **Thermostatically controlled heating units**
- **Infinite heat controls**
- **Interchangeable surface units, such as grills, smooth tops, standard electric units, rotisseries, shish kebabs, griddles, and french fryers**
- **Lighted control panels, lighted ovens, and lighted indicators**
- **Digital clocks**
- **Solid-state touch controls**
- **Oven rotisseries**
- **Delay-cook-hold oven controls**
- **Self-cleaning ovens**
- **Continuous-cleaning surfaces inside the ovens**
- **Meat thermometers attached to the inside of the oven**
- **Kid-proof controls**
- **Surface temperature limits**
- **Decorator appliance colors.**

MICROWAVE BUYMANSHIP

In recent years, microwave ovens have won widespread popularity because of their ability to cook food rapidly. In fact, microwaves can cut cooking time by 75 percent, while reducing total energy use. As earlier stated (see previous

continued

AMANA RECOMMENDS SARAN WRAP BECAUSE IT GOES BOTH WAYS.

It's one thing for us to suggest that you use Saran Wrap** brand plastic film



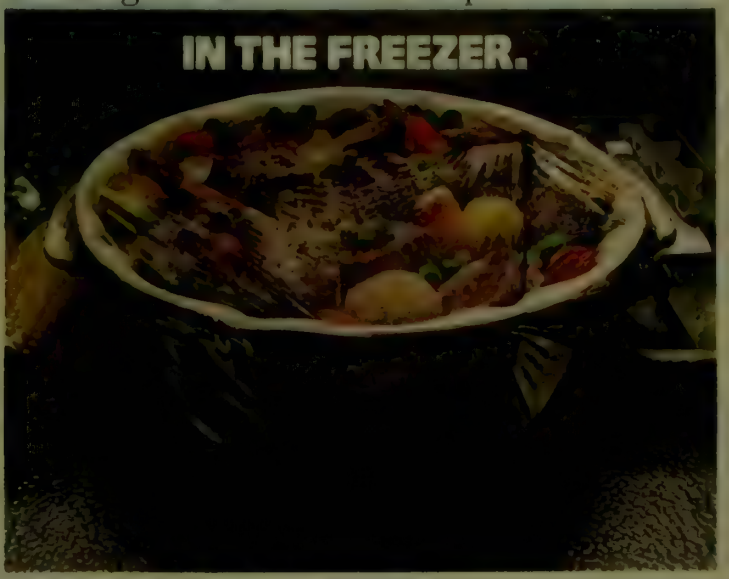
in your microwave oven. But that suggestion carries more weight coming from the makers of a leading brand of microwave ovens. Amana*.

Amana recommends the use of Saran Wrap in its Radarange* microwave oven. Because it provides fast, even cooking without spattering. And because it traps in freshness and moisture so your food comes out with better taste and texture.

But Amana doesn't stop there.

Amana also recommends Saran Wrap for use in its freezers. To help keep out air, seal in moisture and seal out the flavor of other foods.

So Amana goes all the way from the freezer to the microwave oven and back again with Saran Wrap.



Seldom does a product recommendation go to such extremes.

Note: SARAN WRAP is not to be used in a conventional oven or with the browning element in microwave ovens.

*Amana and Radarange are registered trademarks of Amana Refrigeration, Inc. for microwave ovens.

**Trademark of the Dow Chemical Company.



SARAN WRAP.
RECOMMENDED BY AMANA.

I got the Anchor Hocking ovenware I always wanted and a $3 rebate, too!



Good news! Anchor Hocking is giving cash rebates on three selected sets of Harvest Amber® ovenware. Harvest Amber's rich, warm transparent color, safer Sure-Grip™ handles and five-year warranty* are Anchor Hocking exclusives. This versatile glass ovenware cooks food perfectly in conventional and microwave ovens. It's beautiful enough to serve from right at the table. Great for storing and reheating leftovers. And, it's dishwasher safe. Makes a nice gift, too. So don't wait. There's never been a better time to get the kind of ovenware everyone's always wanted.

For your Harvest Amber® rebate, use this coupon.

Anchor Hocking's factory rebate offer applies to the Harvest Amber® sets listed below purchased between September 15, 1978 and January 31, 1979. To receive your rebate, tear off the set number from the carton label, attach a dated sales receipt, and send it to us before Feb. 15, 1979. Please allow 6 weeks for receipt of your rebate check.

☐ **$3 Rebate** 16 pc. Oven Cookery Set Number M400/725.

☐ **$2 Rebate** 4 pc. Bakeware Set Number M400/770.

☐ **$1 Rebate** 8 pc. Individual Casserole Set Number M400/779.

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Anchor Hocking

continued

Appliance buymanship

article on Range and Oven Buymanship), microwaves can be either portable or built-in units or part of a free-standing range. However, the portable or built-in units require a grounded 115-volt outlet.

Features

As the demand for microwave appliances increases, so do the innovations. Here is a list of new features you can expect to find:

- A **cooking speed control,** which enables you to choose the recommended speed for cooking various foods.
- A **thaw cycle,** which either alternates on/off or slows microwaves so food thaws without cooking.
- A **food browner** which may be an auxiliary heating element or a special so-called "pre-microwaved" platter, which absorbs the microwaves.
- A **thermometer probe** which automatically turns off the oven when the food reaches the temperature you have selected.
- A **memory bank** which stores instructions you program into the appliance. You can, for instance, program the oven to thaw food and/or start and stop cooking food, all automatically.
- A **device which promotes even cooking by rotating the food on a carrousel.**
- A **rack which divides the oven into two levels** so a whole meal can be cooked at once.

Size and cost

Microwaves are priced according to their size and the number of features they offer. The size is measured by the number of cubic feet provided by the interior of the oven. The smallest unit offers about eight-tenths of a cubic foot and retails for about $180. The largest unit has an interior with 1.5 cubic feet and typically would retail for about $500, although this price will vary depending on the features offered.

One final note: make sure you choose an oven large enough to accommodate the dishes that you plan to use in it. And remember—you can use glass or plastic dishes but not metal ones.

continued

It's a Fiesta with California Avocados and Cuervo Gold.



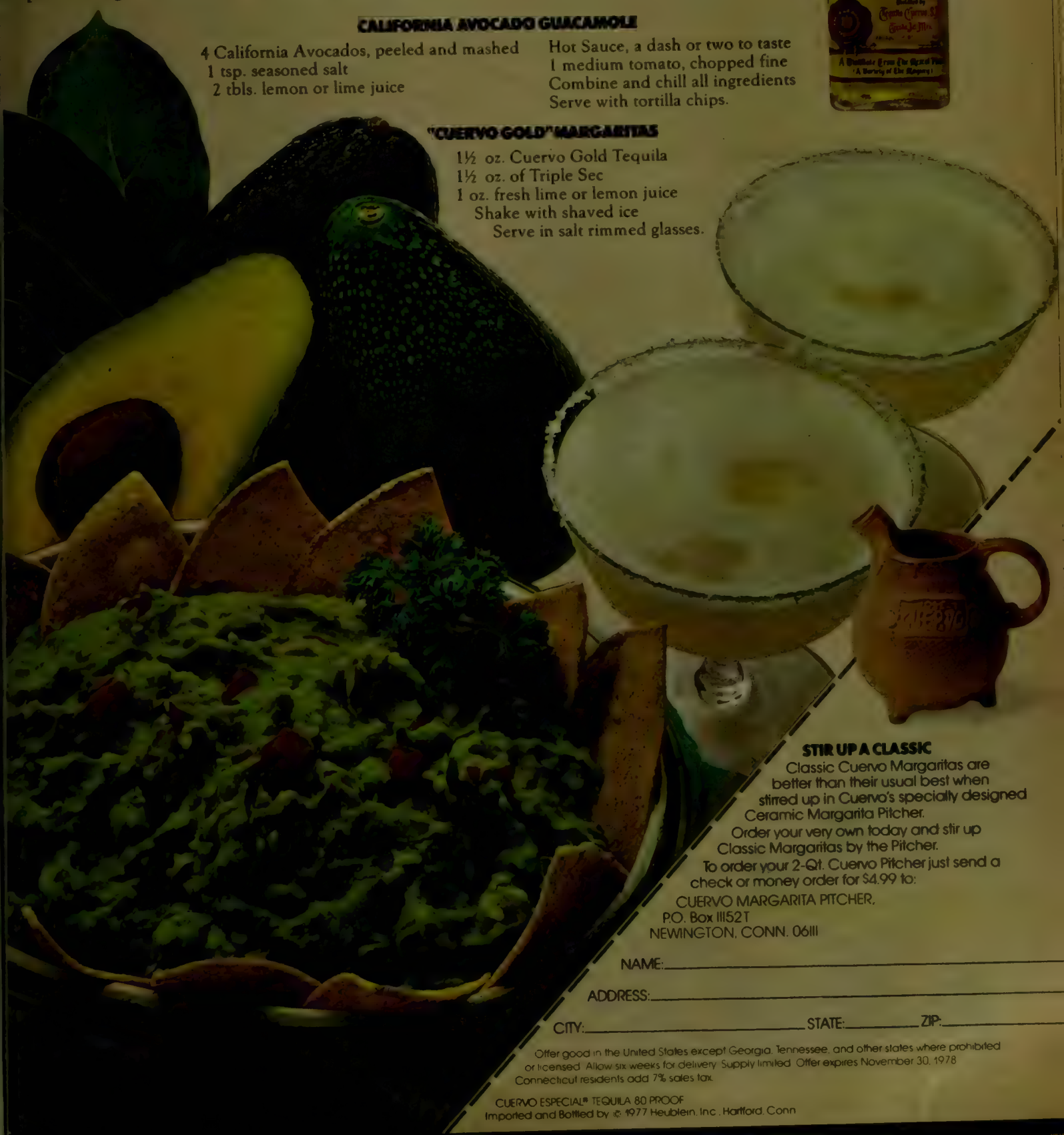
A Fiesta is as easy as a party, only better. The music is Tijuana brassy. The drink is cold "Cuervo Gold" Margaritas. The dip is creamy California Avocado Guacamole with crunchy chips. The night is young. And your friends stay forever.

CALIFORNIA AVOCADO GUACAMOLE

4 California Avocados, peeled and mashed
1 tsp. seasoned salt
2 tbls. lemon or lime juice
Hot Sauce, a dash or two to taste
1 medium tomato, chopped fine
Combine and chill all ingredients
Serve with tortilla chips.

"CUERVO GOLD" MARGARITAS

1½ oz. Cuervo Gold Tequila
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Shake with shaved ice
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Same delicious taste any way you mix it.

continued

Appliance buymanship

REFRIGERATOR BUYMANSHIP

Refrigerator prices range from as low as $250 up to $800 for models with many sophisticated features. Regardless of how much you spend, you'll want to shop around to make sure you're getting good value. The key is to buy an appliance with only the features you need and will use regularly.

Before you leave home on your first shopping trip, decide how much refrigerator and freezer space you need based on what you now have. Don't buy more storage space than you anticipate needing in the next 15 years. And as you're shopping, compare refrigerator and freezer compartment capacities (in cubic feet) of various models and brands.

Measure the space that the refrigerator must fit in before you start shopping. Ask the salesperson if the unit can fit flush to the wall and cabinets, or if it must have "breathing space." Find out if the hinged side of the door can fit flush to a wall or cabinet.

Decide also if you want a left- or right-opening door. The refrigerator door should open away from your busiest work area. If you move often you'll probably want a model which allows the door opening to be reversed.

Types

The basic decisions you'll need to make are whether you prefer a single-door or double-door refrigerator and whether you want the freezer on top, the bottom, or the side.

- A **combination refrigerator/freezer** has two or three doors. In many of these units the freezer is across the top, which helps keep the kids out of the ice cream. On the other hand, more often used refrigerated foods are at a convenient level if the freezer is across the bottom. In some units, the refrigerator and freezer are side by side. A three-door model offers one freezer on the side for bulk storage, and a smaller freezer above it for ice cubes and other frequently used items.
- A **single-door refrigerator** has a small frozen foods section in the top part of the unit. Fifteen or 20 years ago all refrigerators were made this way, but you'll find very few of these today. However, a single-door unit may fit your needs if your budget is limited and you have little reason to store frozen foods. Most one-door refrigerators have manual defrost freezing compartments and are economical to operate.

Cost of operation

According to the Association of Home Appliance Manufacturers (AHAM), the cost of operating different refrigerators varies greatly. A manual defrost refrigerator of 15.5 cubic feet may operate for as little as $1.70 per month while the same size automatic defrost refrigerator may cost $6.80 per month to operate at four cents per kilowatt hour. To determine the exact cost of operating the refrigerator you're considering, check the AHAM Certification Directory for operating expenses. AHAM supplies all dealers with this directory.

Climate can also affect the cost of operating your

continued on page 155

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"See how Shake 'n Bake® COATING MIX keeps chicken more moist and tender."



Fried chicken can be dry.
Baked chicken can be dry.
But chicken made with Shake 'n Bake® coating mix comes out more moist and tender—because the crispy coating seals in the juices.

"With Shake 'n Bake® coating mix you get crispy chicken at its tender best."

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How do you make a delicious cake? Just add water.

That's right, just add water. Then mix, bake, and serve in the same pan. There's just no easier cake mix than Snackin' Cake. Snackin' Cake tastes great, too. Eight great flavors are chock full of good things like walnuts, raisins, pecans, or three kinds of chocolate. The cake that the whole family likes—and it's easy—Snackin' Cake.®



continued from page 150

Appliance buymanship

refrigerator. If you live in a warm, humid climate where moisture is likely to form on the outside of the cabinet, you may be energy wise to choose a refrigerator with a non-electric heater. Heat generated by the refrigerator cycle (a hot gas loop) performs an anti-sweat function.

Features

Refrigerators today come with a variety of features. Of course, the more elaborate the features, the more expensive the refrigerator. Here's a rundown of the features—some standard, others optional—you can expect to find:

- **Dual temperature controls** which allow you to adjust the refrigerator and the freezer compartment settings separately.
- **Automatic ice makers.** They are convenient, but they add about $50 to the price of a refrigerator. In addition, ice makers require extra plumbing, so you'll have to figure the installation cost into the price of the refrigerator. (With some models ice makers can be added at a later date.)
- **Interior linings of porcelain enamel on steel, vinyl-clad aluminum, acrylic finish, or plastic.** Study specification sheets and ask salespersons detailed questions about the advantages and disadvantages of each type.
- **Shelves which slide in and out** to simplify taking out food.
- **Adjustable shelves** which allow you to arrange them to suit your needs.
- **Factory-installed rollers** which simplify pulling out the refrigerator to clean behind it.
- **Automatically closing doors.**
- **Doors with shelves, egg trays, butter and cheese compartments.**
- **Cold-can carrousels, vegetable bins, and meat lockers with adjustable temperature controls.**
- **Cold-beverage dispensers and/or ice cube dispensers on the outside of the refrigerator.**
- **Decorator door panels or changeable front panels** which enable you to match the unit to your color scheme.

FREEZER BUYMANSHIP

Chest and upright freezers have many of the same features as refrigerators. Because the cost of operation also varies, it's wise to check the AHAM Certification Directory.

An average family that plans to freeze produce from a small garden will probably find a freezer with a 15-cubic-foot capacity adequate. Naturally, if you don't garden or butcher your own beef, the freezer compartment of your refrigerator may suffice.

Features

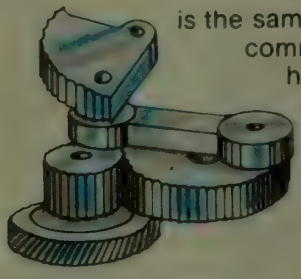
Freezers come with a variety of features. Of course, the more features the unit has, the more expensive it will be. Here are some of the options:

- An **adjustable cold control** which enables you to maintain the desired temperature at all times.
- A **power-on light** which indicates the appliance is working. A glance at the light as you pass by assures you the appliance is keeping food frozen.
- A **security lock**—handy if you keep your freezer in an unlocked garage or breezeway.
- A **water drain** which saves mopping when it comes time to defrost. ■



Save $80 on this laundry pair.

And get the JCPenney edge Reliability.

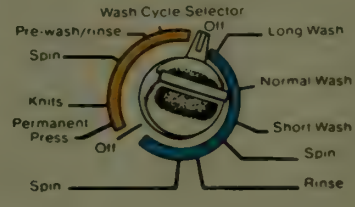


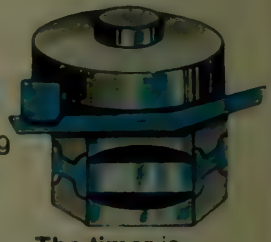
Heavy-duty transmission is the same as those used in some commercial machines where heavy loads and constant use are normal.



The constant speed dual-purpose pump with turbine action minimizes clogging and drains the water fast. All parts are non-corrosive for years of trouble free use.

Clutch system works in combination with the constant-speed motor to provide two agitation and spin speeds without slowing filtering action or reducing pump out rate.





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A PREVIEW SAMPLING OF OUR NEW HOW-TO-COOK BOOK



Photographs: Banner and Burns, Dieter

During the more than 50 years that *Better Homes and Gardens* has been published, our editors have received and answered countless inquiries from beginning and veteran cooks alike asking for help. The culmination of our efforts is *The Complete Step-by-Step Cook Book*, an invaluable new book that teaches 122 basic cooking techniques in an easy-to-understand way. Whether your questions concern making good coffee or a baked Alaska, you'll find the answers in this book. And you'll also find 540 recipes to broaden your cooking repertoire. The book will be available September 15, wherever books are sold.

We believe in this learning concept so strongly that we couldn't wait to share it with you. That's why we're previewing the show-and-tell techniques. With these basics, you'll be able to prepare hundreds of other recipes with confidence.

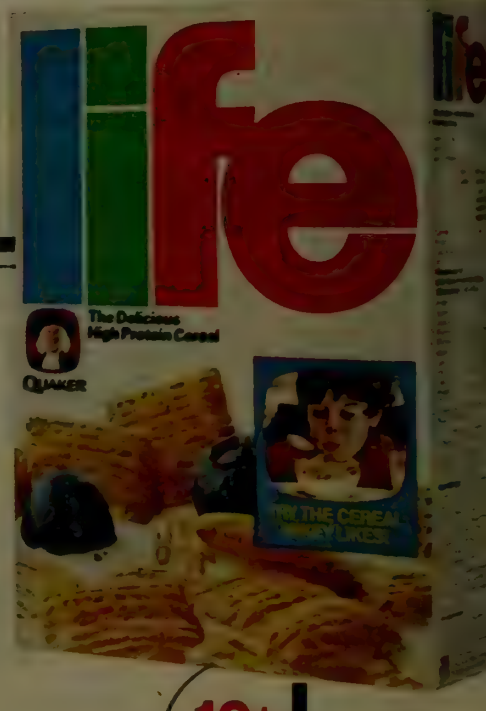
Continued

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MEAT

In this chapter, you'll discover the basics of roasting, braising, baking, broiling, grilling, browning, and frying meats.

Throughout, there are special tips on shaping ground meats, plus stuffing, marinating, and microwave-thawing other meats.

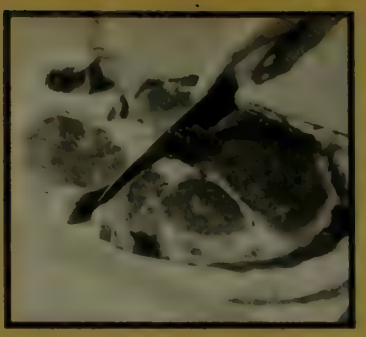
Deviled Swiss Steak

Techniques: Pounding, browning, and braising meat

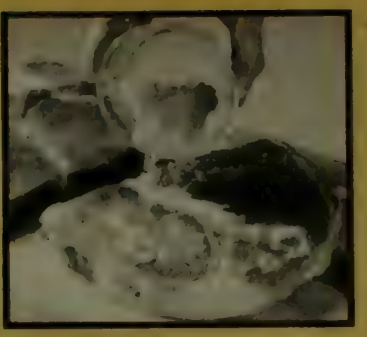
1 3-pound beef round steak, cut 1 inch thick
2 teaspoons dry mustard
1½ teaspoons salt
¼ teaspoon pepper
2 tablespoons cooking oil
1 4-ounce can mushroom stems and pieces
1 tablespoon worcestershire sauce

1 Trim excess fat from meat; remove bone. Cut meat in half for easier handling. **2** Mix dry mustard, salt, and pepper; sprinkle over surface of meat. **3** Pound seasonings into both sides of meat. **4** In heavy 12-inch skillet quickly brown meat on both sides in hot oil. **5** Remove pan from heat; spoon off excess fat.

6 Drain mushrooms, reserving liquid. Add water to liquid, if necessary, to make ½ cup; add worcestershire sauce. Pour liquid mixture over meat. **7-8** Cover; simmer 1¼ to 1½ hours or till meat is tender. Add mushrooms; heat through. Transfer meat to platter; cut each half into 4 pieces. **9** Spoon the excess fat from pan juices; pour juices and mushrooms over meat. Makes 8 servings.



1 Using a sharp knife, trim the excess fat from the meat. Remove the round leg bone. Cut the steak in half for easier handling.



2 In a custard cup or small bowl combine the dry mustard, salt, and pepper. Sprinkle about one-fourth of the seasoning mixture over top surface of each piece of meat



3 Pound seasonings into meat. Use a metal or wooden meat mallet to pound from center out to edges of meat. Pounding with the coarse-toothed edge of a mallet also breaks some of the meat fibers and helps make the meat more tender

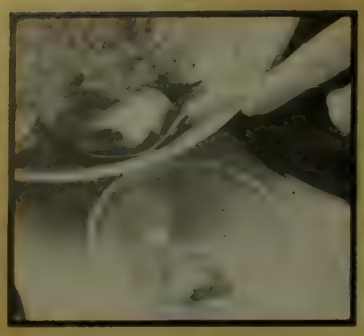
Turn meat over and pound in remaining seasonings



4 In heavy 12-inch skillet, heat oil. Add meat and brown quickly on both sides.

If desired, you may brown the meat in hot fat rendered from the trimmings

continued



5 Remove pan from heat. On an electric range, move the pan off the burner; on a gas range, simply turn off the flame.

To skim the fat, carefully tip the skillet so that drippings run to one side, and spoon off the oily liquid that rises to the surface



6 Drain mushrooms, reserving the liquid. Set mushrooms aside. Add water to the reserved liquid, if necessary, to make ½ cup; add worcestershire sauce. Pour liquid mixture over meat.

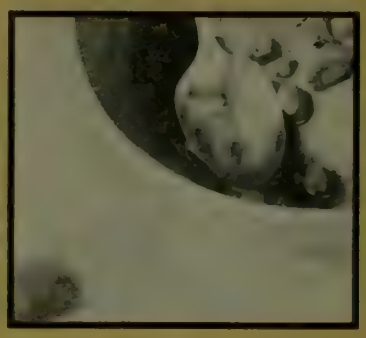


7 Cover; simmer 1¼ to 1½ hours. This method of cooking meat is often called braising. It refers to the covered pan, low heat, and added liquid which help tenderize the meat by breaking down its tough connective fibers.



8 To test meat for doneness, poke with a fork to check for tenderness. Spoon mushrooms atop meat; heat through.

Transfer meat to serving platter; cut each half into 4 pieces



9 Using a large metal spoon, skim the excess fat from pan juices by tilting the pan and lifting off the clear, oily-looking liquid, as shown.

Spoon remaining pan juices and mushrooms over the meat

TIP To make Deviled Swiss Steak in the oven, *simply trim, pound, and brown the meat as directed. Skim fat, add liquid, cover, and roast in 325° oven for the suggested time.*

To make Deviled Swiss Steak in an electric slow crockery cooker, *first cut meat to fit in cooker. Trim fat, pound, and brown meat in skillet as directed Place meat in cooker; pour liquid (and mushrooms) over. Cover and cook on low-heat setting for 8 to 10 hours. Remove meat to platter. Skim fat from cooking liquid; serve with meat.*

Thicken the cooking liquid, if desired. Measure liquid; add water, if necessary, to make 1½ cups. Return to cooker; cover and turn to high-heat setting. Bring to boiling. (Or, place in saucepan; bring to boiling.) Blend ⅓ cup cold water with 3 tablespoons all-purpose flour; add to hot liquid. Cook and stir till thickened and bubbly.

continued



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VEGETABLES

Learn how to prepare tasty vegetables, from artichokes to zucchini, plus many favorites in between. The wide-ranging techniques in this section show you how to simmer, bake, steam, scallop, stir-fry, and deep-fat fry some delicious vegetable specialties.

Twice-Baked Potatoes

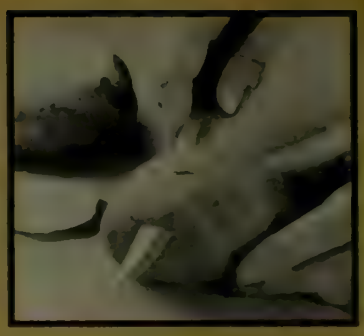
Technique: Baking potatoes

- **4 medium baking potatoes**
- **2 tablespoons butter *or* margarine**
- **Milk**
- **Salt and pepper**
- **1 2-ounce can chopped mushrooms, drained**
- **2 slices American cheese, halved diagonally**
- **Paprika**

1 Scrub potatoes thoroughly and use fork tines to prick into the potatoes. Bake in 425° oven for 40 to 60 minutes or till done. **2** Cut a lengthwise slice from top of each potato. **3** Discard skin from the slice. **4** Reserving potato shells, scoop out the insides with a spoon and add to potato portions from top slices. **5** Mash potato. Add butter. Beat in enough milk to make a stiff consistency. Season to taste with salt and pepper. **6** Stir in mushrooms. **7** Pile mashed potato mixture into potato shells. Place in 10×6×2-inch baking dish. Return to 425° oven and bake for 20 to 25 minutes or till lightly browned. **8** Place cheese atop potatoes; sprinkle with paprika. Bake 2 to 3 minutes longer or till cheese melts. Makes 4 servings.



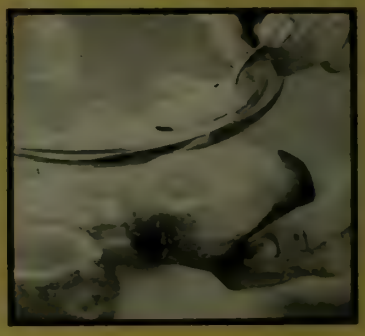
1 Scrub potato skins thoroughly with a vegetable brush. Remove any sprouts and green areas. Use fork tines to prick into the potatoes. Bake potatoes in 425° oven for 40 to 60 minutes or till done.



2 Let potatoes cool, if desired. Then cut a lengthwise slice from the top of each potato, as shown. Be sure to protect your fingers if you are working with potatoes straight from the oven.



3 Carefully peel the skin off the slice cut from the top of each potato. Discard skin and place potato in bowl.



4 Using a spoon, scoop out the inside of the potato and add to potato portion from top slices. Set the potato shells aside while preparing filling mixture.

continued

Ask your husband what he prefers here...



Most men prefer Stove Top® stuffing instead of mashed potatoes.

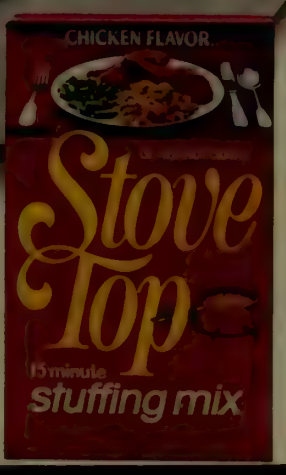


In a recent consumer test, over 62% of the husbands polled preferred Stove Top® Stuffing Mix to mashed potatoes with their chicken dinners.

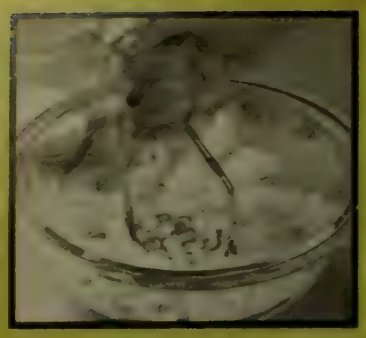
No wonder. Toasty bread crumbs, real chicken flavor and the delicious balance of celery, onion, parsley and herbs make Stove Top irresistible.

We bet your husband will also agree.

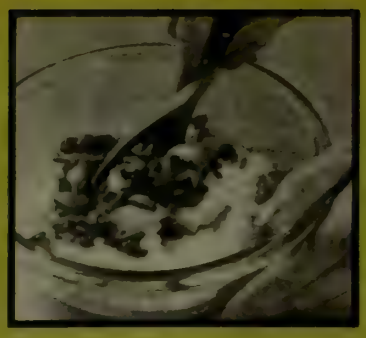
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GENERAL FOODS



5 Mash potato mixture with a potato masher. Add the 2 tablespoons butter or margarine. Beat in enough milk to make a stiff consistency. Season to taste with salt and pepper.



6 Stir the drained, chopped mushrooms into the seasoned mashed potato mixture. Use a wooden spoon and stir carefully to avoid breaking mushrooms.



7 Pile the mashed potato-mushroom mixture into the reserved potato shells. Place filled potatoes in 10×6×2-inch baking dish. Return to 425° oven and bake for 20 to 25 minutes or till potato filling is lightly browned.

TIP To bake potatoes in foil, *scrub potatoes thoroughly with a vegetable brush. Remove any sprouts and green areas. Use fork tines to prick into the potatoes. Wrap potatoes in foil. Bake in a 350° oven for 1½ hours or till done. This method gives a moist, almost steamed potato.*



8 Place a cheese triangle atop each filled potato. Sprinkle paprika over the cheese. Bake in 425° oven 2 to 3 minutes longer or just till the cheese melts. Serve immediately.

continued

Dole Pineapple in its own juice. That's all. That's wonderful.



(Pineapple pancakes. They're wonderful, too.)



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BREADS

You'll find two methods for preparing yeast doughs and making rolls, doughnuts, and bagels. The second part of the section features hints and explanations for quick breads. Included are muffins, biscuits, pancakes, waffles, crepes, and noodles.

Biscuits

Technique: Using biscuit method for quick breads

- **2 cups all-purpose flour**
- **1 tablespoon baking powder**
- **½ teaspoon salt**
- **⅓ cup shortening**
- **¾ cup milk**

1 In mixing bowl thoroughly stir together the flour, baking powder, and salt. **2–3** Add shortening and cut in till mixture resembles coarse crumbs. **4** Make a well in dry mixture; add milk all at once. **5** Stir just till dough clings together.

6 On lightly floured surface knead dough gently for 10 to 12 strokes. **7** Pat or roll dough to ½-inch thickness. **8** Cut with 2½-inch biscuit cutter, dipping cutter in flour between cuts. **9** Transfer cut biscuits to ungreased baking sheet. **10** Bake in 450° oven for 10 to 12 minutes or till golden. Serve immediately. Makes 10 biscuits.

Self-Rise Biscuits: Prepare as above *except* use 2 cups *self-rising all-purpose flour* instead of all-purpose flour. Omit the baking powder and salt.

Sour Cream Biscuits: Prepare biscuits as above *except* substitute 1 cup dairy *sour cream* for the milk.

Whole Wheat Biscuits: Prepare biscuits as above *except* use only 1½ cups all-purpose flour and add ½ cup *whole wheat flour.*



1 In mixing bowl thoroughly stir together the flour, baking powder, and salt. Mix well to evenly distribute the leavening (baking powder) and salt.



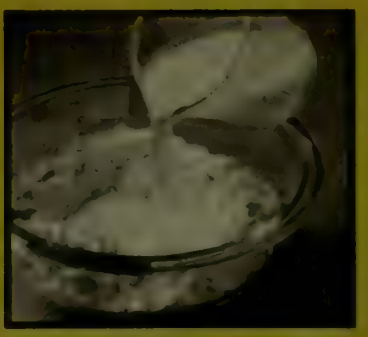
2 Cut shortening into flour mixture till mixture resembles coarse crumbs. Be sure to use solid shortening instead of cooking oil or melted butter.

The best utensils to use for cutting in shortening are a pastry blender or a blending fork. Mixing by hand tends to soften the shortening, making a sticky, difficult-to-handle dough.



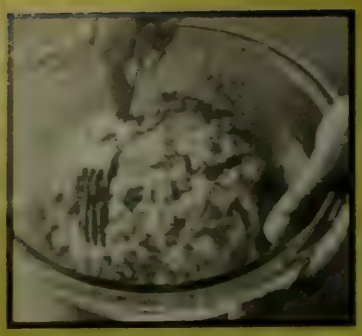
3 After cutting in the shortening, the mixture should resemble coarse crumbs, as shown.

Avoid blending the fat completely with the flour or using a liquid shortening. These produce mealy biscuits rather than the flaky, tender ones which are more desirable.

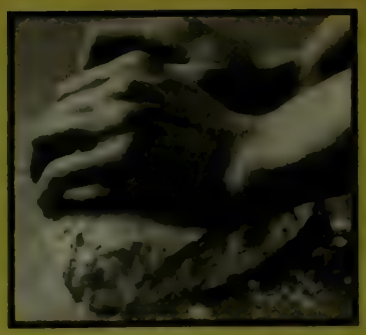


4 Gently push the flour-shortening mixture against the edges of the bowl, making a well in the center. Add the milk all at once, pouring it into the well.

continued



5 Using a fork, stir the mixture quickly. Stir just till the dough follows the fork around the bowl and forms a soft dough. Too much mixing may result in biscuits that are tough and not as light as desired.



6 Turn the dough out onto a lightly floured surface. Knead gently 10 to 12 strokes. This helps develop the biscuit's structure and evenly distributes the moisture to make the biscuits more flaky.

For ease in kneading, curve your fingers over the dough, pull it toward you, then push it down and away from you with the heel of your hand. Give dough a quarter turn; fold toward you, and push it down again.



7 On the lightly floured surface pat the dough to ½-inch thickness (or use a lightly floured rolling pin, if desired).

Add a little flour to the surface of the dough if necessary to keep the dough from sticking.



8 Cut dough with a 2½-inch biscuit cutter. Dip cutter in flour between cuts to prevent sticking. Press the cutter straight down to get straight-sided, evenly shaped biscuits. Be especially careful not to twist the cutter or flatten the cut biscuit edges.

If you do not have a biscuit cutter, pat the dough into a ½-inch thick rectangle. Cut into squares or triangles.



9 Using a metal spatula, carefully transfer the cut biscuits to an ungreased baking sheet. For crusty-sided biscuits, place about 1-inch apart. For soft-sided biscuits, place biscuits close together in an ungreased baking pan.

Reroll scraps of dough and cut into biscuit shapes.



10 Bake biscuits in 450° oven for 10 to 12 minutes or until biscuits are golden. Serve immediately.

The perfectly baked biscuit is straight-sided and fairly smooth-topped with a golden brown top and a flaky, tender crust. It should have doubled in size during baking.



TIP *Make drop biscuits when time is short and you want a really quick hot bread. These are not kneaded, rolled, or cut. Instead, additional milk is used to make a thick batter which can be dropped from a spoon.*

Use biscuit recipe except increase the milk to 1 cup. Combine ingredients as directed but do not knead. Use a knife or narrow spatula to push dough from tablespoon onto ungreased baking sheet. Bake as directed. Makes 12 biscuits.

continued

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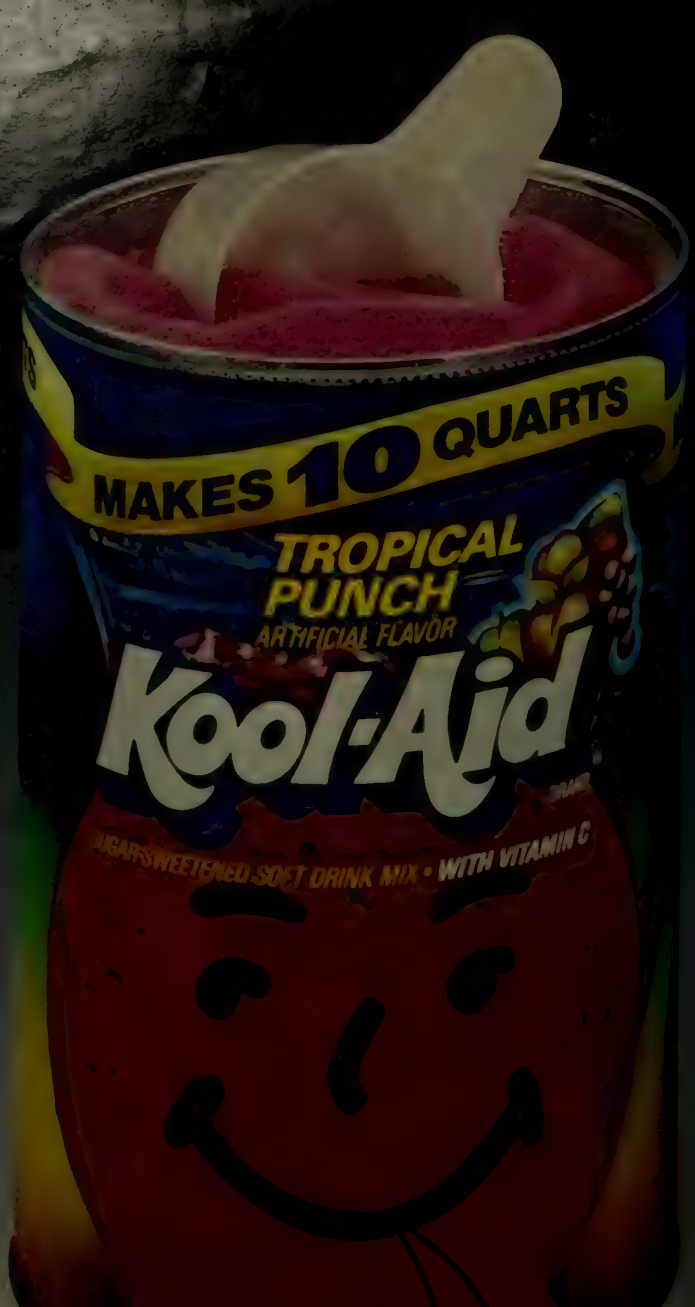
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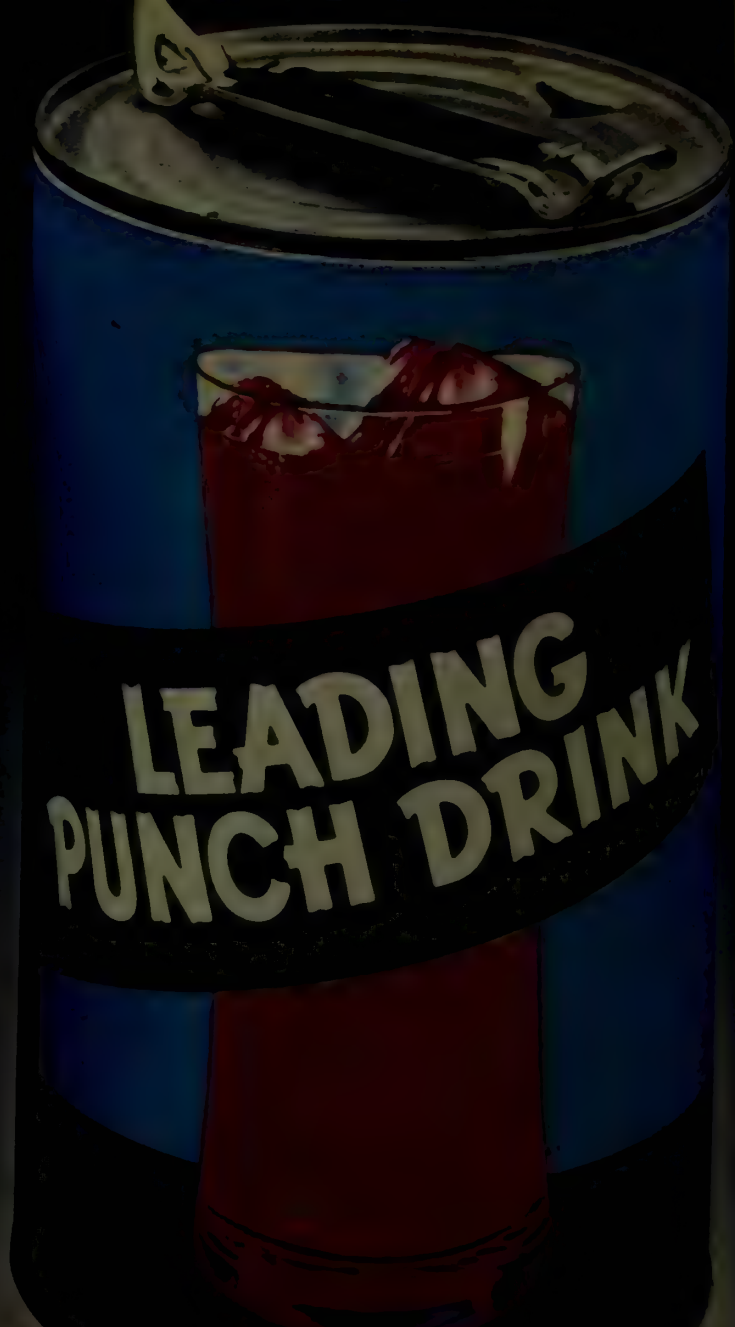
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CAKES AND FROSTINGS

There's nothing like a homemade cake to top off the perfect dinner for family or guests. And this section abounds with luscious layer cakes, sponge and chiffon cakes, angel cakes, pound cakes, fruitcakes, and jelly rolls. You'll also find delicious recipes for fluffy frostings, as well as tips on how to use them.

Frosting a Cake

Technique: Frosting a cake

Two-layer cake: **1** Completely cool the cake before frosting. Use a pastry brush to brush loose crumbs from the sides of each layer. **2** Arrange strips of waxed paper around edge of serving plate. Position first cake layer, top side down, on the waxed paper-edged plate. **3** Spread about ¼ of the frosting over this first layer. **4** Position second cake layer, top side up, over frosted layer. **5** Spread sides of cake with a thin coat of frosting. **6** Spread a thicker layer of frosting over this thin coat, swirling frosting decoratively. **7** Spread remaining frosting over cake top, swirling decoratively and joining to frosted sides at edge. Carefully remove waxed paper strips. **8** To serve cake, cut into wedges. An 8- or 9-inch two-layer cake makes 12 servings.

One-layer, tube, or loaf cake: Follow instructions given above *except* omit steps 3 and 4.



1 Completely cool the cake before frosting. Use a pastry brush or your hand to brush loose crumbs from the sides of each layer. This helps prevent crumbs from mixing with the frosting as you spread it.

If the cake layer is too rounded, it will not sit securely on the plate. To steady it, use a long-bladed knife to slice a piece from the top, making it level.



2 Arrange strips of waxed paper around edge of serving plate. Position first cake layer, top side down, on the waxed paper-edged plate.

The waxed paper helps prevent the serving plate from becoming smeared with frosting. Make sure that the strips tuck just under the edge of the cake so they can easily be removed when the frosting is finished.



3 Spread about ¼ of the frosting over this first layer. A small metal spatula works well for spreading the frosting.

When using a firm frosting, such as a fudge or butter frosting, spread frosting to edge of cake, as shown.

When using a soft, fluffy frosting, leave about ¼-inch unfrosted around the edge. The weight of the second cake layer will cause the frosting to flow to the edge.



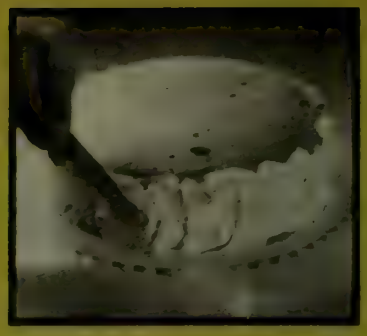
4 Place second cake layer, top side up, over frosted layer. Be sure edges of layers align. This method of assembling the two layers gives the finished cake a slightly rounded top and avoids the space that results when you position the second layer top side down.

If the cake top is too rounded or lopsided, use a sharp, long-bladed knife to level it by slicing off a piece.

continued



5 Spread sides of cake with a thin coat of frosting. This frosting layer seals in any crumbs that weren't brushed off in step 1. For even spreading, hold the spatula vertically, as shown.



6 Spread a thicker layer of frosting over this thin coat, swirling frosting decoratively, as shown.

As a guideline, use about ⅔ of the remaining frosting for the cake sides.



7 Spread remaining frosting over cake top, swirling decoratively and joining to frosted sides at edge, as shown. Carefully remove waxed paper strips.

If using butter or fudge frostings, smooth rough areas by dipping a small metal spatula in warm water and then smoothing over the desired areas.

TIP Dress up a frosted cake *by sprinkling it with toasted or tinted coconut. Or, garnish with chocolate curls.*

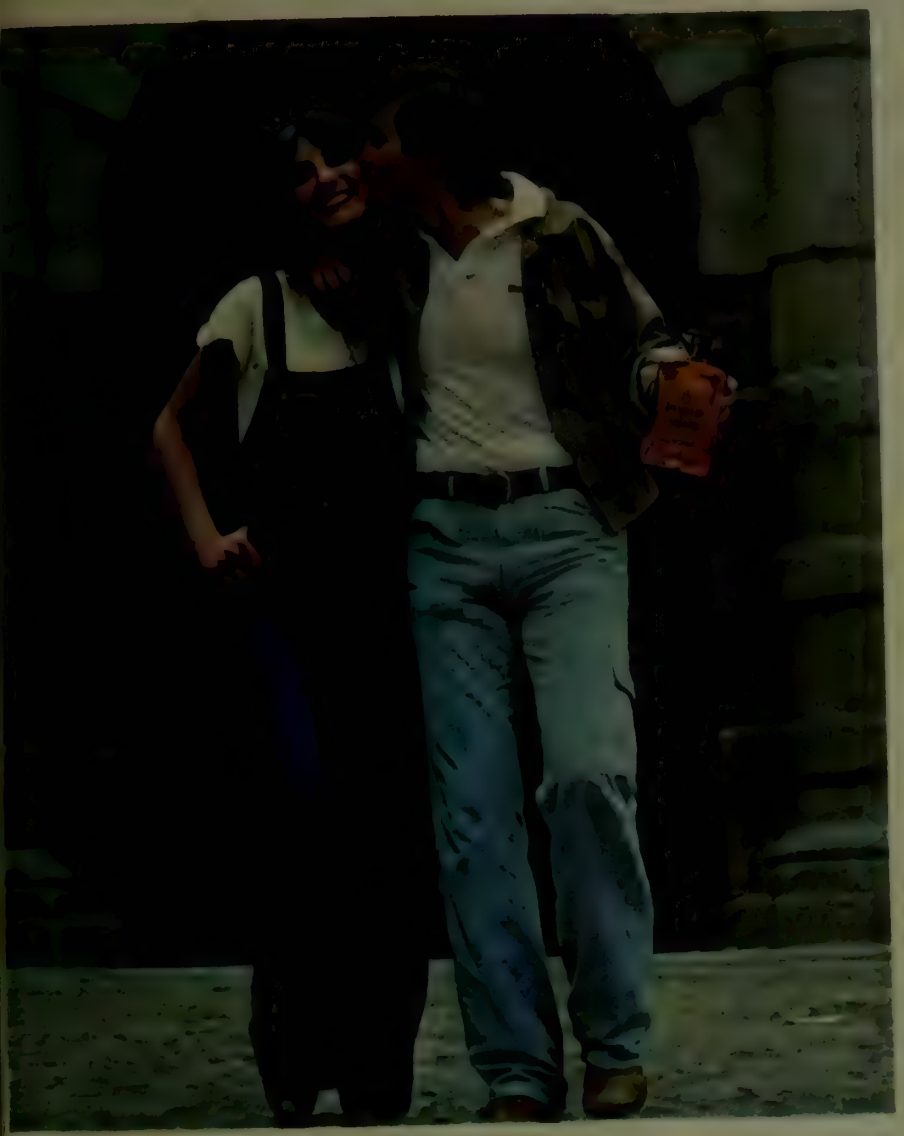
Trim an unfrosted dark-colored cake *with a powdered sugar design. Position a paper doily on the cake top and sift powdered sugar over the doily. Gently press the sugar through the doily with the back of a spoon, then gently lift off the doily.*



8 To serve cake, cut into wedges. Insert the point of a sharp, thin-bladed knife into center of cake. Slice with an up-and-down motion, pulling knife toward you. Clean frosting and crumbs from knife by occasionally wiping with a damp cloth.

To prevent fluffy frosting from sticking to the knife, dip the knife in hot water before cutting the cake.

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Most popular of all the treks is an excursion on the mail boat from Lewiston, Idaho. The *Idaho Queen* makes the trip upriver some 90 miles every Wednesday and returns Thursday afternoon. The $80 per person fare ($100 after January 1) covers dinner and overnight cabin accommodations.

For a list of firms offering jet boat trips from Lewiston, write the Chamber of Commerce, Second and Main Streets, Lewiston, Idaho 83501. For reservations on the *Idaho Queen*, write the Rivers Navigation Company, 1115 11th Avenue, Lewiston, Idaho 83501.

White water raft and dory float trips are enticing Canyon adventures, especially between May and October. Most of these outings, headed by professional guides, cover the 80 miles between Hell's Canyon Dam and the mouth of the Grande Ronde River in five or six days and cost about $300 per person. To raft the River on your own, you'll need a reservation (free) from the District Ranger, Pine Ranger District, Halfway, Oregon 97834.

A relatively easy trip for backpackers follows a good trail that sticks close to the River most of the way through the Canyon. Since the route is remote from resupply points and emergency help, the hike does call for some planning. (Midsummer temperatures can exceed 110 degrees.) The trail also is interrupted at a couple of spots, so you may want to arrange for a jet boat shuttle. Or, if you'd rather hike just one way, set up a rendezvous with one of the Lewiston boat operators.

For a list of outfitters and float trip organizers, as well as trail information, write the Pine Ranger District at the address above. ■

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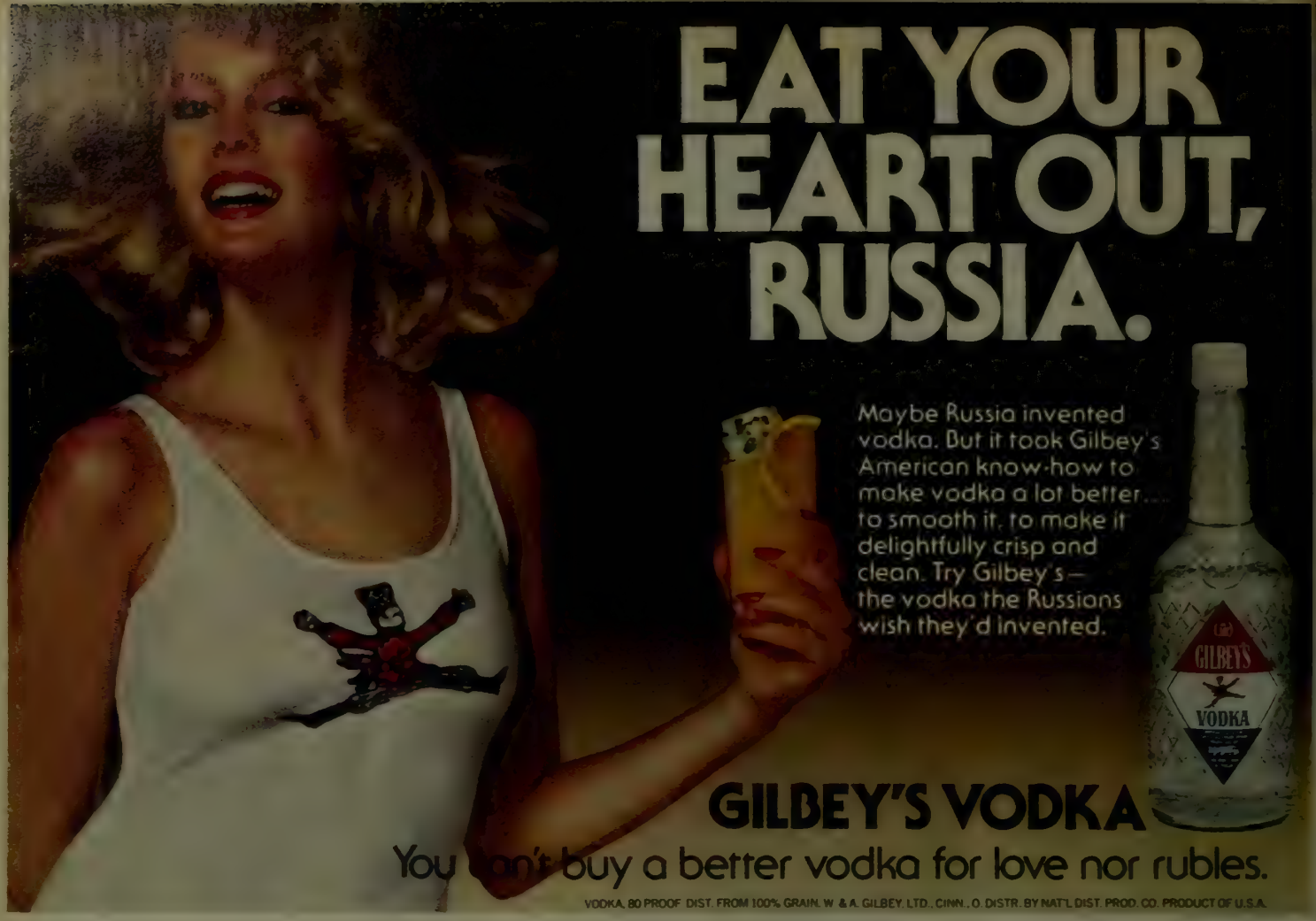


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Looking for something different in relishes? Try one of these two chutneys. They're patterned after the exotic fruit and vegetable blends from India that are sometimes sweet, sometimes sour, and always flavorful. You'll find these chutneys go well with a variety of foods from Indian curry dishes to American roasts.

Photograph: Dieter



CITRUS CHUTNEY

3 large oranges
1½ cups packed brown sugar
1 medium onion, chopped (½ cup)
½ cup raisins
¼ cup lemon juice
¼ cup lime juice
1 tablespoon grated fresh gingerroot
1 teaspoon salt
½ teaspoon ground cinnamon
½ teaspoon ground cloves
½ teaspoon ground allspice
½ cup chopped almonds *or* walnuts

Peel oranges, reserving peel. Section oranges over bowl to catch juices. Remove and discard white membrane from peel; finely chop enough peel to make ¼ cup. In 3-quart saucepan combine the reserved peel, orange sections, sugar, onion, raisins, citrus juices, gingerroot, salt, and spices. Bring to boiling. Add nuts; reduce heat and boil gently, uncovered, for 30 minutes or till thickened, stirring occasionally. Cool. Store in a covered container in refrigerator. Makes about 2½ cups.

APPLE CHUTNEY

A gift of this apple and tomato combo will delight a chutney aficionado—

8 medium cooking apples, peeled, cored, and chopped (5 cups)
1 15-ounce can (2 cups) tomato sauce
2 cups packed brown sugar
1½ cups raisins
¾ cup vinegar
1 medium onion, chopped (½ cup)
½ cup lemon juice
1 tablespoon grated fresh gingerroot
1 teaspoon salt

In a large Dutch oven combine apples, tomato sauce, sugar, raisins, vinegar, onion, lemon juice, gingerroot, and salt; mix well. Bring mixture to boiling; stir to dissolve sugar. Reduce heat and boil gently, uncovered, for 45 minutes or till thickened, stirring occasionally. Ladle into clean hot half-pint jars; wipe rims. Adjust lids. Process in boiling water bath for 10 minutes (start counting time when water returns to boiling). Makes 6 half-pints. ■

INSULSPRAY® FOAM PUTS THE INSULATION POWER OF 11-FOOT-THICK BRICKS* IN A 3-1/2 INCH SPACE BETWEEN YOUR HOUSE WALLS.

WHY INSULATE YOUR WALLS?

House walls are a major source of heat loss and gain in a typical home. Of all the products for insulating your house walls, there's not one with a higher Resistance Value (R-Value) than Insulspray foam insulation from Borden.

INSULSPRAY FOAM IS EASILY INSTALLED.

It flows up and down inside the cavity between the house walls to form a rigid "insulation sandwich." In winter, Insulspray foam holds your expensive heat inside. In summer, it keeps heat outside. The house is quieter and more comfortable year-round.

HOMEOWNERS EXPERIENCE SAVINGS AND COMFORT!

In a 1977 survey of 1,296 homeowners who had Insulspray foam installed, 95% reported their homes are more comfortable, and 75% said their homes are quieter. 74% have recommended Insulspray foam to friends or neighbors. What about savings? Read these actual comments!

"I think it is a real fuel saving product. Money well spent."
W.H., Illinois

"It saves us money. Our house is not drafty or noisy."
Mr. & Mrs. L.L., Ohio

"My home is warmer and quieter since insulation — heat bill took a definite drop."
B.K., Washington

"If you want to do something good for your home and your wallet, install Insulspray insulation. It is a great value."
C.C., Connecticut

QUALITY IS BORDEN'S POLICY.

Insulspray foam provides you the assurance of dealing with one of America's oldest and most trusted names. It is Borden's policy to please you these important ways:

BORDEN'S 'NO SHORTAGE' ASSURANCE. Don't wait to insulate. There's a plentiful supply of Insulspray foam.

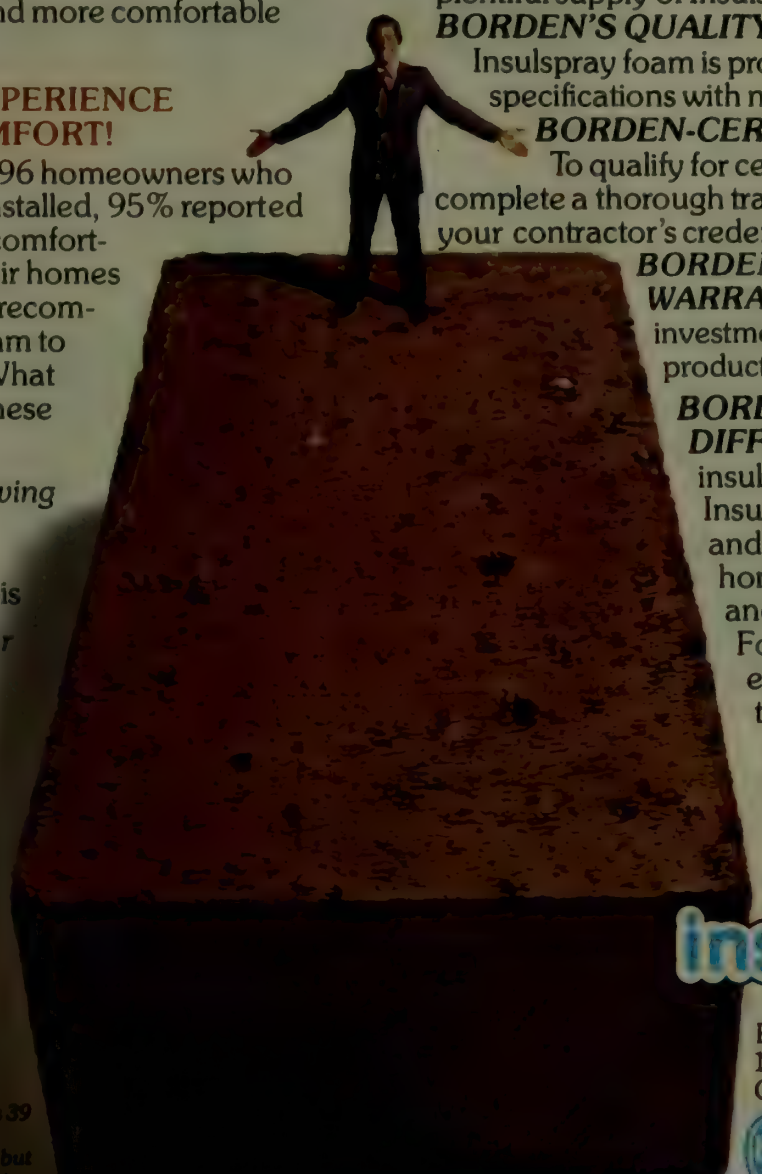
BORDEN'S QUALITY STANDARDS. Insulspray foam is produced under exacting specifications with numerous quality checks.

BORDEN-CERTIFIED CONTRACTORS. To qualify for certification, contractors must complete a thorough training program. Ask to see your contractor's credential card from Borden.

BORDEN 10-YEAR LIMITED WARRANTY protects your investment because it covers both product and installation.

BORDEN'S PATENTED DIFFERENCE. Not all insulation foams are alike. Insulspray foam is patented and has been used to insulate homes throughout the U. S. and Canada for years.

For insulation protection equal to a giant brick, and the consumer protection of the trusted Borden name, have your walls insulated now with Insulspray foam.



insulspray®

Borden Chemical/Borden, Inc.
180 East Broad Street,
Columbus, Ohio 43215

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**The R-Value of Insulspray foam is 39 times greater than that of brick. Brick is a good building material but a poor insulator. R-Value of brick is 0.11, while the R-Value of Insulspray is 4.3 per inch.*

SPICED MEATS & FISH

Try one of these snappy meat or fish recipes when you want to add spice to an everyday meal.

PICKLED FISH

- **2 pounds fresh or frozen fish fillets**
- **½ cup vinegar**
- **¼ cup cooking oil**
- **1 4-ounce can green chili peppers, rinsed, seeded, and chopped**
- **1 tablespoon finely shredded orange peel**
- **¼ cup orange juice**
- **¼ cup chopped onion**
- **2 bay leaves**
- **2 cloves garlic, minced**
- **1 teaspoon salt**
- **⅛ teaspoon pepper**

Thaw fish, if frozen. Place in 10-inch skillet. Add boiling water to cover. Simmer, covered, 5 to 8 minutes or till fish flakes easily. Drain fish; arrange in a shallow baking dish. Combine vinegar, cooking oil, chili peppers,



Photographs: Dieter

orange peel, orange juice, onion, bay leaves, garlic, salt, and pepper. Pour over fish. Cover; refrigerate several hours or overnight. Drain off marinade. Cut fish into bite-sized pieces. Garnish with quartered orange slices, if desired. Makes 8 to 10 servings.

PICKLED OYSTERS

- **1 pint shucked oysters**
- **⅔ cup vinegar**
- **1 small onion, sliced**
- **1 tablespoon sugar**
- **1 teaspoon salt**
- **2 teaspoons celery seed**
- **2 teaspoons whole black pepper**
- **1 teaspoon whole allspice**
- **½ teaspoon whole cloves**
- **1 bay leaf**

Drain oysters, reserving liquid. Add water to reserved liquid to make 2 cups. In saucepan mix oyster liquid mixture, vinegar, onion, sugar, and salt. Tie celery seed, pepper, allspice, cloves, and bay leaf in a cheesecloth bag. Add to liquid; bring to boiling. Add oysters. Simmer 10 minutes; skim off foam. Cover and chill for up to a week. Drain before serving. Makes about 1½ cups.



EASY PICKLED HAM

Serve this appetizer with crackers—

- **2 cups cubed fully cooked ham**
- **1 medium onion, cut up**
- **¾ cup water**
- **½ cup vinegar**
- **1½ teaspoons mixed pickling spice**
- **1 teaspoon sugar**
- **¼ teaspoon whole black pepper**

In a bowl mix together ham and onion. In a saucepan heat the water, vinegar, pickling spice, sugar, and pepper till simmering. Pour over ham mixture. Cover; chill up to a week.Drain before serving. Makes 3 cups.

OLD-FASHIONED CORNED TONGUE

Saltpeter, the common name for potassium or sodium nitrate, helps preserve and enhance the red color of the meat. Buy it at your drugstore—

- **1 cup pickling salt**
- **8 cups water**
- **2 tablespoons sugar**
- **1 tablespoon mixed pickling spices**
- **1 teaspoon paprika**
- **½ teaspoon saltpeter (potassium nitrate) (optional)**
- **½ teaspoon freshly ground pepper**
- **¼ teaspoon ground cloves**
- **3 bay leaves**
- **1 3- to 4-pound beef tongue**
- **¼ cup chopped onion**
- **2 cloves garlic**
- **1 medium onion, sliced**
- **1 teaspoon whole black pepper**
- **4 bay leaves**

In large saucepan dissolve salt in 8 cups water. Add sugar, pickling spices, paprika, saltpeter, ground pepper, cloves, and 3 bay leaves. Boil 5 minutes. Cool. Place tongue in a crock. Add chopped onion and garlic. Cover



with salt solution. Place a plate atop meat. Cover with clear plastic wrap. Place a heavy weight such as a water-filled jar atop covered plate. Refrigerate 3 weeks, turning meat once a week.

Remove tongue from brine, place in large Dutch oven or kettle. Cover tongue with hot water. Add sliced onion, whole pepper, and 4 bay leaves. Cover; simmer 3 to 4 hours (1 hour per pound) or till tender. Remove meat; cool slightly. Cut off bones and gristle. Slit skin on underside from large end to tip; peel off. Slice meat diagonally. Makes 8 to 10 servings. ■

Now. No more fights over 'who gets what.'

Whatever your family's favorite chicken part, you can now get it from Banquet®. Your choice of Fried Chicken Portions to keep in the freezer, ready for the oven. In minutes—crisp, hot fried chicken at a price that take-out can't beat.



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Why do educated wine drinkers seek out Souverain?

They know a little knowledge can be delicious. They also know every word on the Souverain label points to quality. Take a look. Or better yet, seek it out and take a sip.

The vintage date means 95% of the grapes used had to be harvested in this year. All Souverain varietals are vintage dated.

Winery name. For decades, Souverain has meant quality wine. Located in California's premium wine country, they select only the choicest grapes from prime estates.

Varietal designation. The name of the noble grape that inspired the wine. By law, only 51% of this grape must be used. But many Souverain varietals are 100%—except where blending enhances quality.

Appellation. California's North Coast is famous for little "microclimates" that produce the best grapes. That's where all Souverain grapes are grown.

The fine line. The key word is *produced*. It means Souverain winery made this wine from start to finish. No *other* word assures such care.



Julius WILE SOLE AGENTS

The Julius Wile seal has been a mark of quality since 1877. Souverain is the *only* California wine to bear it.

Discover the value of Souverain.

Embroider This Calendar and Use It Forever

from Better Homes and Gardens



Inspired by an old fashioned sampler, each colorful flower introduces a simple embroidery stitch. Months and dates can be moved and reattached in seconds to keep calendar up-to-date forever. Special patented hook and pile nylon tape does the trick. This calendar is alive with color too. Yellows, gold, orange, browns, blues, green, pinks, purple and lavendar—15 shades in all—make it an eye-catching conversation piece. Each colorful flower represents a month, each corner symbolizes a season and a swirling golden sun surrounds the current month name. A BETTER HOMES AND GARDENS® EXCLUSIVE (not available in stores), kit includes design stamped on natural colored linen, enough nylon tape for changing months and days, embroidery thread and easy-to-follow instructions. Fits out 18" x 24" frame offered in money-saving combination.

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____No. 00064 Perpetual Calendar Kit and 18"x24" Frame $30.99.

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Cut-and-dried centerpieces

By combining fresh-cut blooms and dried floral materials, you can create a double-duty centerpiece that works for both parties and everyday. First, compose your basic, permanent centerpiece by arranging dried materials. Then transform the centerpiece for special occasions by adding and substituting a few fresh flowers.

Although making this versatile centerpiece takes extra planning and care, the finished product provides lasting enjoyment for you and your guests.

Start by choosing a container that works equally well with your guest table appointments and everyday dinnerware. You might use a neutral container such as a basket or a handsome metal holloware piece.

Plan a neutral background for the arrangement, using dried flowers and leaves in muted colors. Then choose strong focal flowers, either dried or fresh, to give the centerpiece punch.

To make your cut-and-dried centerpiece, use a block of florist's foam as the base. Where dominant flowers are to be placed, insert vials made from cigar tubes, pill bottles, or test tubes.

Position the dominant dried flowers, then fill in with background flowers. When changing to fresh flowers, cut each flower the same length as its dried counterpart. Fill the vial with water and insert the flower. When the fresh flowers begin to fade, replace them with the original dried flowers.

Background flowers might include dried baby's-breath, starflowers, goldenrod, wheat stalks, or any weeds and grasses you have collected. These should contrast in size and texture with the dominant focal flowers.

Dominant dried flowers should echo in size and shape the fresh flowers that will replace them. Good choices include strawflowers, artichokes, and pinecones on stems. These and many other dried flowers are colorful, either naturally or from dye.

Dominant fresh flowers include almost all types. Choose those readily available from your garden or local florist. Good match-mates include daisies, roses, carnations and mums. ■

What's brewing at Lipton? 5 exciting new flavored teas.





Orange & Spice: Fragrant orange flavor, sweet spice and a special blend of tea. It's relaxing hot, refreshing iced.



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Good only upon presentation to retailer on purchase of product described. Any other use constitutes fraud.

Coupon expires September 30, 1979.

OFFER LIMITED TO ONE COUPON PER PURCHASE.

25¢ STORE COUPON BP-58

No-Time-To-Bake™ baking.

ready-to-eat in an hour. Now, breads with the delicious quality that used to take hours are easy. Start with the special know-how of our recipes, and all-natural Red Star® Active Dry Yeast (the only no preservatives yeast). Check our packages for more exclusive recipes featuring the No-Time-To-Bake method.



2 pkgs. Red Star
2 tablespoons sugar
2 teaspoons garlic salt
1 teaspoon Italian seasoning
1 cup milk
½ cup water
2 tablespoons butter or margarine
1 egg
½ cup Stella grated Parmesan cheese
2 tablespoons butter, melted
¼ cup Stella grated Parmesan cheese

In large mixer bowl, combine 1½ cups flour, yea sugar, salt and seasoning; mix well. In saucep heat milk, water and butter until warm (120 130°; butter does not need to melt); add to flour mixture. Add egg. Blend at low speed until moistened; beat 3 min. at medium speed. By hand, gradually stir in ½ cup cheese and enough remaining flour to make a firm dough. Knead on well-floured surface until smooth and elastic, about 3-5 mi Place in greased bowl, turning to grease top. Cover; let rise in warm oven (turn oven to lowest setting for 1 minute, turn off) for 15 min.

Punch down dough and divide into 16 pieces. into balls. Dip tops into melted butter and cheese. Place in well greased 13 x 9-inch pan or two 8 inch round pans. Cover and in warm oven about 10 minutes. Bake at for 20 to 25 min. until golden brown. Re- from pan; cool. Oven 375° 16 Rolls

BUILDING

Scoop up some sunlight

Raising the ceiling and adding skylights is a surefire way to bring precious daylight into dark interior spaces. But here's an innovative variation on that theme—light scoops.

To the people who pass this small bungalow, the only outstanding feature of the exterior is the set of triangular light scoops that perch on the roof. But inside there's drama aplenty. A dramatically sloped ceiling rises over what used to be a cozy but dark living room. Thanks to the light-catching scoops overhead, the room now has a sun-brushed quality.

The pleasant, sunshiny effect was achieved by removing the existing living room ceiling to expose the slope of the roof line. Then the triangular light scoops, each clad with plywood siding, were placed at the same pitch as the roof. Daylight enters through the scoops' plate glass windows and is refracted into the living room by the bright white drywall that lines the inner surfaces of the light scoops.

Raising the living room ceiling and adding the light scoops brought an extra dimension of space to the room without altering square footage. The homeowners especially enjoy the way the captured daylight gently washes over their collection of contemporary painting and sculpture. ■

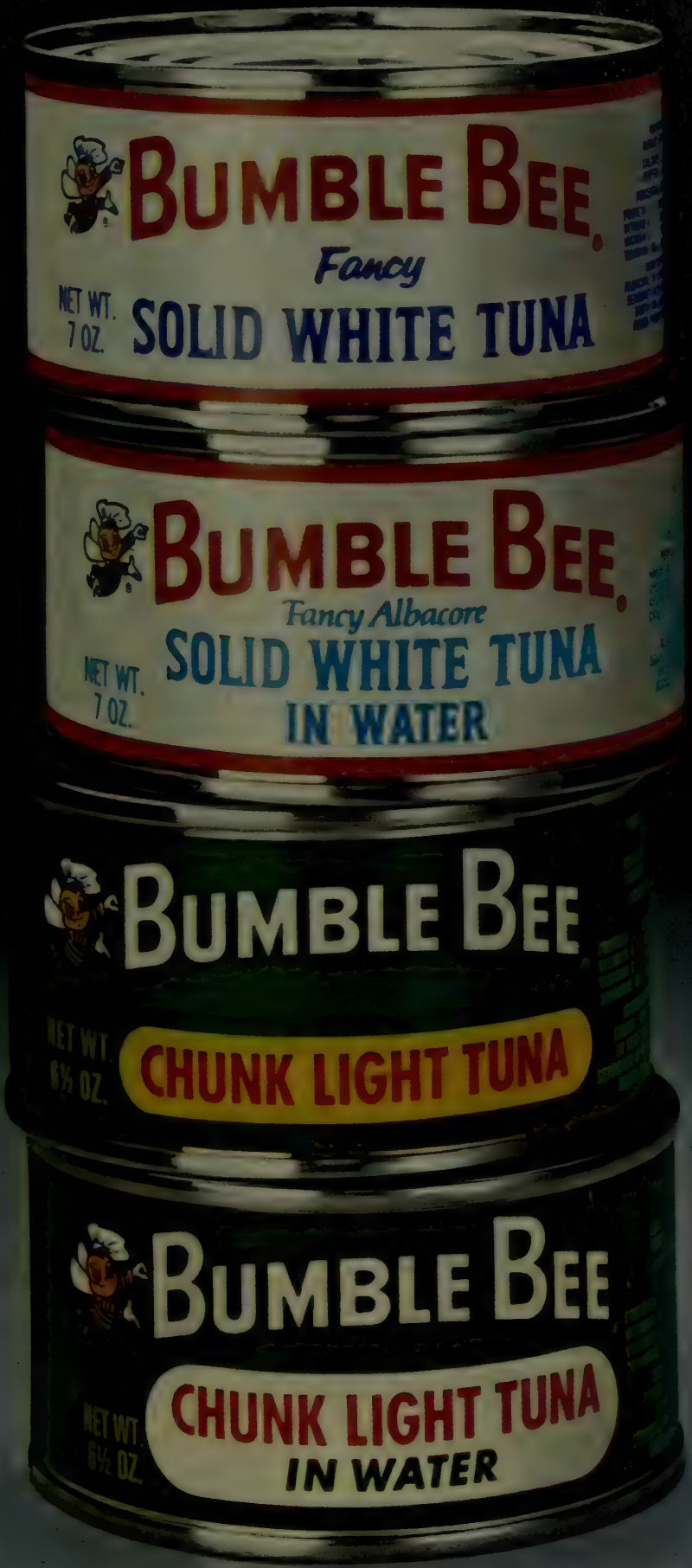


Photographs: Bill Hedrich, Hedrich-Blessing
Source: Barbara Sims/Linda Magazzine



Architect: Concept Consultants, Inc. Designer: Carl Barnett

Hold the mayo.



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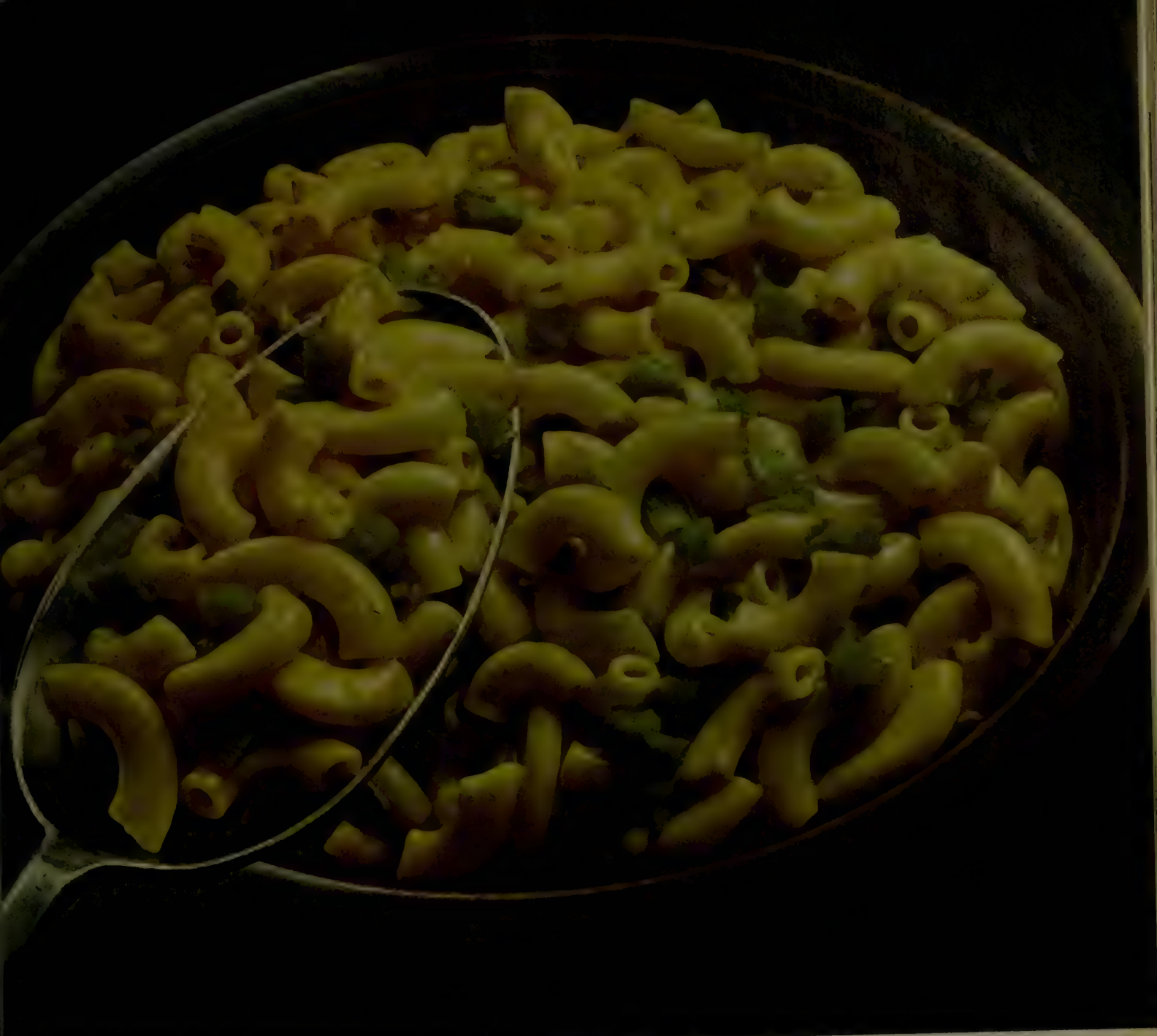
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Give a fresh, new taste to an old favorite with Ortega® Diced Green Chiles.

There's nothing to it. Just add Ortega Diced Green Chiles to your favorite macaroni and cheese recipe. Zesty chiles, tender macaroni, and golden creamy cheese...incredibly delicious. Nicely diced and full of flavor, tangy Ortega Chiles turn an old standby into a real standout.

MEXICAN MACARONI & CHEESE

Prepare Macaroni and Cheese according to package directions then mix in 4 oz. can of Ortega Diced Green Chiles. Serve immediately.

Try this one too!

1 cup (4 oz.) elbow macaroni, cooked according to package directions, drained.
2 Tbsp. *each* butter (or margarine), & flour
1¼ cups milk
½ tsp. salt
¼ tsp. pepper
1 cup (4 oz.) grated sharp Cheddar cheese
1 can (4 oz.) Ortega Diced Green Chiles

In saucepan, melt butter. Stir in flour. Cook, stirring, over low heat 3 minutes. Add milk, salt, and pepper. Cook, stirring, over medium heat until thickened. Mix in cheese and chiles. Combine sauce with macaroni. Pour into 2 quart casserole. Top with buttered bread crumbs, if desired. Bake in preheated 350 degree F oven 25-30 minutes, or until bubbly. Serves 6-8.



FOR MORE RECIPES USING ORTEGA® GREEN CHILES, SEND 35¢ TO HEUBLEIN, INC., P.O. BOX 1228, DEPT. 1040, HARTFORD, CT 06101

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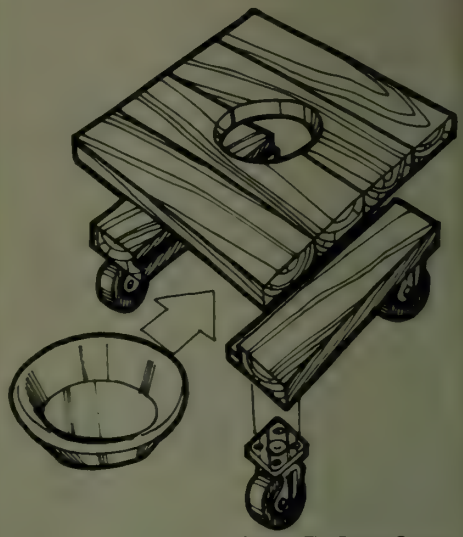
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BR-0978

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Plant stand on the move

Do you risk a backache whenever you have to move your heavy rubber tree from one side of the room to the other? Here's a solution. This movable plant stand is mounted on casters so you can roll your plant to a pruning session or a change of light with the greatest of ease.



Design: The Design Concern

To build the plant stand, cut a 1x4 (actually ¾ x 3½ inches) into six 14-inch-long pieces. Four of the pieces will be used to form the tray the plant sits on; the other two will be the supports. You can cut a drainage hole into the center of the plant tray, if you wish; use a compass to draw a circle at the center of the two middle 1x4s. The drainage hole should be no more than 4½ inches in diameter. (The pot need not fit down into the hole; it can sit on top of it, centered on the stand.)

Rabbet the edges of the two bottom 1x4s to hold a bowl or saucer to catch the drainage water. Choose a bowl with a lip or rim so that it can slide onto the rabbeted edges and rest in place.

Now it's time to build the unit. Lay the two base-support pieces flat on your workbench and make the distance between the two rabbets just enough to accommodate the lip of the drainage bowl. Then lay the top 1x4s perpendicular to the two base pieces and screw the top pieces in place with 1¼-inch flathead wood screws. Screw plate-mount casters to the bottom of the base. Sand all edges smooth. ■

DeKuyper, that's entertain-mint!

Pep up a party with DeKuyper's lightest, brightest, mintiest mint ever:

Peppermint Schnapps

DeKuyper Peppermint Schnapps is the mint cordial with a difference... surprisingly dry, refreshingly crisp. And that makes it (like all the DeKuypers) more than just an after-dinner drink. Peppy DeKuyper Peppermint Schnapps makes Stingers more DeLicious, highballs more DeLightful, mists more DeLectable—and it's great straight any time. Now that's entertain-mint! DeKuyper Peppermint Schnapps. Just one of over 35 DeLicious, DeLightful DeKuyper flavors.

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Club soda and Peppermint Schnapps over ice.

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WHERE TO FIND THAT SPECIAL YARN



It happens to every knitter, crocheter, and threadbender at least once. You yearn for violet wool—but only a lavender is available. Or your project demands silk yarn, but the local store only carries cotton. Or you require a fat, fluffy yarn, but a thin, smooth yarn is all there is.

Commercial yarn companies produce a fine selection, but they can never match all that the mind's eye can envision. What to do? Admit defeat and settle for lavender, for cotton, for smooth?

Not at all. There are lots of small companies—most selling only by mail order—that produce violet, silk, and fluffy yarns in addition to other colors, kinds of fibers, and weights. Here are some likely places to look for an out-of-the-ordinary, not-seen-at-any-store yarn.

Where to look

- **Wendy Asbel**
  422 St. John Place
  Franklin Square, N.Y. 11010

Twenty wool colors in three weights; hand-dyed in variegated colors with names like Old Snow, Fiddlehead, and Beatrix (for Miss Potter). The price is $3.50 for a four-ounce skein; eight or more skeins of the same color are $2.50 each. Postage extra. Sample card, $2. All dyeing done to order. Delivery in three to five weeks.

- **Good Threads**
  148 Sunnyside
  Santa Cruz, Calif. 95062

Single-ply hand-spun wool in five naturals and 17 home-dyed dusty colors. A 40-yard skein (about 2.5 ounces) is $2.30 for natural, $2.75 for dyed colors. Add ten percent for shipping. Sample card, $1. Delivery time, two weeks.

- **Village Wools**
  3719 Fourth, N.W.
  Albuquerque, N.Mex. 87107

Twenty-three rainbow cotton colors available in three weights. Suitable for knitting and crocheting. Prices vary per pound with natural the cheapest ($2.50) and black the highest ($4). Bright colors are $3.80. Wool and mohair also available. Add ten percent for shipping; bulk discounts available. Sample card, $1.

- **Christopher Sheep Farm**
  RFD #2
  Richmond, Me. 04357

Wool in four weights. Available in white for natural dyeing, five natural colors, 12 heathers. Prices $5.50 to $6.60 per pound, discounts. Postage additional depending on distance from farm. Sample card, $1.

- **Paula Simmons**
  Suquamish, Wash. 98392

One of the best-known hand spinners, she raises her own sheep for wool. Many natural colors, from silvery gray to deep black. Priced at 92 cents per ounce, except for very dark brown and black which are $1.25 per ounce. Four sample cards, $1 each. All orders are custom-spun, so expect a two- to eight-week wait.

- **Cheryl Kolander**
  North Myrtle Route
  Box 276
  Myrtle Creek, Ore. 97457

Silk in a wide variety of weights and types such as wild silk, cords, tussah—many suitable for elegant knitting and crocheting, others for embroidery. Forty-four colors, all hand-dyed with natural dyes. Prices vary, averaging $15 per pound. All orders are custom-dyed with normal shipping time under four weeks. Postage extra. Two sample cards are available, priced at $1.50 each.

- **Yarn Primitives**
  P.O. Box 1013
  Weston, Conn. 06880

Authentic, rugged-looking yarns of goat's hair, lamb's wool, and ram's wool. Yarns are spun in Greece and Ecuador. Rough textures, earthy and brilliant colors. (Not for the timid.) Prices vary. Sample cards, $2.

- **Harrisville Designs**
  Harrisville, N.H. 03450

Natural alpaca, cashmere, mohair, and camel's hair, plus specially dyed wool. All available in one-, two-, and three-ply. Prices vary. Bulk discount, good service. Sample cards, $2.

- **Trinity Valley Fibers**
  633 Calle de Valdez
  Santa Fe, N. Mex. 87501

Four kinds of spin (two-, three-, four-, and six-ply) in 52 hand-dyed colors (especially strong in the red range). Prices vary from $9 to $13 per pound. Sample cards, $2. Minimum order, four ounces. Will dye colors. ■

(Written in cooperation with Carol LaBranche.)

Unbelievable...Wall Paneling in new floral, children's prints...and foils!"

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MODELING IDEA
WALL PANELING









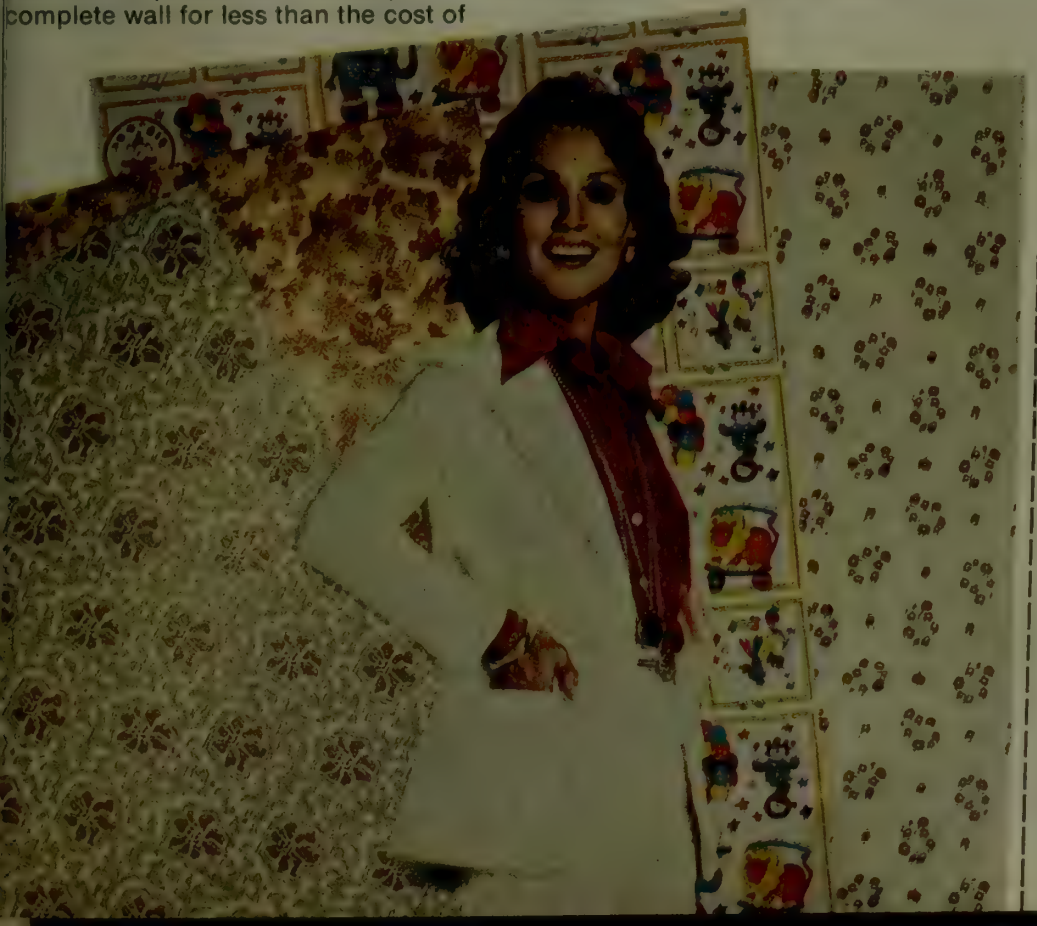
Mary Ann Mobley talks about Gold Bond Decorator Panels:

"Imagine . . . wall paneling in gorgeous foil finishes! The Gold Bond designers have captured the brilliant elegance of foil wall coverings in two new patterns and wedded them to fire-resistant paneling. Now you can have a spectacular, one-step, complete wall for less than the cost of just foil wall covering alone. Not only that, but these beautiful designs are protected by a super scrubbable surface. The same kind of finish that protects all Gold Bond Decorator Panels."

"In addition to these wall paneling firsts, you'll find a whole range of attractive new patterns and colors for any room in your home. Color co-ordinated designs so you can mix or match prints with solid tones."

"What more could you ask for . . . beauty, cleanability, fire-resistance and economy. Now you can put up solid walls and decorator patterns in one fast, easy step. Have him . . . 'do-it-yourself' with New Gold Bond Decorator Panels."

"Visit your favorite Building Supply Dealer or write me for Free descriptive literature and the dealer with Gold Bond Decorator Panels nearest you."



GOLD BOND
DECORATOR
PANELS
FIRE-RESISTANT

Mary Ann Mobley
c/o Gold Bond Building Products
2001 Rexford Road, Dept. DFB,
Charlotte, North Carolina 28211

Dear Mary Ann:
Please send me more information on New Gold Bond Decorator Panels.

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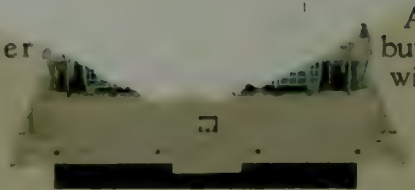
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begins on page 112

Flowers you can count on

PEONY CULTURE

watered until the ground freezes.

The first winter only, mulch with evergreen boughs or salt hay. Remove the mulch carefully in spring, as soon as new shoots appear. Peonies need ample water in spring to develop their flowers fully. Provide support to varieties with large flowers.



Drawings: Blaser/Court Art Studio

For fewer but larger blooms, dehead the side buds while they are still smaller than peas; leave only the fat end bud on each major stem. When cutting flowers for bouquets, leave as much foliage on the plant as possible.

Don't allow seeds to form. When flowers fade or shatter, clip away the entire flower head. But leave the stems and foliage, which will remain attractive all summer. After the first killing frost, cut the stems back to within a few inches of the ground. Destroy the clippings to avoid overwintering insects or diseases that could reinfect the plants next spring.

In the spring, you're apt to find ants on your peonies. The ants are attracted by the sweet juice secreted by the buds. But don't worry—the ants aren't harmful to the plants.

A good fertilizer for established peonies is superphosphate, applied to the perimeter of the plant after blooming and worked lightly into the soil. Take care not to cultivate too close to the crown of the plant. You might injure the shoots, which are very brittle in spring and fall.

continued

"Last winter's cold crunch convinced me to wash in all temperatures with All-Temperature Cheer."

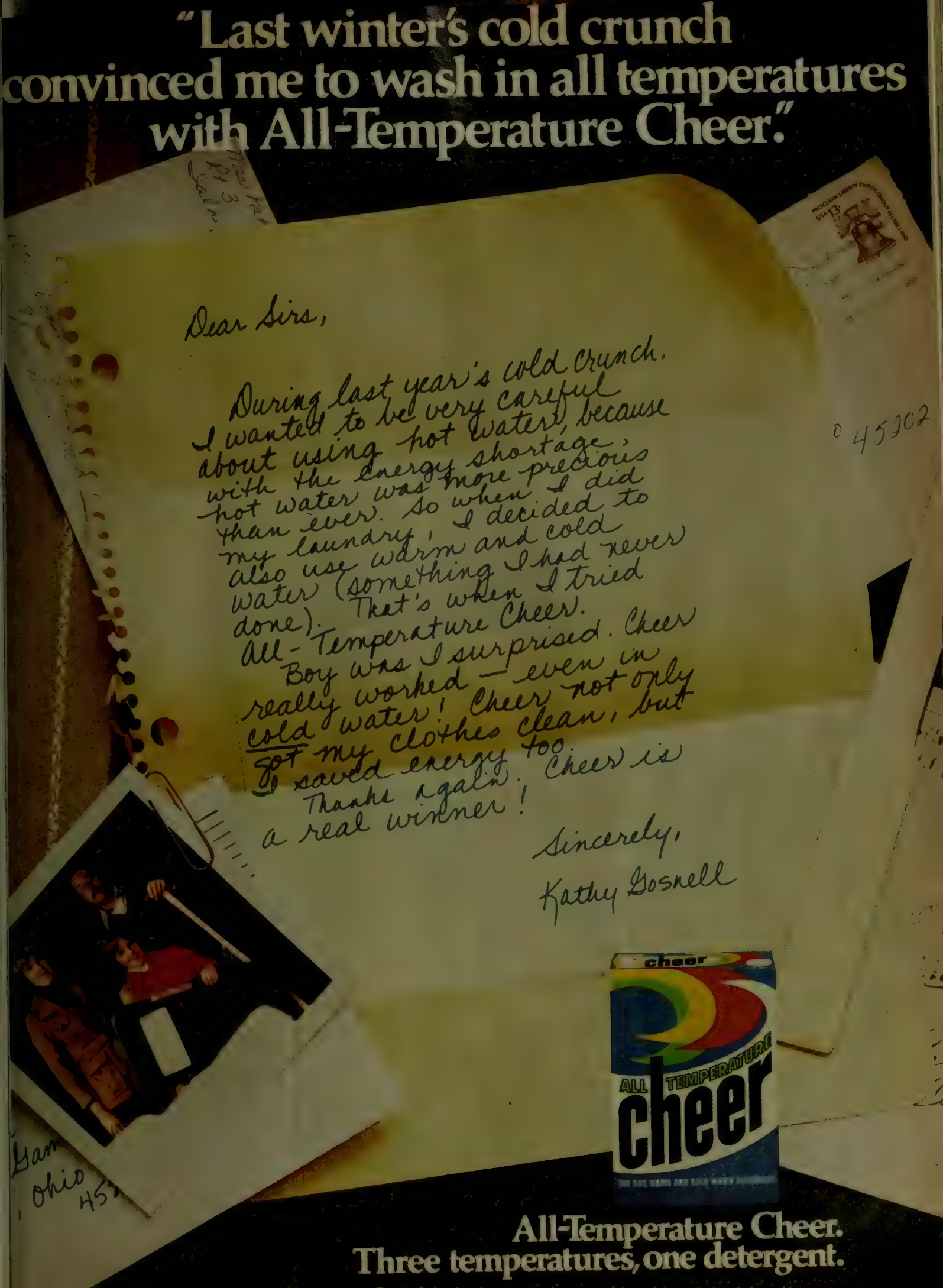
Dear Sirs,

During last year's cold crunch, I wanted to be very careful about using hot water, because with the energy shortage, hot water was more precious than ever. So when I did my laundry, I decided to also use warm and cold water (something I had never done). That's when I tried All-Temperature Cheer.

Boy was I surprised. Cheer really worked — even in ~~hot~~ cold water! Cheer not only cleaned my clothes clean, but I saved energy too.

Thanks again. Cheer is a real winner!

Sincerely,
Kathy Gosnell



All-Temperature Cheer.
Three temperatures, one detergent.

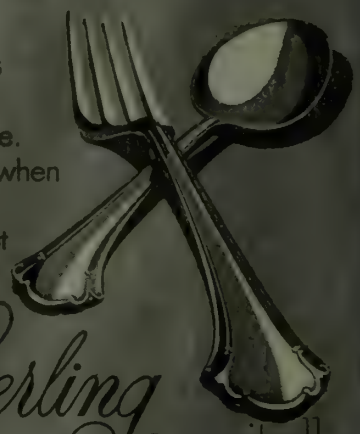
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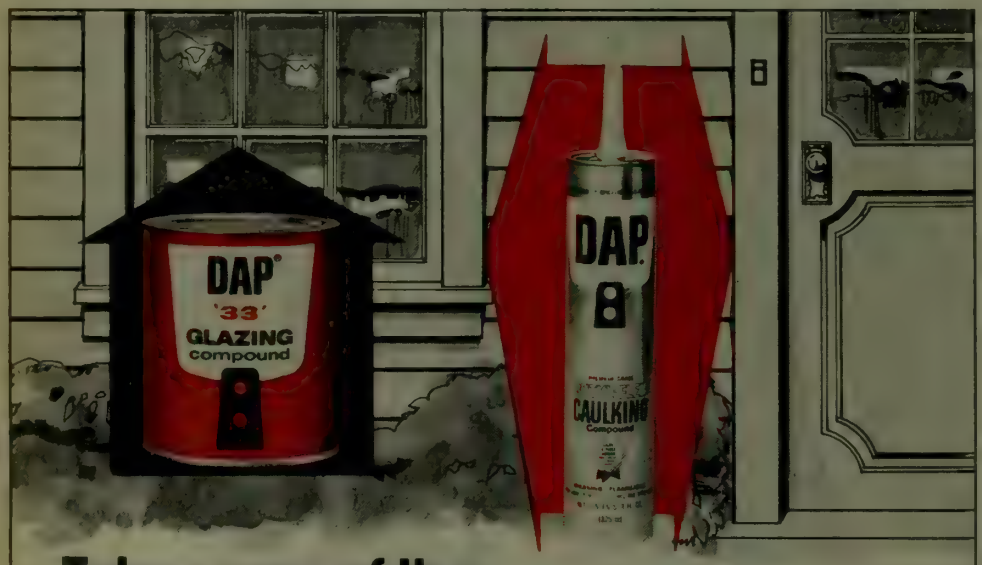
The tradition of silver extends to that era when craftsmanship was expected, the artisan, respected. It is the timelessness of quality that has made sterling a beautiful contemporary.

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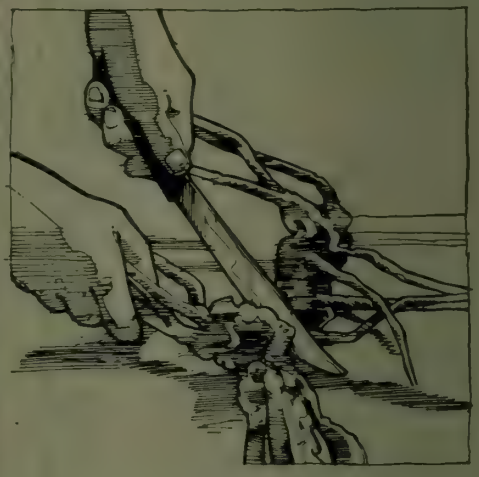
Flowers you can count on

PEONY PROPAGATION

Peonies may be left undisturbed indefinitely, but if you wish more plants, you may lift and divide the herbaceous types once every six to ten years. The best time for root division is September in the North, October in the South.

Loosen the soil around the plant with a spade, then lift the entire clump by prying under the root mass with a spade or garden fork. Cut the stems back to about four inches.

Wash soil off the roots with a strong jet of water, but avoid injuring the fragile pink buds or eyes. Cut away any damaged roots. Separate root sections carefully so that each new division has five to eight eyes. (If divisions have



Use a sturdy knife to divide peony roots. Leave five to eight eyes per division.



Place a tool handle across the planting hole to be sure eyes are no more than two inches below.

continued

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5

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Regular and Menthol 5 mg. tar, 0.4 mg. nicotine av. per cigarette, FTC Report Aug. 1977.

continued

Flowers you can count on

fewer eyes, you may wait a few years for the plant to become established enough to produce significant blooms.)

Space divisions three feet apart and plant as directed earlier, being certain that eyes are 1½ to two inches below soil surface—no more, no less.

TREE PEONIES

"King of the Garden" is the title many horticulturists reserve for the aristocratic tree peony. Its sturdy, woody stems survive the winter without dying back to the ground level like the more familiar herbaceous peony.

The Japanese tree peonies range in color from pure white to subtle shadings of pink, rose, cherry, purple, violet, salmon, maroon, scarlet, and red. A mature plant sometimes yields as many as 100 blooms in a single season. For a good yellow tree peony, choose one of the French lutea hybrids, such as Alice Harding.

Tree peonies often bloom at least two weeks earlier than the herbaceous hybrids. The slow-growing tree types may attain a height of five or six feet, though under adverse conditions they usually remain smaller. They generally live many years, but dislike being moved once they become established.

Plant tree peonies in the fall. Set the graft (the knobby union of the root stock and the trunk) three to four inches below the ground level. Mix about a pound of bone meal and a bushel of screened compost into the soil at the base of the hole. Do *not* use peat moss or manure. Water the peony well and keep moist until deep frost. Then cover the plant with an inverted basket weighted with a rock or brick. After the first year, the plant should not need winter protection, other than evergreen boughs or salt hay in northern regions. *Never* cut a tree peony back to the ground.

IRIS CULTURE

Dig two holes, side by side; place the rhizome on the ridge of soil between the holes, with the roots extending down into the holes. Fill with topsoil and tamp firmly. Water the plant well, and supply moisture to the new growth until frost. Mulching helps retain soil moisture.

Group five or seven plants of the same variety eight inches apart to achieve an impressive clump of color. The leaf-ends of rhizomes will grow outward, so point them away from the center of the group.

Mulch heavily the first winter after planting, to prevent heaving caused by freezing and thawing soil. In severe winter areas, mulch every year.

IRIS BORERS

The most serious enemy of bearded iris is likely to be iris borers. The only preventive measure is to apply a contact insecticide each spring when new growth is about three inches tall, repeating twice more at weekly intervals. Or, simply wait for signs of the pest's presence, then dig up any plant whose leaves display a telltale wet-looking streak. Cut out and destroy the borer before replanting the rhizome. Left unchecked, iris borers will quickly wipe out every iris plant in the garden. ■

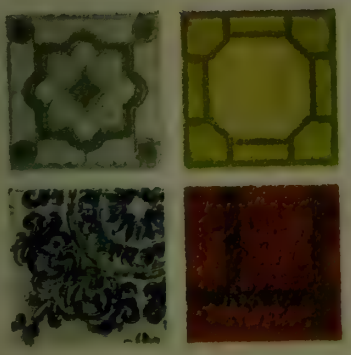


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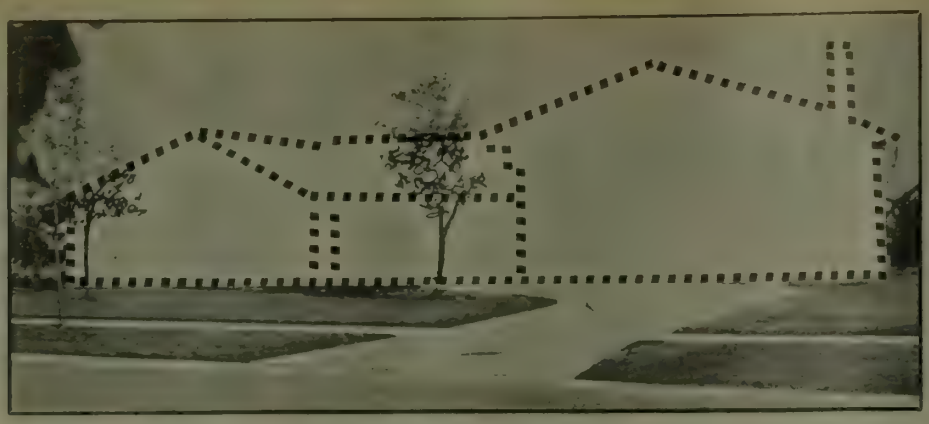
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Sale $9.99 sq. yd. Reg. $12.99. On sale September 3 through 23, 1978.

MONEY Margaret Daly



COULD YOU AFFORD TO REPLACE YOUR HOME TODAY?

Housing costs have gone up faster than almost anything else in today's economy, and they show little sign of slowing down significantly. Though rising costs mean you can get a good price for your home, they also mean replacement costs have soared—and that fact can work against you if you're not careful.

A typical wood frame house built for $30,000 in 1972 would cost more than $47,000 to replace today. If that house had been built in 1958, you'd have to spend more than $83,000 to replace it now.

Suppose that 1958 house were destroyed by fire. Could you collect enough on your insurance to replace the home? Chances are you couldn't if you're like most homeowners. Here's what to consider:

Many homeowners today make one or more of these common insurance mistakes:

- They don't increase their insurance over the years to keep pace with rising replacement costs.
- They fail to increase their insurance after making major additions or other improvements.
- They insure their home just to "tax value"—typically, only 40, 50, or 60 percent of real value.
- They ignore their agent's recommendations to increase coverage—suspecting, perhaps, that the motive is

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Cathy Rigby

Beautyrest. Supplied to the U.S. Olympic Team.

increased commissions rather than necessary protection. (The facts about house replacement costs are easy to double-check.)

Is your insurance enough?

Not if the coverage is for less than **80 percent of your home's current replacement value**—the actual dollars-and-cents cost of rebuilding the house in the same area today. (Don't confuse this figure with the market value of your house. Replacement cost refers to materials and labor for the building itself—not the land, and generally not the foundation.) If you don't maintain 80 percent or more coverage, the insurance company won't pay you the full replacement cost for any partial damage to your house.

Take the example of a $50,000 house insured for only $20,000 ($40,000 would meet the 80-percent rule). Say your kitchen is destroyed by fire, and it would take $16,000 to replace. Instead of paying the full $16,000 required to provide a new kitchen to meet your family's needs, the company would settle the claim in one of two ways (whichever provides the higher payment to you):

1. They would base payment on the percentage of insurance you carry in proportion to the 80-percent replacement cost requirement. Your $20,000 insurance is just half the amount required, so you would receive a maximum of half the replacement cost of the damaged kitchen, or $8,000.

2. Alternatively, the company would figure replacement cost ($16,000) less depreciation for the damaged part of your home. Say your kitchen was five years old and the lifetime of a kitchen is figured to be 20 years. The company would knock off one-quarter of the replacement cost (the ratio of five years to 20) and pay only $12,000.

Either way, you'd end up having to pay the difference out of pocket to replace the kitchen. Yet for about $80 more in your premium, you could bring your coverage up from $20,000 to $40,000—enough to qualify for full replacement cost of the kitchen.

Is 80 percent enough?

Don't let the 80-percent rule obscure the fact that you'll collect no more than the full face value of your policy if your home is 100 percent destroyed. For that reason, you may want to cover your home for more than 80 percent replacement cost. The extra premium would run, typically, about $4 per each thousand dollars extra—another $80, approximately, for full $50,000 coverage on the house in our example.

What should you do?

First, figure what the current replacement value of your home is. Then update your insurance to at least 80 percent of that value. (Some companies require an even greater percentage, so check.)

There are several ways to determine what replacement cost would be adequate. You probably should apply more than one method to get as objective and comprehensive a picture as you can:

1. Ask a real estate broker how much your house would bring in the present market—minus the value of the land (and foundation, as required by some

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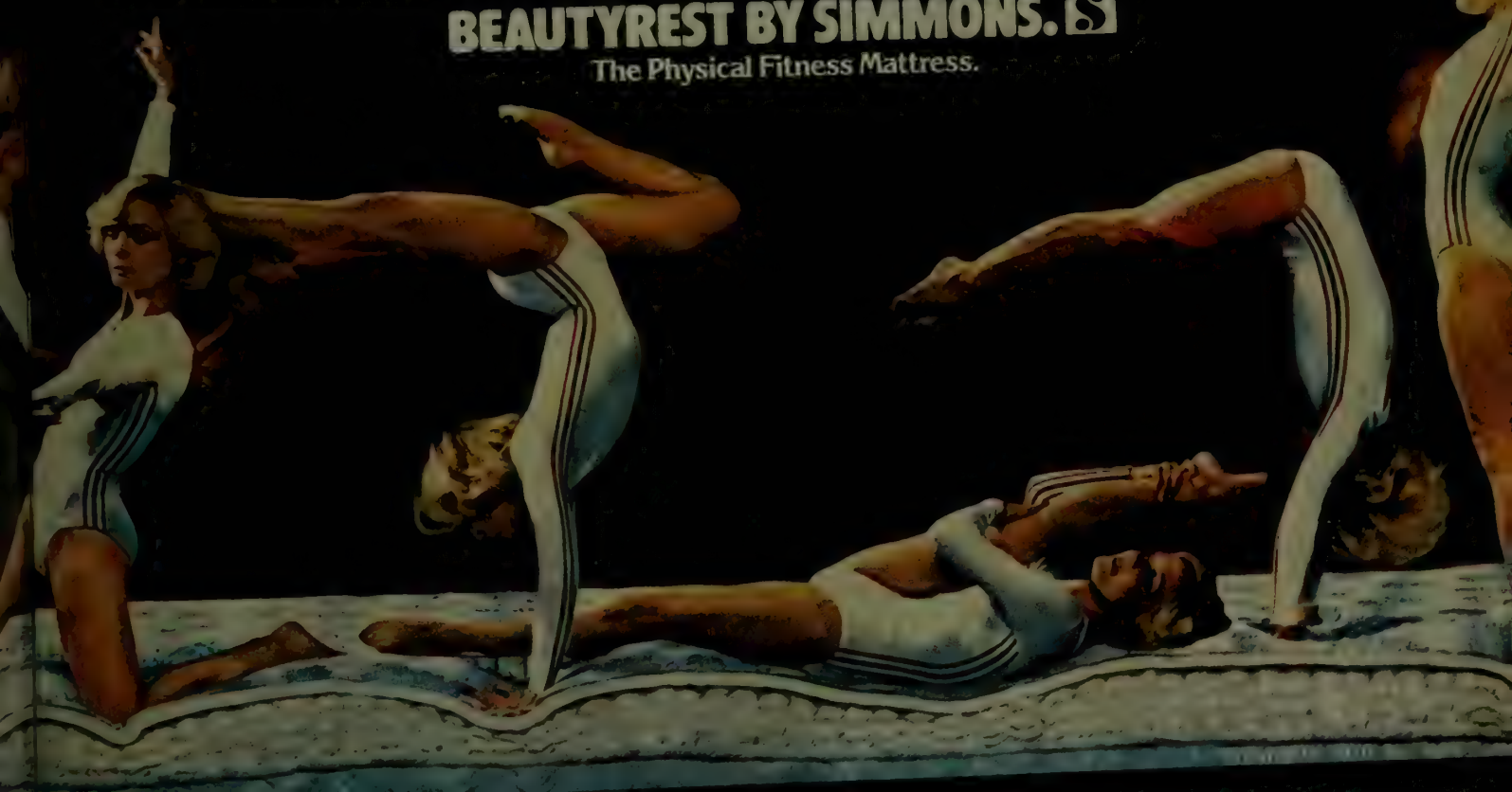
Firm Support. Gentle Comfort. A mattress that's too hard makes your curves flat. Beautyrest lets your curves curve. A mattress that's too soft lets you sag. Beautyrest gives you firm support, even in the small of your back. Whatever position you're in, Beautyrest conforms to the shape of your whole body.

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Sleep beautifully tonight. Feel beautiful tomorrow.

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The Physical Fitness Mattress.



continued

Replacing your home

household insurance companies).

2. Ask your local builders association or real estate board for reports on median prices for your type of house in your area. (Again, subtract the value of the land.)

3. Hire a contractor to give you a detailed evaluation of what it would cost to rebuild your home. You're likely to be charged a fee that ranges from $50 to $200 for such advice.

4. Get the opinion of a professional appraiser. Costs range from $50 to $250. (You can get a good idea of the market value of your home as well.)

5. Ask your insurance agent. Most companies provide agents with tables to determine such information in specific areas.

6. Figure it out yourself. You probably can get your insurance company to provide you with a simple, nontechnical chart designed for policyholder use, so you can work out the approximate value on your own for houses in your locale. There are also mail-order services that charge about $15 for step-by-step, fill-in charts.

How replacement cost charts work

A typical replacement cost chart might start with the average cost of various types of houses, such as brick, wood frame, or masonry, for the year in which they were built. (Figures generally go back 20 or 30 years.) A formula assigns dollar figures to square footage, numbers of floors, special features such as air conditioning, porches, extra baths, and so forth. Then, depending upon locale or the age of the home or both (formulas vary), a multiplier will convert the cost of your home to the current replacement value in your area.

To illustrate: Say your house was built in 1958 at a cost of $15,000. The multiplier given by one formula for that year is 2.770, so you multiply that by $15,000 to get what should be the approximate current replacement cost —$41,550. For a $15,000 house built in 1947 and carrying a multiplier of 4.606, the present replacement cost would be $69,090.

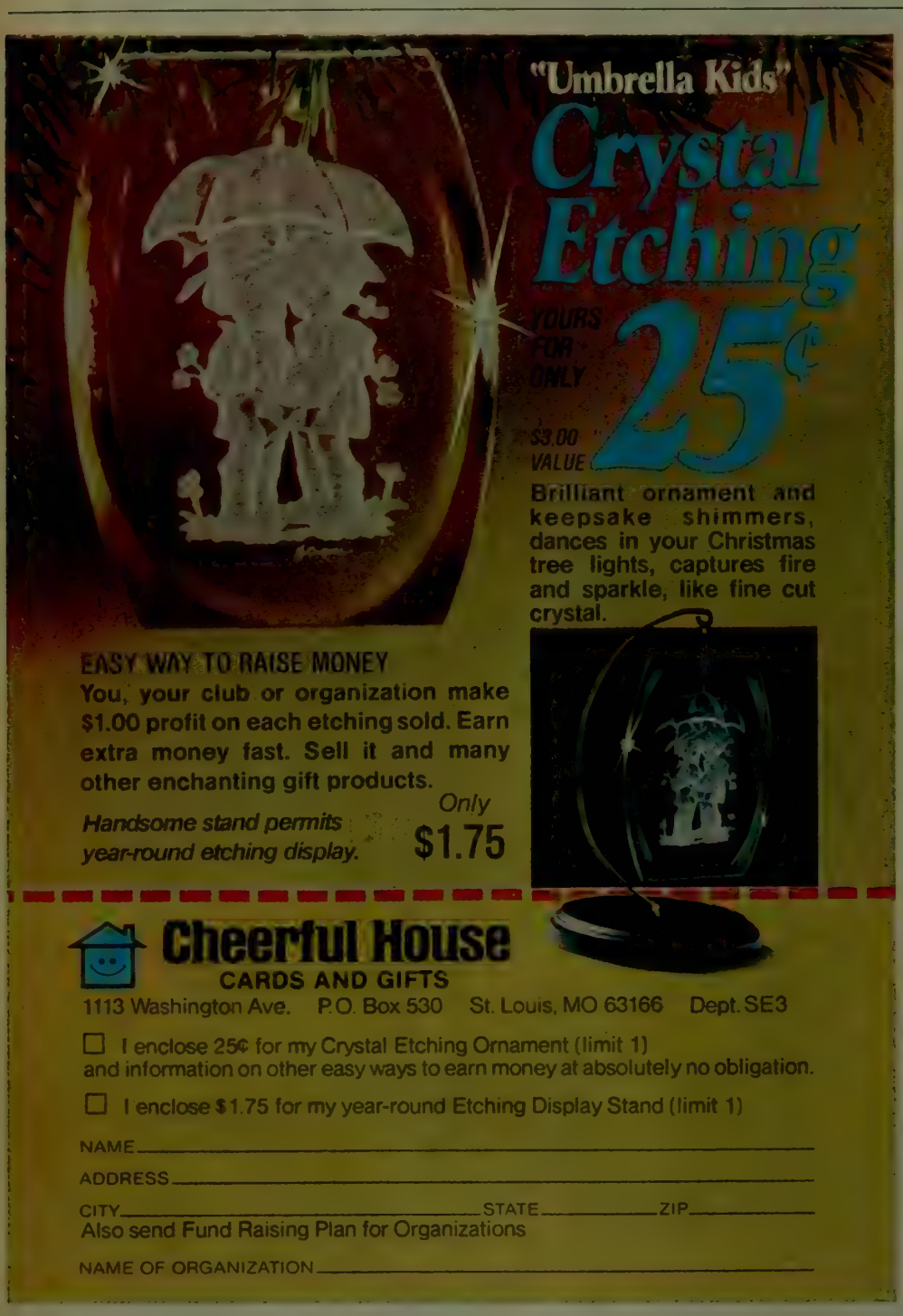
Warning: No formula can provide 100-percent accuracy for any single building. At best, use these figures as guidelines and supplement them with information from other sources. Most important, be sure you abide by the formula used by your insurance company. But feel free to ask them to explain their formula in terms of your specific home.

Keeping your insurance up

Once you determine current replacement cost, don't delay increasing your insurance coverage accordingly. A phone call to your agent should do it, provided you pay the additional premium soon after the bill arrives.

Don't stop there. Building costs will continue to rise, and so will your insurance needs. One plan to consider is an "inflation guard endorsement" for your policy. That will increase your coverage automatically every three months by one or two percent or more, according to the specific policy's rules. Even an inflation guard endorsement may not provide enough coverage—so review your policy at least once a year

continued



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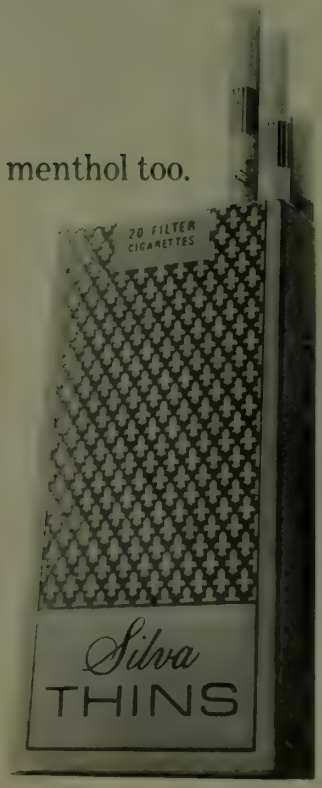
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continued

Replacing your home

and take a fresh look at local building costs generally.

What about your home's contents?

Replacement costs for the contents of your house are handled on a different basis, called "actual cash value." That means replacement cost less depreciation figures on a schedule determined by the average life of such an item. On a sofa you bought five years ago, you would receive its replacement cost less a deduction for the five years' use you had from it.

What about items such as antiques, gold and silver pieces, jewelry, and art objects—things that have generally increased in value over the last several years? These and other valuables usually carry policy limitations that may be lower than their current value: limits of $500 on securities and stamp collections, for example; $100 on money and coin collections; and so on. Check these limitations and consider increasing coverage to their full current value with personal articles floaters. Premiums are minimal and vary according to the type of item and the amount of extra insurance.

You also might consider obtaining homeowners insurance through one of several companies that offer the option of buying full replacement cost coverage on personal property. Depending upon the kind of basic policy, premiums are raised by from ten to 35 percent for this special endorsement. Certain items, such as antiques, generally are excluded. There also may be other significant exceptions in the fine print. Still, with today's rapidly rising costs for clothes and furnishings, the extra premium may be worth checking out. Compare the costs to those you would have for itemizing and paying extra for certain items as a rider to your regular policy.

How can you keep costs down?

Presuming you maintain at least the 80-percent coverage required to meet the replacement cost concept for your house, about the only way you can hold premiums down is to take a larger deductible—the amount you will pay out

continued

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Place in a stamped envelope and mail to:
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Please note these additional terms:

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2. THE ATTACHED CERTIFICATE MAY NOT BE MECHANICALLY REPRODUCED AND MUST ACCOMPANY YOUR REQUEST.
3. Your offer rights may not be assigned or transferred.
4. Offer good from December 1, 1977 to December 31, 1978.
5. Limit 3 dispensers per name or address.
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Replacing your home

of pocket before the insurance company steps in on a claim. A $100 deductible on a typical homeowners policy could lower your premium by as much as ten percent; a $500 deductible might bring down your costs by as much as 25 percent.

Two other factors can affect insurance costs, too: the distance from a well-rated public fire house and the fire resistance of the house and materials. Whether you're buying or building, keep those considerations in mind.

Finally, you can hold insurance expenses down indirectly by maintaining good records as evidence for any claim, so you'll collect the maximum you're entitled to. Keep a household inventory of all your belongings, on a room-by-room basis, and update that record at least once a year. Back it up with photos of every room from all angles. Get bills or payment receipts. Store records in a safe deposit box or other fireproof spot away from your home. ■

HOW MUCH WILL IT COST TO REPLACE YOUR HOME?

To estimate cost based upon your house and construction costs in your area, send for our House-T-Mater data sheet, fill it out, return it to Better Homes and Gardens. We'll reply with a computerized estimate of your complete construction cost, estimated according to zip code. No. 13990 House-T-Mater $15. To order, see page 192.

HOUSEHOLD INVENTORY BOOK

For an accurate record you can itemize personal possessions, room by room, item by item, cost by cost, in this notebook. The 9x4½-inch spiral-bound book fits in a safe deposit box. No. 04001, Inventory Book $2.29 plus 95 cents postage and handling. To order, see page 192.

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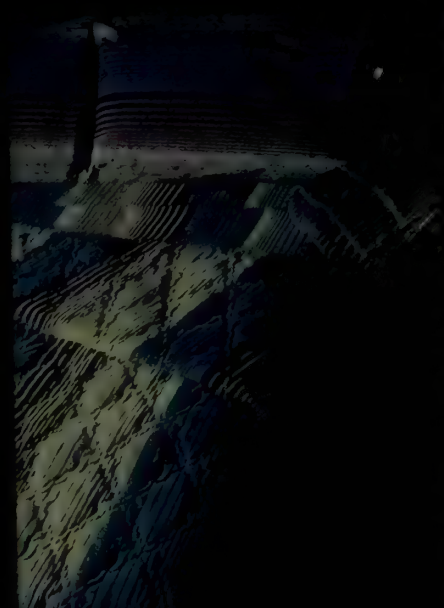
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Mood. It's designers like an Oscar de la Renta, constantly seeking the new and different for Cannon, anticipating fashion trends so you always have the last word in bed and bath decor.

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(We can respond only to inquiries that list an organization's name)

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SUMMERHOUSE LANTERN The bamboo lantern, shown in this issue, can be hung as a decorative accessory, a candle holder or a plant hanger. It is so easy-to-make with our kit. Your kit includes natural color bamboo strips, bamboo central column, and illustrated, easy-to-follow instructions. Finished lantern is 18" tall.

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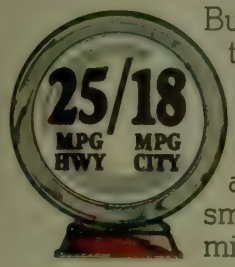
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Aspen's small-car gas mileage.

EPA estimates for our new Aspen wagon are 25 MPG highway and 18 MPG city when it's equipped with a 225 one-barrel six-cylinder engine and manual transmission. Our new Aspen sedan does even better with the same engine and transmission: 28 MPG highway and 20 MPG city. Of course, your mileage may vary according to your driving habits, the condition of your car and its equipment. In California, automatic transmission is required and mileage is lower.



But we think you see what we mean about small-car mileage.

Aspen's small-car price.

It's easy to find some smaller wagons with a larger price than our wagon. The nicely turned out Aspen below, for example, has a price of just $4294, as you see it, excluding taxes and destination charges. So you see, Aspen gives you plenty of opportunity to order your favorite equipment without compromising your budget.

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When you drive our Aspen, you'll notice how confidently and quietly it handles the road. Much of this is due to Aspen's carefully engineered isolated transverse front suspension system. Our wagon's carefully planned sound insulation and luxurious seating contribute even more to its big-car quiet and comfort.

Aspen's big-car room.

Once you get inside the Aspen wagon, you'll be impressed by such big-car dimensions as the 43.3 inches between wheelhouses and the over 5100 square inches of glass area. If you prefer sedans, however, be aware that Aspen thinks big, too. It offers true six-people accommodation plus more total passenger room—front and back—than Ford Fairmont or Mercury Zephyr.

Important words about resale value.

All of this big-car/small-car thinking has obviously made its mark on Aspen's value. Because a 1977 Aspen wagon currently retains a greater percent of its original sticker price, model for model, than any other 1977 Chevrolet, Pontiac, Buick or Ford wagon. That's straight from the May 10, 1978, issue of the authoritative *Automotive Market Report.*

And that makes Aspen a very enticing proposition whether you plan to buy or lease your next new car. Surely enticing enough for you to come into your Dodge Dealer's and find out the secret of making a small car behave like a big car.

NEW DODGE ASPEN

$4294.

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Dodge



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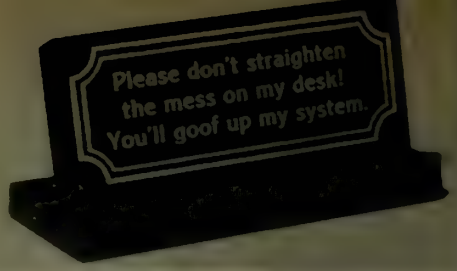
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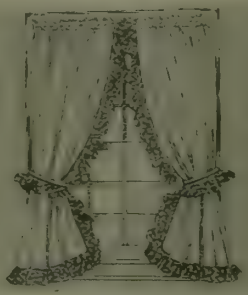
by Ann Lively

Don't straighten the mess!



Solid oil-rubbed walnut with walnut base highlighted by a silver border and engraved with silver lettering. 4½"L x 2"H. $6.95 ppd. Desk Style; $4.95 ppd. Wall Style. Style XPF-53. Spear Engineering. Co., Dept. 3051, Box 7025, Colorado Springs, Colorado 80933.

Tiny flower ruffles



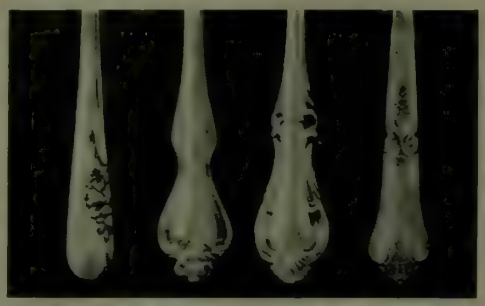
Natural color curtain with ruffles in tiny flower print in basic brown, red, blue, green or gold. (Specify) 78" wide each pair; 45", 54", 63", $12 pair; 72", 81", 90", $14 pair. Valance 10"x70", $3.75 each. Add $2 postage per order. Catalog free. Country Curtains, Dept. BHG9, Stockbridge, MA 01262.

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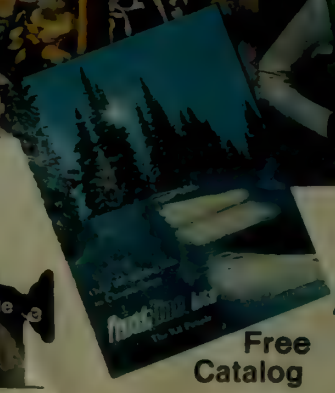


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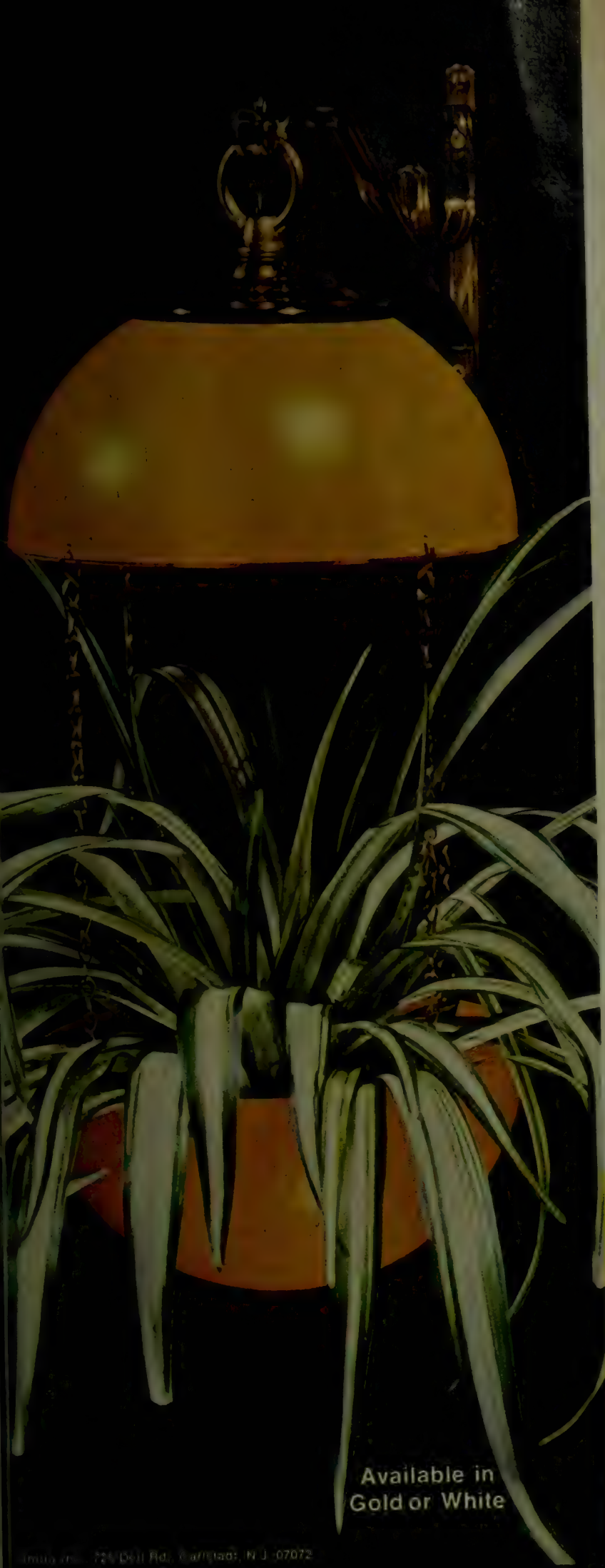




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Plants Thrive Anywhere

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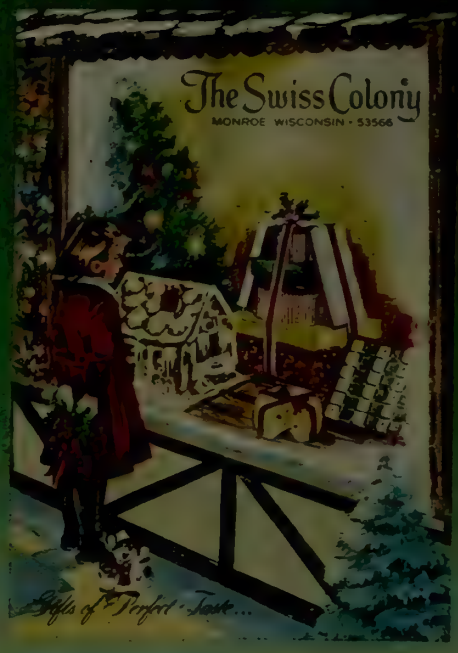
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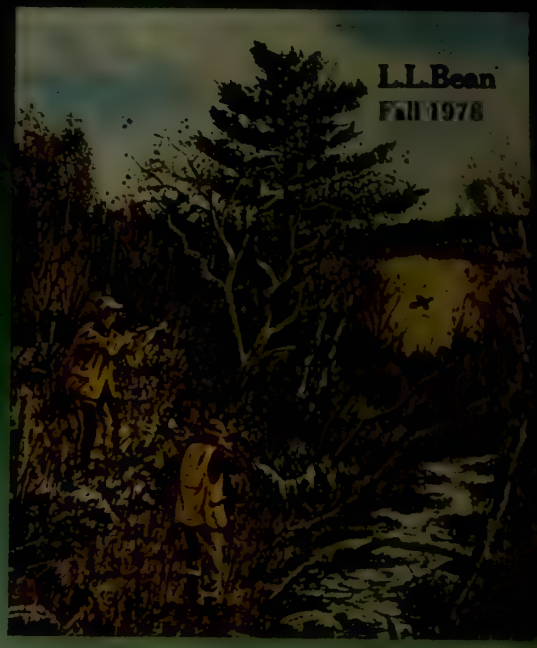
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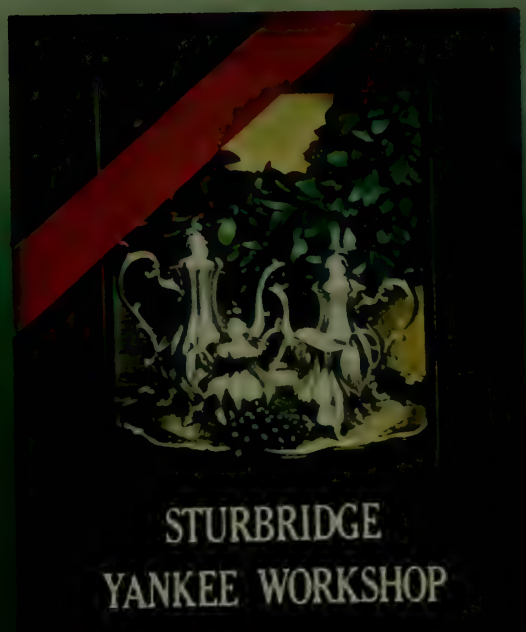
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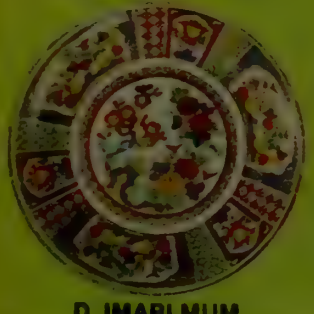


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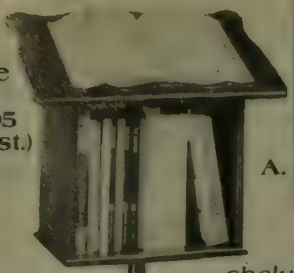
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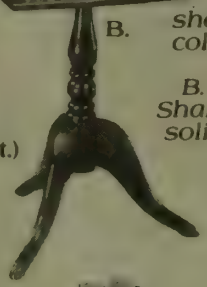
A.

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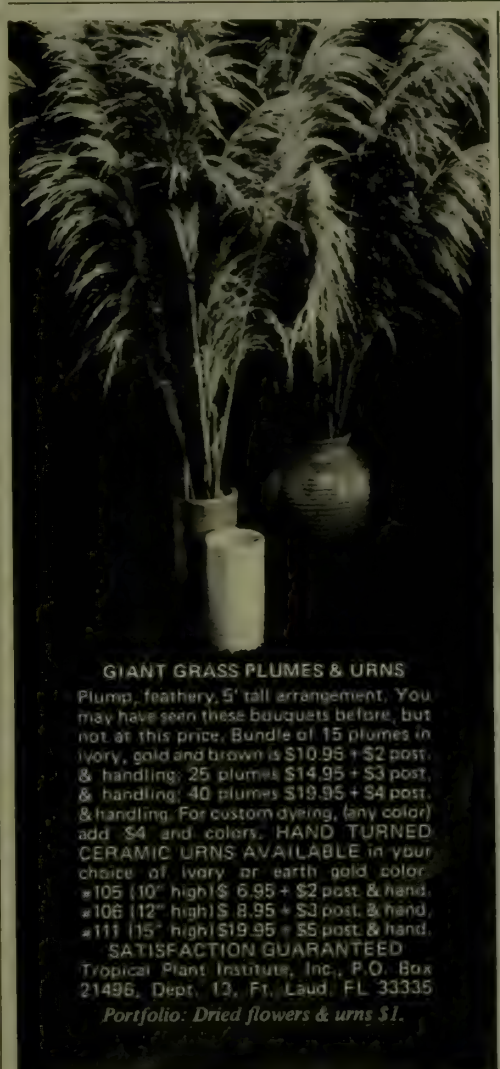
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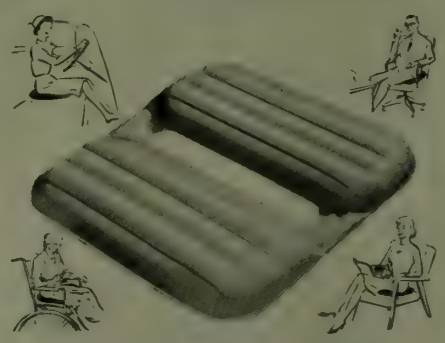
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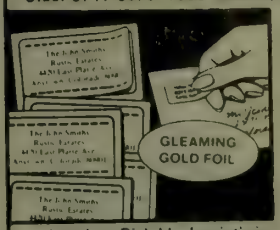
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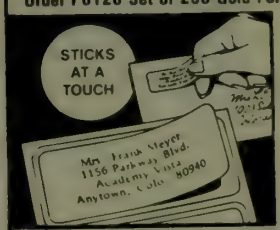
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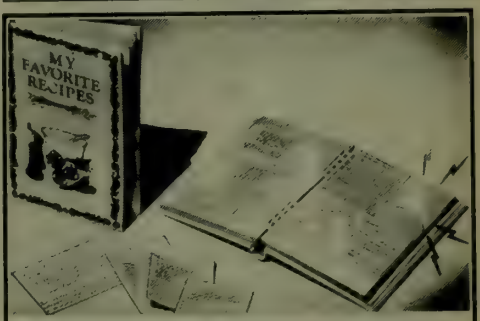
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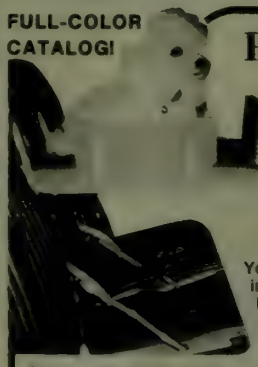
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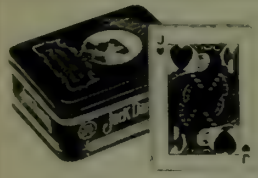
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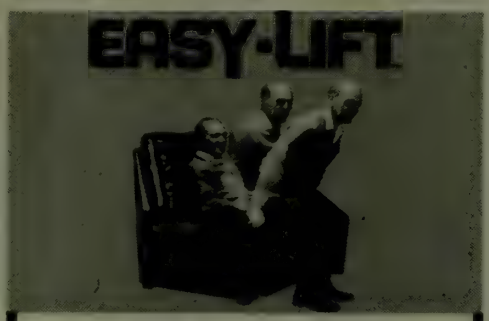
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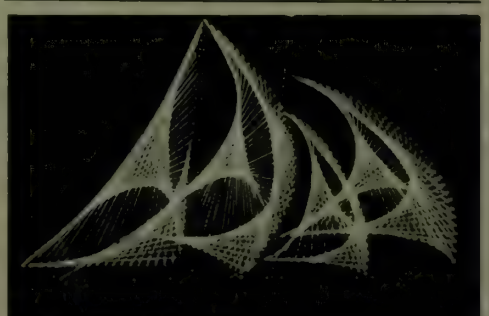


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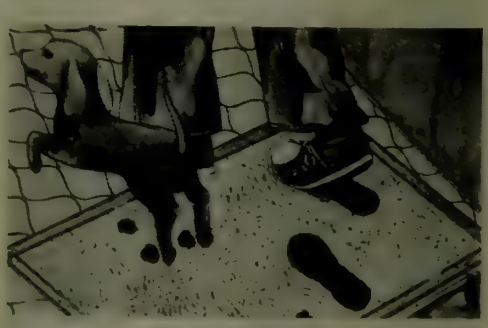
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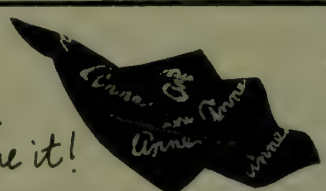
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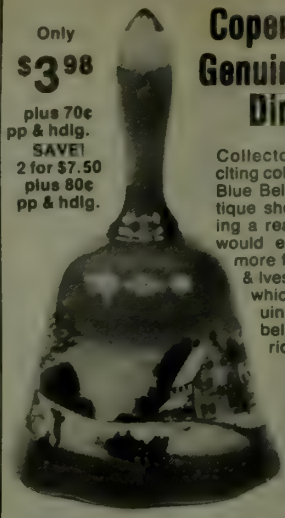
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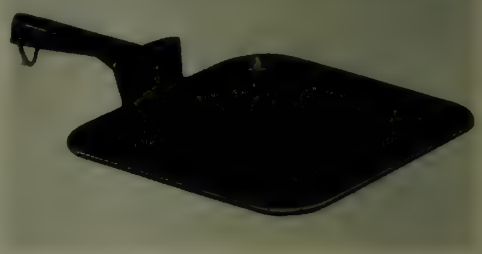
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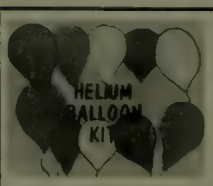
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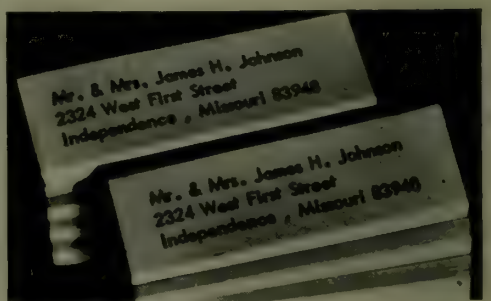
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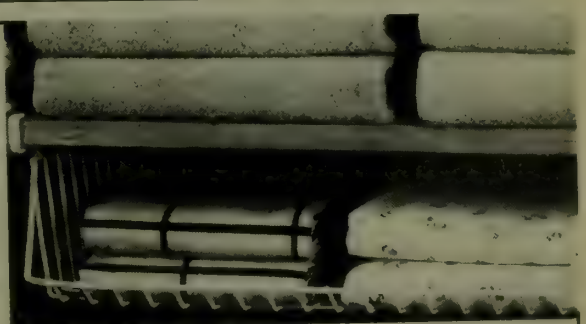
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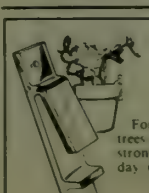
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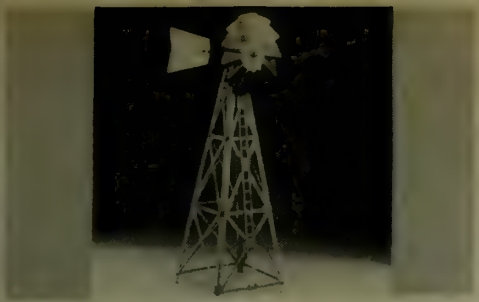
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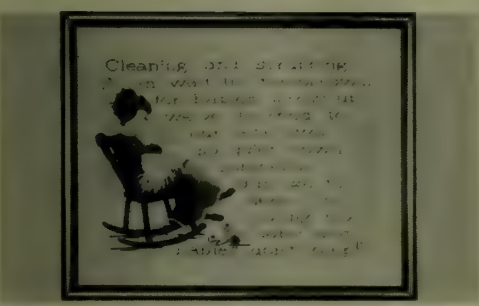
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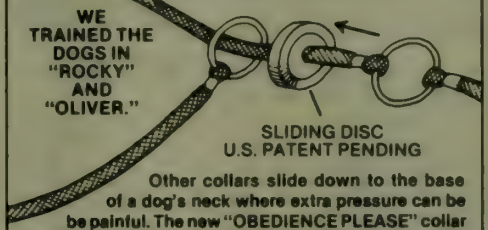
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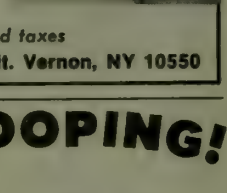
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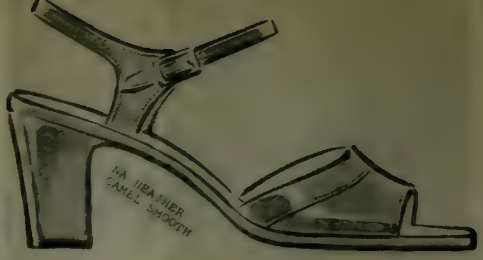
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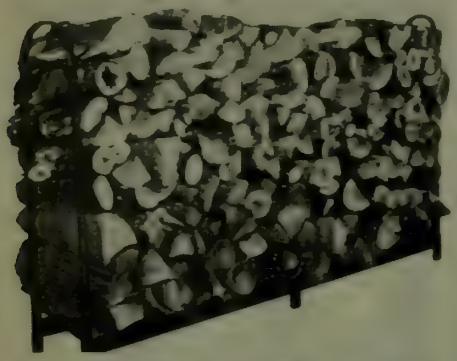
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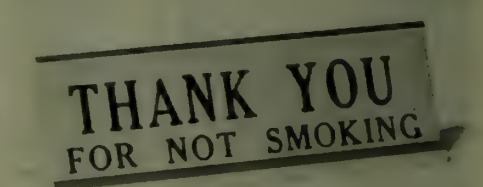
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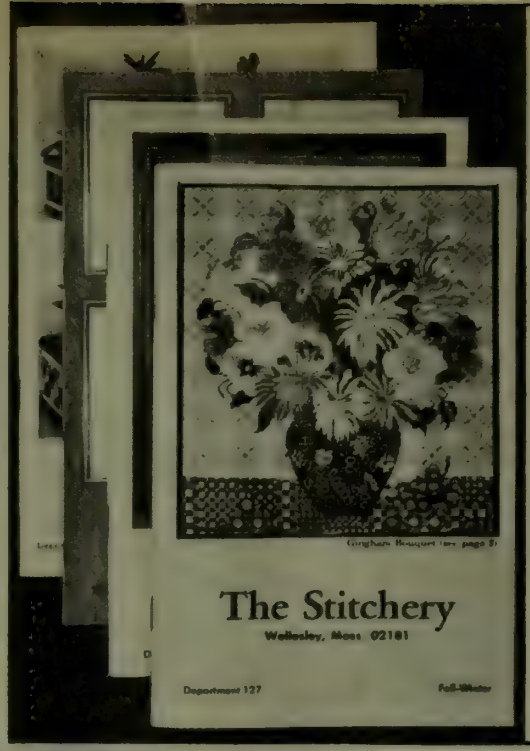
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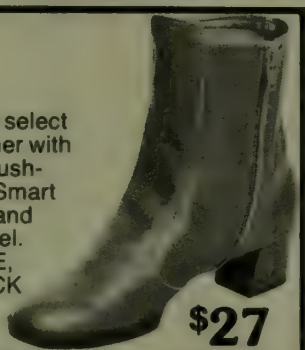
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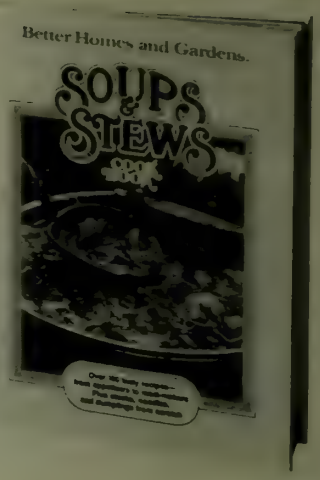
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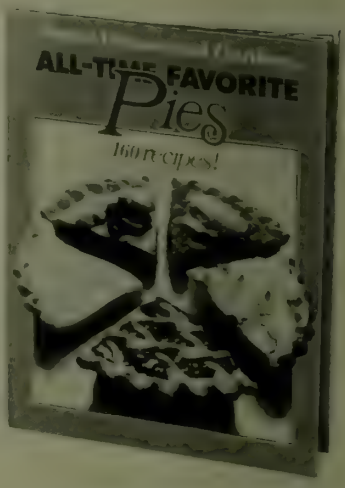
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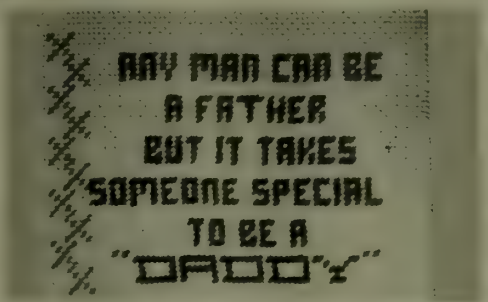
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Preserved Spanish Palm



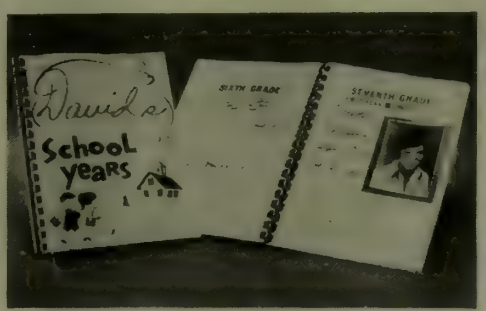
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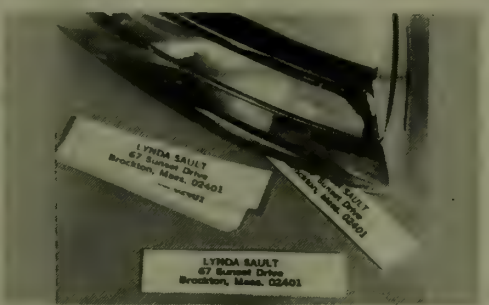
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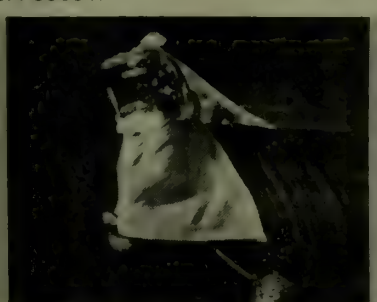
Files report cards, clippings, class lists, records, etc. An envelope-page for every school year from K to 12th. Health page in back for growth record & medical history. Plain cover $1; Personalized $1.29 + 35¢ post. Holiday Gifts, Dept. 409-8L, Wheat Ridge, CO 80036.

Iron-on name labels!



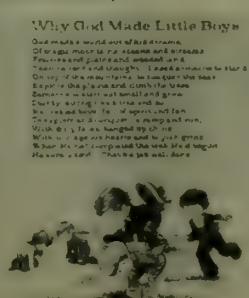
Individual, pre-cut cloth labels can be permanently attached just by the use of heat from an iron or sewn on. One name for each 50 labels, 1-line, 2"x⅜", $2.50; 50 name & address labels, 3-lines, $3; + 25¢ post. The Lighthouse, Dept. BE8, 2783 Glorietta Circle, Santa Clara, CA 95051.

Kitchen be-witched



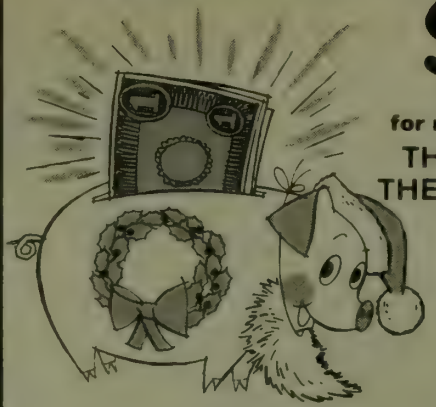
Let the Kitchen Witch ride into your kitchen and spread her charms and magical powers. Traditionally hung in Scandinavian kitchens. Choose red, green, black, yellow or blue. 9" high; $7 + $1.50 post. Bloomin' Attic, Dept. BHG-9, 418 S. Washington, Royal Oak, MI 48067. (1-800-521-5093.)

Favorite color art prints



Storybook-style illustrations of children at play. "Why God Made Little Boys" (shown). Also: "Why God Made Little Girls," "Love is . . .". 8" x 10". $1 ea. + 35¢ post.; set 3/$3 + 35¢ post. (PA res. 6% tax.) American Consumer, Dept. CWPN-52,

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The Man Next Door®

When they're faced with fall housecleaning, Bill and Isabel Norman divide the responsibilities. She's in charge of complaining, he's in charge of alibiing, and they share procrastinating.

The standing ovation for Jimmy Crews at the school concert proves that perseverance can be just as important as ability. Jimmy made four starts on his clarinet solo before he got it right—and the crowd loved every squeak of it.

ITICDWS, pronounced "I tick dews," causes a lot of absenteeism at work. ITICDWS means "I think I'm coming down with something." Once forecast, "something" invariably arrives.

Bud, 13, is in an I-want-to-be-a-vet phase, and maybe he ought to stick to it. A boy who loves animals enough to swallow a bite of canned dog food just to encourage his recuperating pooch to eat is bound to be a good animal doctor.

The weight reduction class had an immediate bad effect on Carol Vinson. Though overweight, she felt so good about being the smallest one in the first class that she celebrated by eating a rich dessert that night.



"Z did it."

"Americans are lucky," the Reverend George Hall points out. "We should regularly give thanks for our blessings—even those we can't afford."

Though I didn't let on, I was jolted by the discovery that some of the things our Judy, 11, is studying in American History this fall are items that I remember as current events.

Can you imagine where we would be if the cave dwellers had spent their nights watching TV instead of staring into the fire and thinking? We'd still be waiting for the wheel.



When Fredericco Riccelli came home from a European concert tour, he gave a recital for the home folks. After the last encore, he made a short speech in which he thanked his father for being such a good example. "Dad taught me not to stereotype people."

Certainly Antonio Riccelli himself defies labeling. He's a quiet, opera-loving taxi driver—the exact opposite of the stereotyped, garrulous cabbie.

"Because of my father," Fredericco continued, "it's easier for me to enjoy and appreciate people as individuals."

Freddy's thank-you speech received as much applause as his performance.

Later, Chris and I self-righteously agreed that our family was free from stereotypical thinking. But our smugness was erased by a sibling quarrel.

"He's acting just like a boy—mean and stupid," Judy said of her brother.

"She's acting just like a girl—crying all the time," Bud replied.

I broke up the argument by recounting Freddy's story.

Only a few minutes later, the kids caught me commenting that all politicians are dishonest. And I had to concede it was a dumb statement, especially coming from one whose good friend is Congressman Nick Hanfli, a fine public servant.

"I guess we're all guilty of stereotyping," Chris said. "I just caught myself saying that kids today are all alike—and not at all like we used to be."

To get to the bottom of the problem, we all made a list of every stereotype we could think of. The list was long, too! Then we asked each other if we recognized anyone on the list. At first we did—because we have friends of various religious, racial, political, and occupational backgrounds.

Next we asked ourselves if our friends really *fit those stereotypes? And, of course, they didn't. They're just people. We threw the list away but remembered the lesson it taught us.*

Now, if someone starts to stereotype, we prod each other's memory with just two words, "Remember Freddy."

Burton Hillis

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Taste Treat!
Cherry-Chocolate Torte




STEP 3


STEP 6

Photographs: Foster; Dieter

CHERRY-CHOCOLATE TORTE

- **1 18½-ounce package Swiss chocolate cake mix (*not* pudding type)**
- **3 tablespoons white crème de cacao**
- **3 tablespoons crème d'almond**
- **1 recipe Sour Cream Frosting and Fillings**
- **1 21-ounce can cherry pie filling**

STEP 1: Prepare cake mix according to package directions; measure 3½ cups batter into a greased and floured 9x5x3-inch baking pan. (Use remaining batter for cupcakes.)

STEP 2: Bake in 350° oven for 35 to 40 minutes or till done. Cool 10 minutes. Remove cake from pan; cool on rack.

STEP 3: If cake is mounded, trim top even. Split cake horizontally into thirds.

STEP 4: Combine liqueurs; sprinkle over three layers.

STEP 5: Prepare Sour Cream Frosting and Fillings. To assemble, place one layer on plate; spread with Crème d'Almond Filling. Top with second layer; spread with Crème de Cacao Filling. Top with remaining layer.

STEP 6: Using a number 67 decorating tip, pipe Chocolate Frosting around top edge to form border. Pipe a diamond pattern inside border.

STEP 7: Spoon just enough cherry pie filling between piped lines to fill and cover top of cake. Chill torte and remaining cherry pie filling.

STEP 8: To serve, cut torte into slices. Pass cherry pie filling. Serves 8.

SOUR CREAM FROSTING AND FILLINGS

- **⅓ cup dairy sour cream**
- **2 tablespoons softened butter *or* margarine**
- **5 cups sifted powdered sugar**
- **1 bar (⅝-ounce) milk chocolate, melted and cooled**
- **2 tablespoons white crème de cacao**
- **½ square (½ ounce) semisweet chocolate, chopped**

• • •

- **2 tablespoons crème d'almond**
- **⅓ cup chopped toasted almonds**

In small mixer bowl cream together sour cream and butter or margarine till smooth. Gradually beat in *3 cups* of the powdered sugar till fluffy.

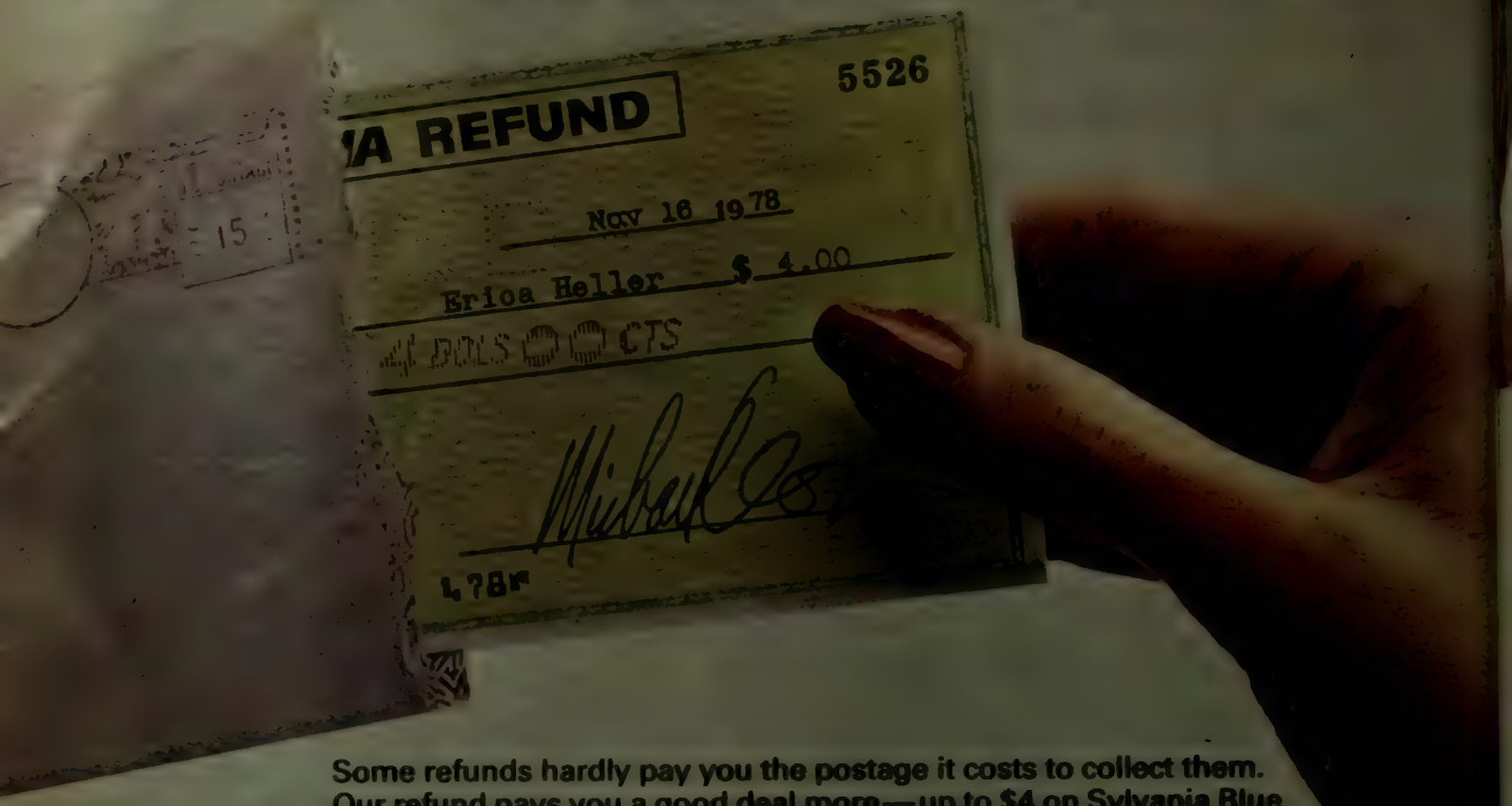
For Chocolate Frosting: Mix *1 cup* mixture and milk chocolate; cover.

For Crème de Cacao Filling: Stir remaining powdered sugar into frosting in mixer bowl (mixture will be thick). Divide in half. To *one-half* stir in crème de cacao, to make of spreading consistency. Add the semisweet chocolate, stirring just till folded in.

For Crème d'Almond Filling: To remaining half, stir in the crème d'almond, to make of spreading consistency; stir in almonds. ■

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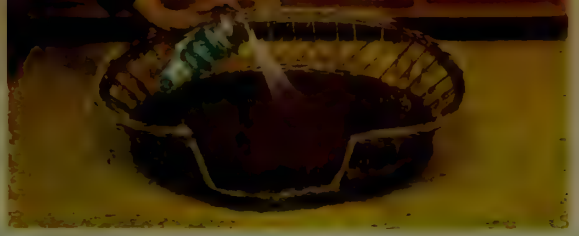
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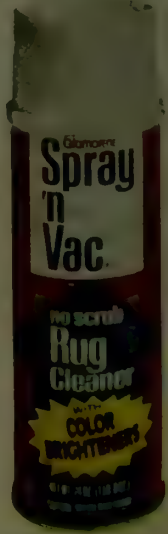
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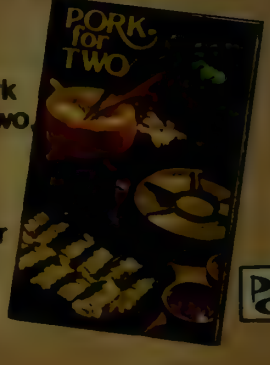
SPICED PINEAPPLE PORK ROAST

- 4 pound bone-in pork loin roast
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- 1 teaspoon prepared mustard
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- 1 can (8 ounces) pineapple slices, drained

Place roast on rack in shallow roasting pan. Insert meat thermometer into thickest part of roast, not touching bone. Roast, uncovered, in a 325°F. oven till meat thermometer registers 170°F., about 2¾ to 3 hours. Meanwhile, combine pineapple preserves, honey, vinegar, mustard, salt, cinnamon, and cloves in small saucepan. Cook, stirring constantly, over low heat till preserves melt. During last 20 minutes of roasting time, garnish roast with pineapple slices and brush pineapple glaze over roast several times. Serve remaining glaze warm with roast. Makes 6 servings.

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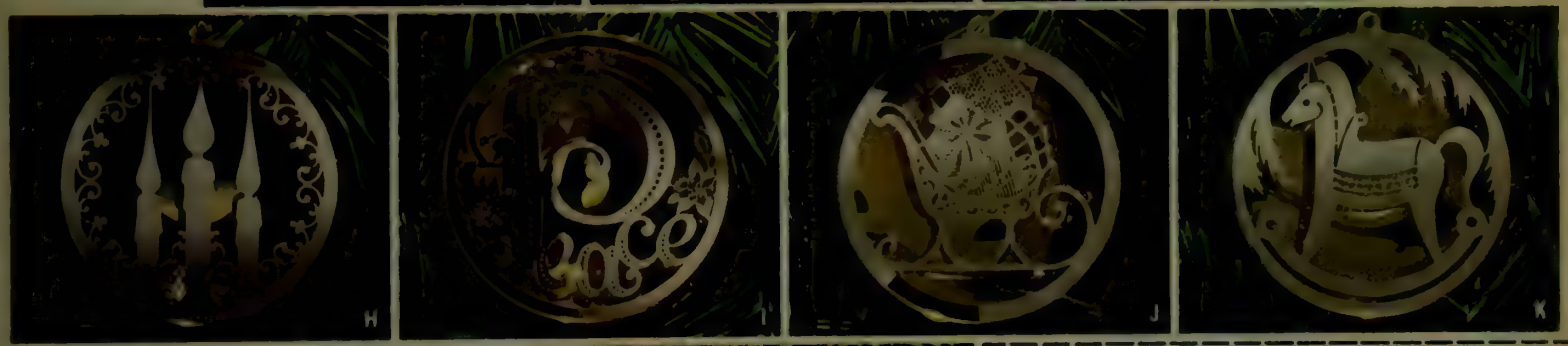
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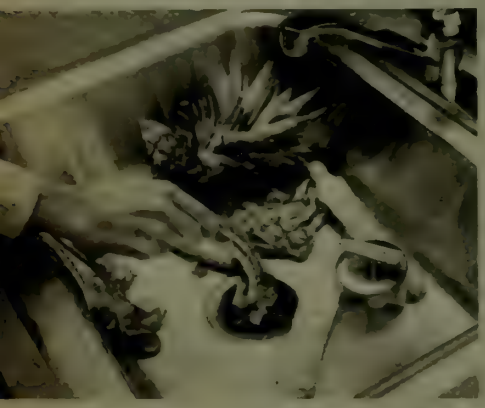
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Published monthly by Meredith Corporation, 1716 Locust Street, Meredith Building, Des Moines, Iowa 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. Trademark registered in Canada and Australia. Marca Registrada en Mexico. Authorized as second-class mail Post Office Department, Ottawa. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. Postmaster: Send Form 3579 to BETTER HOMES AND GARDENS, 1716 Locust Street, Des Moines, Iowa 50336. This issue is published in multiple editions. **Subscription Prices:** One year $8 in the United States and its possessions. Canada, add $3 per year. Other countries, add $7 per year.

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His or Her Recipes



Learn the simple base. Then make these casserole dinners.

Men are getting more into the cooking act, so TABASCO pepper sauce suggests this easy recipe method. And remember, it's the savory flavor of the fermented peppers that make TABASCO sauce the perfect seasoning in the kitchen.

BROWN SAUCE BASE

2 tablespoons butter, 2 tablespoons flour, 1 cup beef broth, ¼ teaspoon TABASCO sauce. Brown flour in melted butter, stirring constantly. Stir in broth and TABASCO. Simmer, stirring constantly, until sauce thickens and comes to a boil.

COLD WEATHER CASSEROLE

Make Brown Sauce Base. Add 1 pound *browned* drained ground beef, 1 teaspoon salt, 1 16-ounce can drained Veg-All Mixed Vegetables, ¼ teaspoon TABASCO. Mix well. Ring 2-quart casserole with 4 cups mashed potatoes. Spoon ground beef mixture into center of potato ring. Bake for 30 minutes at 350°.

SAUSAGE CASSEROLE

Make Brown Sauce Base. Add 1 pound *browned* drained sausage, 1 7-ounce can drained corn, 2 tablespoons chopped green pepper, 1 2-ounce can pimentos drained and chopped, ¼ teaspoon TABASCO. Mix well. Pour prepared 6½-ounce package corn bread mix into 2-quart casserole. Spoon sausage mixture into center of corn bread. Bake 20 minutes at 450°.

FREE His or Her Recipes folder. Learn White, Red and Brown Sauce Bases, then variations for seafood sauce, spaghetti, stew, casseroles, you name it. Write McIlhenny Company, Avery Island, Louisiana 70513, Dept. BH 10.

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Chicago, Illinois



The Stanley people amaze me! To come up with a furniture style that's elegant without being overwhelming. Their Treasury II collection is just what I was looking for . . . continental, but softened a little bit so my family feels nice and comfortable with it. And the quality! Look at the beautifully engraved pecan graining. The hand-rubbed pecan veneers on my table top. And not just where it shows, either! Treasury II has hidden assets like grooved chair braces for extra strength . . . dramatic lighting and rattle-proof glass in my china. Notice how its glass sides show off my pretty things? I wanted dining and bedroom furniture that had style, quality, and a reasonable price. And Stanley heard me!

Stanley Furniture
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Manufacturer's suggested retail price for the table shown is under $570. For a free brochure on Treasury II, write to Stanley Furniture, Dept. K 1, Stanleytown, Va. 24168.



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Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES
OCTOBER, 1978; VOL. 56, NO. 10

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MAIL-ORDER BUYING: HOW TO ZIP THROUGH CHRISTMAS SHOPPING

Shopping by mail can be convenient and fun, especially when your alternative is hand-to-hand combat with the holiday crowds. You can order almost anything through the mail, from stocking stuffers to furniture. Here are some special tips for carefree Christmas-time shopping, plus some general advice for all year long.

Order in time

That's the cardinal rule, if you want to make sure your gift arrives on schedule. Even though most companies meet their shipping obligations, they have no control over post office jam-ups that occur before Christmas.

Place your Christmas orders at least four weeks before you want delivery. Check to see if there's a deadline for guaranteed Christmas delivery.

What if time is short?

Some firms will ship special delivery or air express, if you're willing to pay extra. Also, many companies find United Parcel more efficient than parcel post. If you do choose an alternative delivery method, be sure to give explicit directions with your order.

Include your full address and the full address of the gift's recipient (if you're having the product shipped direct). Double-check zip codes. Put your phone number on the order form, in case the company wants to reach you quickly. Most important: Make sure all information is written legibly.

Another time-saver is the phone. Some companies arrange for toll-free 800 lines so you can call in an order to get it into the works right away. Even a toll call could make sense when time is short. In either case, keep a record of the date and time of your call and get the order clerk's name.

Some general tips

- Buy from well-known firms whenever possible. If you don't know anything about the company, check with the Better Business Bureau, the Federal Trade Commission, or your state or local consumer affairs office.
- Examine the offer or ad carefully. Don't rely solely on a picture; note size, weight, color, contents, and other facts about the merchandise you're considering.
- Check the guarantee in the ad or catalog. If there is not a "Satisfaction Guaranteed" provision, don't order—unless you see the ad in a magazine that backs up all mail-order ads with its own money-back guarantee.
- Never send cash through the mail. It may be lost or stolen, leaving you without proof of payment. Use money orders, personal checks, or charge cards. Remember to include shipping charges (usually spelled out by the company on the order blank).
- Keep a record of your order, including date sent, a copy of the ad or catalog page, the company's guarantee statement, details about home trial terms (if any).
- Examine the merchandise as soon as you receive it (or advise the gift recipient to do so). If the article is damaged or incomplete, if it's not what you ordered, or if it did not arrive when you needed it, notify the company immediately. Give them all the necessary information, and include the shipping label when you return the item. Some companies offer special return-mail forms to simplify the task.

Use United Parcel Service or insured parcel post to return the item; get receipts. The company must reimburse your postage costs if the product was damaged when you received it.

What if there are problems?

Most mail-order companies are dependable, though there can be foul-ups—most often involving delayed shipment—as well as outright fraud.

The shipping rules issued by the Federal Trade Commission (FTC) are simple: The company must ship your order within 30 days after receipt. If that's impossible, they must notify you and give you the option to cancel and get a refund, or to agree to another delay of not more than 30 days (or whatever time limit is specified in the ad or catalog). When you cancel, the company must refund your money within seven days. The exception is a credit transaction: Your account must be credited by the next billing cycle.

These regulations do not apply to services like photo finishing, seeds and plants, magazine subscriptions, and negative option plans (such as book or record clubs where you must notify the seller if you don't intend to buy).

If you think a company is not complying with FTC regulations, tell the company. If you don't get the issue resolved, notify the Bureau of Consumer Protection, Federal Trade Commission, Washington, D.C. 20580. Also write the Direct Mail Marketing Association, 6 East 43rd Street, New York, New York 10017. Make sure the mail-order company hears about your action.

If you suspect fraud, get in touch with the Chief Postal Inspector, U.S. Postal Service, Washington, D.C. 20260, as well as the office of your state attorney general. ■

Drawing: The Hired Hand

Can your oil pass the Crisco Oil salad test?



Crisco Oil salads taste great...'cause there's no heavy oily taste.



CREAMY FRENCH DRESSING

¼ cup white vinegar
¼ cup catsup
½ teaspoon salt
½ teaspoon dry mustard
½ teaspoon paprika
½ cup Crisco Oil
2 teaspoons granulated sugar

Place all ingredients, except the oil, in an electric blender or mixing bowl. Add the Crisco Oil slowly while blending vigorously with the blender or an egg-beater. Refrigerate. Makes about 1 cup.

For a milder dressing, add an additional teaspoon granulated sugar.



ARE WORKING MOTHERS ATTEMPTING TOO MUCH?

By Kate Keating

Holding down a job and pursuing a career while sustaining a marital relationship, nurturing children, and running a household add up to roughly a 32-hour day.

Why do women take on such a huge assignment? Do they really think they are super-persons who can do everything? Can they possibly do a good job of any of it? Are their children paying the price of neglect and alienation? Are working mothers violating their basic commitments and steering their marriages toward the rocks?

Many of our readers think the answer is "Yes, many working mothers *are* attempting too much."

The 302,602 people who responded to our recent two-part questionnaire about the American family cite inattentive parents as the greatest threat to family life today; 64 percent think the increased number of working mothers has had a harmful effect on family life; 72 percent think most working mothers do not spend enough time with their children.

But let's look at the broader picture beyond the numbers. First, it's important to remember that working mothers—those employed outside the home—are hardly a new phenomenon. Indeed, during World War II, it was considered patriotic for women to leave the hearth and join the labor force, thereby freeing men for the armed services. And, women from lower income groups have always worked. What is new is the enormous and still escalating number of working women in general, and middle-class working mothers in particular. Also new are the concurrent, and perhaps coincidental, soaring divorce rate, incidence of single-parent households, and teen-age drug and alcohol abuse, psychoses, and pregnancies. (Dr. Urie Bronfenbrenner, professor of human development and family studies at Cornell University, comments: "In such characteristics as proportion of working mothers, the number of adults in the home, single-parent families, children born out of wedlock, and the rate of teen-age pregnancy, the middle-class family today resembles the low-income family of the early '60s.")

These phenomena, combined with a rising pessimism about the continued role of the family as the optimum unit for nurturing children and sustaining adults, tend to put the focus sharply on the working mother.

After all, it is the working mother who seems to have strayed from the centuries-old pattern in which father provides and mother sustains, father is employed and mother rears the children and runs the household. It is the working mother who seems to have changed her expectations, prerogatives, ambitions, and function, and in the eyes of many has abrogated her responsibility toward her young. If the young are in trouble, isn't it logical to blame the working mother, to conclude that she's taking on too much?

Maybe yes, maybe no

The fact is that there is no one easy answer. As a society, we tend to admire the widow in unfortunate circumstances who is able to find a job, support and educate her children, and stay off the welfare rolls. But when a mother works because she *wants* to work, society seems much less sympathetic. Yet the children have the same needs whether their mother chooses to work or is compelled to work in order to support her family. Those needs may be simple but they're exacting. Dr. Selma Fraiberg, professor of child psychoanalysis in the department of psychiatry of the University of Michigan, and author of *Every child's birthright: in defense of mothering* (Basic Books, Inc.; $8.95), puts it this way: "All children at all ages need stability, continuity, and predictability in their human partnerships for the fullest realization of their potentials for love, for trust, for learning, and self-worth." So it seems that in judging a working mother's success, the pertinent question to raise is: Are her children getting adequate, consistent, concerned care along with adequate, consistent, concerned time with her? Obviously some working women are doing better than others at meeting this criterion.

Some working mothers cope well

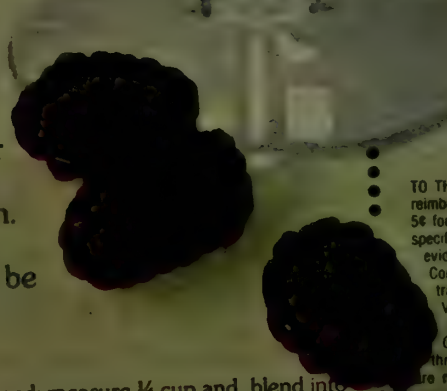
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Blackberry Zebra

Dissolve 1 package (3 oz.) JELL-O® Brand Blackberry Flavor Gelatin in 1 cup boiling water. Add 1 cup cold water. Measure 1 cup and pour into 5 dessert glasses. Chill until set but not firm. Chill remaining gelatin until slightly thickened; measure ¼ cup and blend into 1 cup thawed BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping. Add ½ cup blackberries to remaining gelatin. Spoon creamy mixture into glasses; top with fruited gelatin. Chill until set. Makes about 3 cups or 5 servings.

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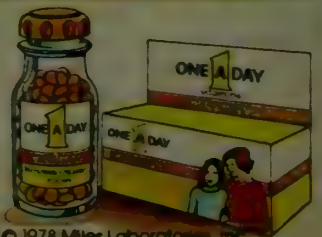
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continued

Working mothers

with job, child rearing, and home care while others are miserably botching one or all of these "working mother" components. Some children of working mothers are models of decorum, excel in school, and have a well-developed sense of responsibility and cooperation. Other children of working mothers are messed up beyond words—anxiety-ridden, insecure, delinquent, starved for affection, etc. (All these observations, of course, can also be made for children of non-working mothers.) So, what is it that makes the difference?

Clues from our readers

The legions of women who attached letters to our questionnaire (there were nearly 30,000 letters) provided tremendous insight into this complex issue.

These women fell into three general categories: those not employed; those employed solely because they need the money; those employed mainly because they find their work fulfilling. (Fifty-four percent of the women who answered our survey are employed either full-time or part-time, and the majority of them are wives and mothers.)

NON-EMPLOYED MOTHERS

Acceptance of the traditional wife/mother role as the most important, satisfying, and rewarding job any woman can aspire to was articulated over and over by both non-employed and formerly employed mothers (and by some presently employed mothers as well). Indeed, 76 percent of our survey respondents think that the traditional role of wife and mother as full-time homemaker can lead to a fulfilling life. Furthermore, young, middle-aged, and older mothers assert that this role not only *can* be but *is* fulfilling, and that it's essential to the good of all family members (themselves included).

These women express compassion for the mother who *has* to work to support her family or to meet inflation's toll on the family budget. A thought frequently offered: "The working mother knows all the drudgery and none of the joy of her children." But non-working women generally disapprove of mothers who work for materialistic luxuries or for personal satisfaction, leaving children's day care to baby-sitters and day care centers, and heaping household chores on other members of the family.

Comments from this group focus on the importance of "being there" for children: "Home is anywhere, anyplace, no matter how small or large; it is what you make it. When it is empty because we are all busy away from it, we destroy our family life. You can hire someone to care for a house, but without love it will not be a home, and that you cannot hire." And: "What I'm doing—giving three children love and values that will sustain them the rest of their lives—is more important than anything else I can think of."

A few clouds overhead

But these non-employed homemakers don't necessarily live in a land that is all sunshine and roses. Some have very real concerns about the future. While most are confident about the stability of their own marriages, the frequency of divorce among middle-aged friends disturbs and worries them. There is also some uneasiness about how they will spend the nearly half a lifetime that will be left after their children are grown and their chosen primary role has evaporated.

But the concern expressed most frequently and with the most hostility is that the women's rights movement has demeaned the role of the full-time mother. Many homemakers insist the importance of the mother role has been belittled by the activists' efforts to thrust women into the economic mainstream.

Yet other homemakers interpret the women's movement quite differently as giving women real choices. These readers note that a decade ago they might have said they were "just housewives," but now they value themselves as America's most precious commodity—homemakers. Frequently young mothers indicated that they have made an informed, conscious choice—that they see bearing and rearing children as a career, not a female inevitabil-

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Here's How To Enter: **1.** On a plain piece of 3" x 5" paper, hand print your name, address, and the number of the day you wish to enter. Mail your entry in a hand-addressed envelope no larger than 4 1/8" x 9 1/2" (#10 envelope) to: ONE-A-DAY SWEEPSTAKES, P.O. BOX 0000, BLAIR, NEBRASKA 68009. **2.** Each entry submitted must be accompanied by the end flaps from any size package of a ONE-A-DAY product (Regular, Plus Iron, or Plus Minerals) or the words "ONE-A-DAY" hand printed on a plain piece of 3" x 5" paper. **3.** Enter as often as you wish for any one day or all of the 31 days but each entry for each day must be mailed separately. Entries must be received by December 15, 1978. **4.** IMPORTANT: To be eligible for a prize, you must write the number of the day you wish to enter on the lower left-hand corner of your envelope. **5.** One winner will be selected for each of the 31 days in random drawings from among all entries received for each of the 31 prizes. Random drawings will be accomplished during the week of December 18, 1978 by the D. L. BLAIR CORPORATION, an independent judging organization whose decisions are final. In order to claim their prize, winners will be obligated to sign and return an affidavit of eligibility within 60 days of notification. In the event of non-compliance within this time period, alternative winners will be selected. All prizes will be awarded. Limit one prize per family. Taxes are the sole responsibility of the prize winner. **6.** The following are the approximate retail values of the prizes offered: Day 5 — $565; Day 18 — $2,000; Day 26 — $2,500; Day 31 — $300. All other prizes have an approximate retail value of $200 each except where stated. In lieu of any prize winners may elect to receive the retail value of the prize. No other substitution for prizes is permitted. **7.** This sweepstakes is open to residents of the United States except employees of Miles Laboratories, Inc., its subsidiaries, affiliates, retailers, advertising and promotion agencies and the families of each. Void in Missouri and via entry blanks distributed in retail stores in the state of Maryland, and wherever prohibited by law. All federal, state and local regulations apply. **8.** For a list of prize winners, send a separate self-addressed, stamped envelope to: ONE-A-DAY WINNERS LIST, P.O. Box 8430, BLAIR, NEBRASKA 68009.

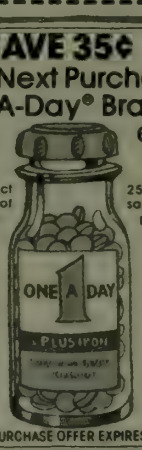
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continued

Working mothers

ity. Some indicate there will be plenty of time to work after the children are grown: "It's not at all uncommon nowadays for men to change careers in mid-life. Well, I'm going to do the same thing. Rearing children is just going to be *one* of my careers."

These women make the point that if you choose to bear children, you should also be prepared to devote 20 years to the care and rearing of those children —that it becomes your job, your responsibility. They maintain that, if necessary, it is better to lower materialistic expectations than for the mother to go to work to meet the bills.

Moderation in all things

One piece of advice is offered by Dr. Peter Whybrow, chairman of the department of psychiatry at Dartmouth University and a specialist in depression in women and mid-life crisis. He suggests that it's important for the full-time homemaker to have some absorbing outside activity that will engage her regularly and encourage her husband's participation in the home. "If the mother invests herself *totally* in the care of the children," he says, "it's a two-edged sword. She invests more and more in the home and family. The children look more and more to her, and in turn the husband unconsciously begins to opt out of the family situation. After 15 or 20 years have gone by, this habit of one marriage partner concentrating all her energies on the home and children, and the other concentrating all his energies outside the home, largely because of the expedient division of labor, tends to distort the couple's relationship. When the children go away, sometimes the husband and wife hardly know each other."

HAVE-TO-WORK-BUT-DON'T-WANT-TO-WORK MOTHERS

Some women say they work outside the home only because they are compelled to by circumstances. They wish they didn't have to work, and they will quit as soon as that becomes possible. These mothers are clearly at an enormous disadvantage. Their feet are in one camp and their hearts in another.

They say their working is destructive to their family life; that they simply don't have enough time and are utterly exhausted; that after taxes and child care costs their wages contribute little to the family coffers, yet that little bit is essential. (Sometimes they are single parents coping with the host of additional special problems connected with that role—isolation and loneliness, and literally *having* to do it all.) They feel guilty about leaving their children to the care of others, insecure about their relationship with their children, and troubled that the youngsters learn so much from other adults, television, and misguided peers.

The anxiety level of these working mothers is high (something their children usually pick up on and share) and they are disillusioned, sensing that the Great American Dream is slipping through their busy fingers.

A comment from one of these unhappily working mothers reflects this inner conflict and exhaustion: "Not all children are capable of handling the burden we as parents put on them by outside employment. All kids make demands, and what they often get is an off-putting litany: 'I don't have the time to go on that field trip with your class. I can't go to the library with you. You need a cardboard box 2½ feet high and 14 inches wide for a history project? Sorry. You have a cold and want me to come home from work? I can't, but drink lots of orange juice and stay in bed. You missed the bus, forgot your lunch, gym clothes, need a ride to dance class, cheerleading practice? Sorry, I'm busy. You want to have friends over tonight? You can't—the house is a mess. You didn't make the team? You failed a test? Your friends are angry with you? Tom broke his date with you? Sorry, I'm busy . . . I don't have the time . . . that's too bad . . . we will have to talk about it sometime . . . By the way, would you start dinner, vacuum, put the laundry in, and most of all, please take care of yourself?' "

Anxiety and guilt don't make things any easier for these have-to-work-but-don't-want-to-work mothers. They generate sympathy, but what they need is support, encouragement, and help.

Is there an alternative?

A surprising number of these mothers told us they resolved their dilemma by quitting their jobs. Their sole reason for working was that inflation had made their life-style unaffordable on the husband's salary alone. But when they stopped to consider what working was doing to their family life, to their children, and to themselves, they and their husbands decided the unaffordable life-style would have to go.

Some indicated they had moved to a less costly community, neighborhood, or house, sold the second car, cut back on entertaining, and generally pared down living expenses to the bone in order to get along on one salary. None expressed regret with having made that difficult decision. On the contrary, they seemed enormously relieved.

LIKE-TO-WORK MOTHERS

Most mothers who like to work feel they're doing OK. They exult that things are going well for their families and for themselves. They enjoy their jobs, though they're not necessarily "glamorous" careers.

The very fact that these women *like* to work outside the home antagonizes many other women. The latter deplore the fact that anyone would choose to work and leave her children to the care of others. Yet these mothers who enjoy working tell us that their family life is good. They indicate that their children are prospering; that communication between parents, and between parents and children, is good; that they share enough activities with their spouse. Very few gripe that life is a rat race.

These like-to-work mothers note that their family is a cooperative unit of shared responsibilities with mother, father, and children taking on household chores and being sensitive to the pressures and emotional needs of working parents and growing children. They say that their children profit from the input of other responsible caretaker adults, that the youngsters have become more outgoing and have developed a greater sense of responsibility and confidence.

Accent the positive

Comments from readers in this last category were largely positive: "When I went back to work, my husband and I had to establish our priorities, and the first one was good care for the baby and after-school care for the older two. It took some trying, and a few false starts that were upsetting for us and for the

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Can you pick the right Sears Kenmore Microwave for your kitchen?



A. Kenmore Countertop Microwave

B. Sears Kenmore MicroClassic microwave above with gas or electric range below

C. Sears Kenmore Combination Micro-Electric Range, Smooth-Top™ or coil cooktop

D. Sears Kenmore Built-in with microwave capability

Available in most Sears retail stores and the catalog

Sears offers you a variety of microwave ovens– and the facts you need to know before you choose one

Kenmore Microwaves now come in four basic designs.

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The Amazing Combination Micro-Electric Range

A dramatic new development in Kenmore Microwaves combines a microwave and electric oven/broiler in what looks like a conventional range.

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It's just like roasting in your conventional oven, but for many foods *in an astonishing one-quarter the time.*

The Kenmore Built-in with microwave capability features a microwave upper oven with the extra advantage of a self-cleaning lower oven. It's 27 inches wide.

Which Kenmore Microwave is right for you? The facts below, and the chart, will help you decide.

The layout of your kitchen can tell you a lot

Take a look around your kitchen. You'll probably discover you've got room for a Kenmore Countertop Microwave.

But if you are short on counter space, consider replacing your range with a Kenmore MicroClassic, a Combination Micro-Electric Range or a Built-in unit.



Do you need a temperature probe?

Many Kenmore Microwaves come with a temperature probe. Think of it as an automatic cooking thermometer. When the desired temperature is reached, the microwave automatically shuts itself off.

You can cook roasts, casseroles, vegetables, and soups to correct temperatures for the "doneness" you want. You can even warm a baby's bottle to exactly the right temperature.



A choice of power settings is useful

On the Kenmore Microwaves with Multi-Power, different power settings work like the different temperatures on your conventional oven.

Lower settings defrost, simmer sauces, keep dinners warm.

High power settings are best for cooking vegetables, fish, and poultry, for heating small items, and for heating beverages.

Electronic Touch Control means added convenience

A Kenmore Microwave with Electronic Touch Control is actually a solid state computer. The touch of a finger on its keyboard puts a remarkable Multi-Stage Memory in motion.

You can program the memory to defrost a roast at a lower power, then automatically begin cooking at a higher setting.

You can even "delay start," so a casserole left in the microwave will begin cooking, say, a half hour after you put it there.

A visit to Sears will help even more

Visit Sears and take a close look at all the models. Ask for a demonstration.

You'll find there's a Kenmore Microwave equipped and styled the way you want it.



Kenmore Models	Multi-Power	Power Control	Timer	Temp. Probe
A. Sears Countertop Microwave	✓	Electronic Touch Control	Three-Stage Memory	✓
B. MicroClassic™ Microwave above with gas or electric range below	✓	Electronic Control	✓	✓
C. Combination Micro-Electric Range	✓	Mechanical	✓	
D. Built-in with Microwave capability	✓	Electronic Touch Control	✓	✓

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For your "Gran Turismo" dealer, phone free (except Alaska and Hawaii) 800-243-6000. In Conn., 1-800-882-6500.

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Working mothers

kids, but it all seems to be working out. And now, when I'm with the kids, I'm *really* with them. I'm much more intensely involved and don't so much take their presence for granted. It's the quality of time spent together that's important, not the quantity." (The quality/quantity thought was one that came up innumerable times.)

Another reader typical of this group reasons: "I used to be everything and do everything for everybody, which would have been fine in the 'old days' when I probably would have had five or six kids. But to devote all that attention to two youngsters and the care and feeding of a husband was creating an unreal world and highly dependent relationships—too much babying. Now that I'm working, we're more what I think a family should be—all of us help and by so doing we're able to express how much we care, how important we are to each other. Some days are rough, of course—too many places to be at once, bad moods, illness—but those things would happen whether I work or not, so we just try harder."

Senior women speak up

It stands to reason that not all women readers fit neatly into these three categories. We heard, too, from older mothers who had worked when their children were young and now lament that they missed out on so many of the joys of being a parent. Some others, who had subscribed to the traditional wife/mother role, say they're sorry they hadn't asked for the family cooperation that would have enabled them to work. (One says: "If only the women's movement had started ten years earlier, for my sake.") Still others bitterly describe having met all their family responsibilities only to end up divorced or widowed at 48 with no employable skills and no life of their own. But there were astonishingly few with such regrets, and, for the most part, letters from older women expressed a reassuring satisfaction with their lives.

Working mothers here to stay

Whether they're managing well or poorly, working mothers are more numerous today than ever before. It is not

continued

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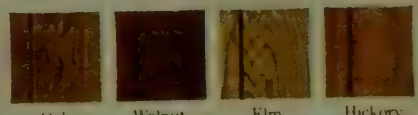
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continued

Working mothers

so much that women have changed, but rather that the world in which they live has drastically changed.

The cost of living is going nowhere but up. Equal job opportunity laws are making better jobs available to women than in the past. And, equal education efforts are producing highly qualified young women with serious career aspirations. (Even now, more young women than young men are enrolled in our colleges and universities, and better education generally results in more appealing job opportunities.)

Certainly, some young women are choosing not to marry, or not to have children, in order to pursue their profession. But numerous others feel the either/or choice is not necessary. They want children *and* job, though some are delaying childbearing, and then having only one or two children.

Discussion of these matters before marriage results in fewer surprises and less trauma. Certainly having fewer children makes working easier. And tending to the needs of one or two youngsters at the end of a working day is plainly less demanding than caring for four or five. (Some of the problems today's working mothers face can easily be attributed to the fact that they first made the commitment to home and multiple children, then later found themselves having to or wanting to work, thereby drastically altering home routines and expectations.)

So the question is not whether middle-class mothers will continue to work but how well they will manage it.

Today some working mothers seem to manage while others fail in many ways. What is it that the successful ones are doing that the unsuccessful ones might learn from? There is no single magic formula, but here are a few ideas gleaned from our letter writers and conversations with working mothers and social scientists:

1. SHARE RESPONSIBILITY

You'd think that a working mother would find it easy and even expedient to share responsibility. Not so. Likely, she inherited the traditional female goal of being homemaker *par excellence,* so sharing household responsibilities does not come easily at all. Sure, many a woman can bring herself to ask her husband to do a few specific jobs—washing the kitchen floor, for instance. But if the floor isn't shiny enough to suit her, she'll quietly do it over, thus retaining the final responsibility.

The working mother can't and shouldn't even try to do it all. (For that matter, maybe non-working mothers shouldn't either.) In our survey, we asked about husbands' participation in household tasks. It amounts to precious little, judging from the answers. But, letters from happy working mothers often stress the importance of sharing household responsibility and the care and upbringing of children.

We mentioned previously that 72 percent of our readers think that most working mothers do not spend enough time with their children. Well, 86 percent think that fathers don't spend enough time with their kids. Given that 91 percent of male respondents indicated they are happier at home than anywhere else (88 percent of female respondents said so), it's not implausible that many of these men feel excluded from household chores and child care by super-efficient wives. Their wives take care of all domestic matters, and present the husbands with fed, bathed, and pajama-clad children for an hour of games and stories before bedtime. Such a routine certainly doesn't encourage the father to participate in the home. (Too many fathers conclude that they might just as well be working late or dallying for a drink with colleagues as sitting around watching television while their wives feed and bathe the youngsters.)

The fact is that fathers can handle household chores and child care just as capably as mothers can. And, a mother can relinquish some of her territorial prerogatives without having failed as a woman. But, some women clearly find sharing responsibility difficult to accept, especially if they were reared in a home where mother reigned over the household and father was venerated for his income-producing capability.

2. AGREE ON PRIORITIES AND SIMPLIFY EVERYTHING

When a mother starts working, or when a working wife bears a child and later returns to the job, lives are changed more than most husbands and wives anticipate. To accommodate the change, some things simply have to go.

The non-working mother can keep the home spotless, polish the silver and dust the knickknacks, tend a garden and put up the produce, press out her daughter's pleated skirt, chauffeur the kids, bake bread and whomp up elaborate meals, entertain, be active in school, church, and community affairs, and maybe even play bridge or tennis a few times a week. Her husband can dedicate himself to his profession—working late and traveling frequently. He can also be active in community affairs and frequently engage in outside recreation.

But it's a different story when the mother is working (unless she's a martyr who's determined to make everything OK for everybody at her own expense). Compromises have to be made and priorities established. That requires plenty of honest discussion so that each family member can pitch in without having to pitch out his or her favorite activities.

Maybe the carpeting will get vacuumed only twice a week instead of every day. Maybe the silver will go unpolished and the knickknacks go into storage. Maybe there'll be less tennis or golf or traveling or working late. Maybe meals will get simpler and maybe the kids will have to cope with less attention and chauffeuring from their mother. The chances of things working out well increase in direct proportion to the amount of communication within the family about what's happening, about what can be simplified or eliminated without causing undue deprivation to individual family members. Our working mother readers who are managing well agree that genuine family cooperation makes it all possible. Not only that, they see that cooperation as a positive by-product of their working outside the home.

3. CONFRONT THE INSECURITIES

Whatever a mother's reason for having a job, she (and her family) will usually have both positive and negative feelings about her working. Maybe her husband doesn't really feel good about her working (whether they need the money or not). Maybe her mother-in-law disapproves. Maybe she's losing touch with her non-working friends. Maybe the after-school sitter lets the kids watch too much television or is too

continued

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continued

Working mothers

lenient about kid-caused clutter in the living room. Maybe the mother harbors the unjustified worry that the kids will identify more with the sitter than with her. Guilt, anxiety, resentment, insecurity—any of these feelings makes it more difficult for the woman to perform or enjoy her job or cope with home duties. How can she banish the "guilts" and focus on the positive aspects of working? Discussions with her family —or with a sympathetic (not all will be) pastor, friend, relative, or family counselor—can help. If negative feelings are not dealt with, they can wreck both job and home life, no matter how much a working mother likes her job.

4. IDENTIFY THE REAL PROBLEMS

The working mother who's a bit uneasy about working is often quick to blame every domestic problem on her job. That can lessen her pleasure in her job and mask real problems that could be solved were they recognized for what they are.

Let's take, for example, a relatively uncomplex problem: Johnny's schoolwork has been slipping since Mom started working. Mom assumes that Johnny is not doing well because he's upset about the change. To assuage her guilt, she decides to give Johnny more of her attention. She'll put off doing the dinner dishes until after he goes to bed so she can help him more with his homework. That assumption will lengthen Mom's already long day and may keep her from considering other possible reasons for Johnny's academic decline. For instance, Johnny's schoolwork may be suffering because he desperately needs new glasses.

The working mother needs to remember that no family is 100-percent problem-free even if mother is on hand day in and day out. Some problems will be caused by her working, but many others would likely happen even if she weren't working. To automatically blame the job is counterproductive.

5. WORK NEAR HOME OR LIVE NEAR WORK

It stands to reason that if a working mother's job is an hour away from home, she'll find it difficult, if not impossible, to deal with children's crises. And, she'll be away from her family two additional hours each day. Ideally, the mother (or father) looking for work will find satisfying employment near home. (This is becoming more and more possible now for suburban residents, since many suburbs have become virtual cities with a mix of job opportunities for men and women.)

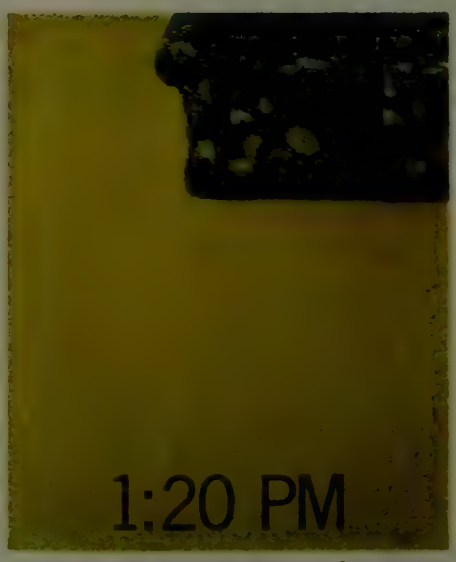
However, there certainly are cases in which a working mother's excellent job is distant from home. Some women in this situation have found that it's worth the disruption to move their households closer to their jobs. An important consideration is proximity to community services and schools, so that the children may participate in a variety of activities without chauffeuring.

Of course, "commuting time" involves more than proximity. The essential factor is the resolve of both mother and father to come home from work promptly. If kids are waiting, Mom and Dad should consistently be there when expected at the end of the

continued

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A5

continued

Working mothers

working day. When after-five meetings and after-work cocktails are given priority, kids suffer no matter how close to the job the working parent lives.

6. DON'T SKIMP ON CHILD CARE

Dr. Nicholas Hubbs, director of the Center for the Study of Families and Children, Vanderbilt Institute, points out that substitute care for part of each day is not detrimental to the child of the working mother provided certain conditions are met. He explains: "A young child needs a sustained, predictable, reliable, and understanding relationship with an adult. That doesn't have to be exclusively with the mother by any means, but the child just can't grow well without a sturdy and dependable nurturant relationship with an adult. What will hurt a child, especially a young child, is not having someone who is predictable, no matter how good the quality of care might be on a short-term basis." Lucky is the working mother whose own mother lives next door and is happy to take care of the grandchildren!

SEEK AND YE SHALL FIND, MAYBE

Finding good child care—reliable, sympathetic, and convenient—is undeniably the most important factor in a working mother's success. If children are getting inadequate care, or worse yet, none at all, they obviously suffer and the conscientious mother is too torn and harassed to perform her job. Child care is an area that requires serious thought and search, and a parental commitment to paying the caretaker or day care center a decent wage or fee. (As a society, we tend to pay higher wages to parking lot attendants than we do to those who take care of young children. It can't be that a dented fender actually looms as a greater threat than improperly cared for youngsters.)

If the loving grandmother or aunt is not available, hiring a baby-sitter/housekeeper may be the next best solution, especially if there are preschoolers *and* youngsters in school. Engaging a housekeeper provides consistent child care and eliminates the need for a variety of day care and after-school care arrangements as well as the stress of to-and-fro transportation. The services of a housekeeper make life easier when a child is ill and during vacation periods, and reduces household chores for the parents.

The trick is to find the right housekeeper/baby-sitter—a person of similar ideology and one with a stable lifestyle. Usually the search entails extensive advertising, interviewing, and reference checking. Employment agencies can sometimes be helpful.

Short-term high cost

Although a housekeeper often is the most expensive child care solution, working mothers who go this route feel that the resultant peace of mind is worth the price. And they point out that the costs are temporary. After the youngest child starts school, expenditures for care will be cut considerably because only an after-school sitter (neighbor or high school or college student) will be needed. And if the mother is establishing herself in her profession while the housekeeper is on the job, the high cost can well be regarded as an investment in her own future.

(The federal government does little to encourage parents to pay for adequate child care. Only 20 percent of eligible child care costs, up to $400 per year for one child under age 15 or $800 for two, may be taken as a credit on federal income taxes. However, this allowance is more generous than it was a few years ago. Also, under certain conditions, it does not exclude payment to relatives for child care.)

A solution less ideal than a housekeeper but also less expensive is a neighbor or near neighbor who cares for a few children in her home. This arrangement can be quite satisfactory.

Still other working parents rely on nursery schools and day care centers, which range from marvelous to awful and may or may not be convenient. For parents who have found an excellent day care center with hours that accommodate their working schedules, all is well. For countless other parents, inadequate child care remains the thorniest problem—and the greatest threat to the development and well-being of their youngsters. The problem surely deserves greater concern and involvement on the part of churches, employers, neighborhoods, communities, and government.

A particularly thoughtful book about the problems of working mothers and their families is *Working Mothers* by Jean Curtis (Doubleday; $7.95). The author makes some rather startling observations and offers lots of solid ideas to help the working mother on both the home and work front.

Wanted: good part-time jobs

Over and over, we heard the plea from working mothers: "If only I could find a decent part-time job, our home life would be much better—I could be there when the kids get home from school. But, so many companies are stuck in their nine-to-five track. If you want to work part-time, they immediately assume that you're not seriously interested in working. I need to work—we need the money—so I go along with them and have a full-time job. What choice do I have?"

Others suggest job sharing: "It allows husbands *and* wives to pursue careers, yet not neglect their parental obligations. The United States is in the Dark Ages at present. Most employers insist that job responsibilities come before family responsibilities."

Flexible hours seem the solution to yet others.

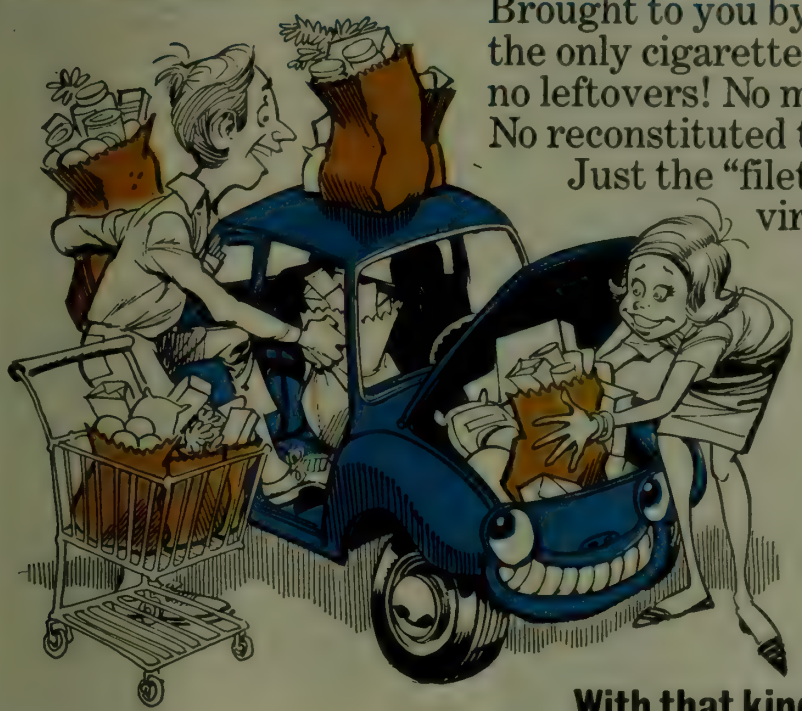
Cornell University's Dr. Bronfenbrenner, who has studied family matters in several foreign countries as well as in the U.S., readily recognizes the need for employment that allows for career development and at the same time allows for meeting family responsibilities: "This problem will require a true revolution in American society, in which both men and women can work three-quarters of present time (the six-hour day). Until we move in that direction, men will continue to be one-sided human beings, having little opportunity to learn what compassion means, having little understanding of the nature of our society and what is required for its survival. And women will continue to be placed in the situations in which they are expected to be some kind of super human being."

Will things get better?

At present, the United States is the only major industrialized country that does not have a national family policy. Laws are passed, programs initiated, and taxes levied with little awareness of the effects on family stability. That

continued

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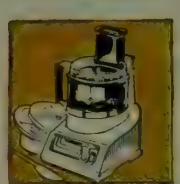
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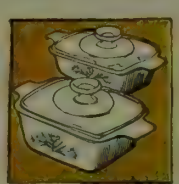
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continued

Working mothers

lack may yet be rectified. It is even conceivable that this country, with its historic pattern of pragmatic solutions, just might pull off what Bronfenbrenner calls a "true revolution," though that's not going to happen overnight.

At no other time in our history has interest in and concern for "the family" been so intense and widespread as it is today. Professionals dealing with the family are worried. Educators, church leaders, legislators, governors, and President Carter express concern about what's happening to the American family, and about what can be done to strengthen it.

The Presidentially mandated 1981 White House Conference on Families will be the first of its kind. (There are two other White House Conferences scheduled for 1981—on children and youth, and on the aging.) Even now, many private groups, local communities, states, and regions are holding their own conferences to prepare for participation in the national event. It is expected that many more states and private groups will become involved in the intervening three years.

Time to speak up

Certain to be discussed are the special problems of families in which both parents are employed as well as the problems of single parents, the poor, etc. Child care assistance and employment opportunities more compatible with family responsibilities are important to all of us, and this is your opportunity to say so. To share your views and get information about the Conference on Families, write to: The White House Conference on Families; c/o Department of Health, Education, Welfare; Washington, D.C. 20201.

Your responses to our American Family Questionnaire have already been relayed to the President, the Vice-President, Cabinet heads, all members of Congress, governors, and leaders of church, school, and social organizations. And their comments have been heartening. We hope now that our readers who gave us their insights about family life will consider sharing their thoughts with their church congregations, their schools and communities, their employers and unions, and their state and national representatives. ■



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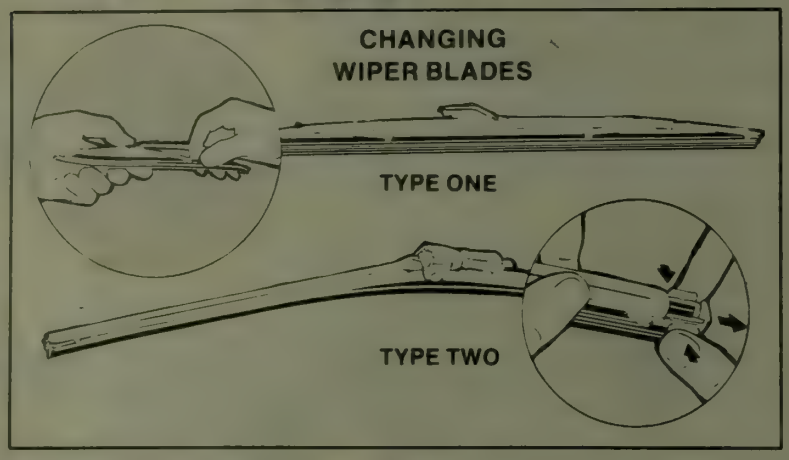
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The Colorburst 300 instant camera. Another first from Kodak.

CARS Kim Garretson

Preparing your windshield for sloppy weather

With fall and winter right around the corner, it's time to make sure that rain, sleet, dirt, road spray, and snow won't obscure your car's windshield or seep into your car. Here we explain how to inspect and service the wiper blades and washer pump. We also show you, step by step, what to do if you suspect the seal around your car's windshield is leaking.



Changing wiper blades

If you've been using your present wiper blades for over one year, they probably need replacing. The old blades might not be streaking or smearing the windshield now, but they likely will before winter is through.

Your wiper blades probably are one of two types pictured here. The first has two pivoting "hands" at the ends of the wiper arm holding the blade. The second type has a one-piece blade holder with claws that the blade slides into. To make sure you buy the right replacement blades, take the old blades with you to the parts store or service station. Before installing the new blades, turn the ignition off when the blades are upright.

If your blades are the first type, you can remove them by pressing the button release on the back of one pivoting metal hand and sliding the blade and the first metal hand out of the other hand. (If there is no button, you probably have to replace the entire blade holder by releasing it from the wiper arm.) Then, pull the detached hand off the rubber blade and thread one end of the replacement blade onto it. Thread the other end of the blade into the attached hand and then press the detached hand back into the blade holder to lock it in place.

If the wiper blades are the second type, unlock them by pinching the locking mechanism at one end of the blade. While squeezing the lock, pull the blade out toward you. Then, thread the new blade on the metal holder. Start from the locking end and make sure the blade slides through all the metal claws. Stop threading when the trailing end locks into place.

Servicing the washer pump

Most windshield washer systems simply require filling the plastic tank under the hood with a fresh batch of washer fluid before winter begins. But check the aim of the spray; if it's too high or low, use a screwdriver to bend the small spray nozzles into position.

If you're getting no spray, the hoses may be clogged or the washer pump may be defective. First, test the hoses by pulling them off the pump under the hood. Then try to blow through them. If the air flow is blocked or restricted, try to clear the end with a pin. If this clears the hoses, re-install them.

If the hoses are okay, your washer pump probably needs replacing. Again, the surest way to buy the right replacement is to remove the old part and take it into the auto parts store. To remove the defective pump, first pull out the electrical connections (these usually are bunched together on one plug). Then, pull off the water hoses and unbolt the pump from the car.

Installing the new pump is almost as simple as reversing the steps above. You'll probably have to remove the cover of the new pump and insert the aligning pin (which should be taped to the new pump or loose in the box). Then replace the cover.

Stopping windshield leaks

If water mysteriously appears on your car's front floorboard, you may have a leaky windshield. Here's a simple test of the glass seals and a quick method of stopping leaks.

Tape a garden hose to the top of your car with the nozzle centered and pointing toward the windshield. Place an oil can in front of the nozzle to spread out the flow of water.

Turn on the water to a slow stream, then grasp the bumper and rock the car every several minutes. If your windshield is leaking, water should appear in the car within ten to 20 minutes.

Don't assume the source of the leak will be directly above the wet spot on the floorboard; often a leak will run along an interior part before dropping to the floor. To trace the leak to its source, try to shine a flashlight up toward the windshield above the wet spot; if necessary, use your hand to trace the moisture to its source.

To reseal a leaking edge, you first must loosen the molding and metal clips that hold the glass in place. A windshield clip tool (available at auto supply stores) will do the job faster and more safely than a screwdriver.

The clip tool has two flat blades with hooked ends. Holding the handle parallel to the windshield's edge, slip one hooked end between the molding and the metal frame of the car. Slide the blade backward until you strike a clip, then slowly turn the handle away from the edge until the clip is loosened. Loosen and remove clips only from the leaking area.

Buy matching replacement clips at an auto supply store or from your dealer. Clean the area to be sealed, tap the clips into place, and apply weather strip adhesive along the edge under the molding. Then, press the molding back into place. ■

What the best drinks have in common.

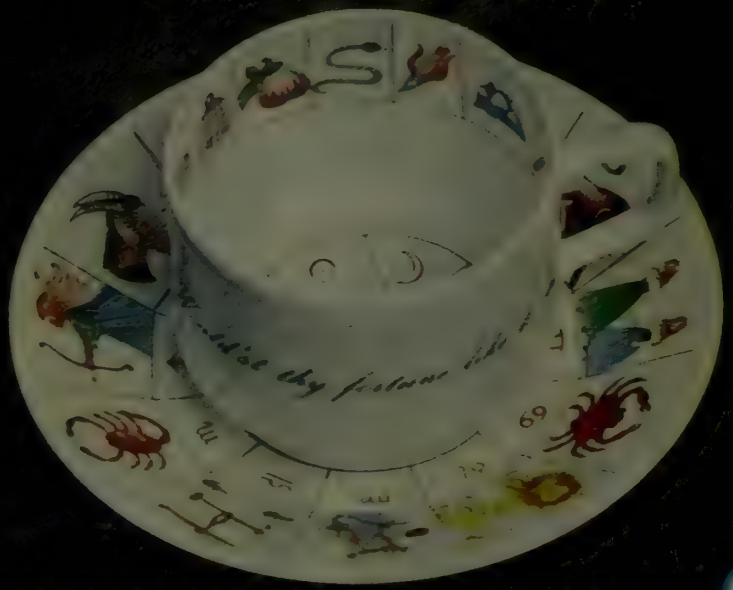
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Firewood buying tips

When you buy firewood for your fireplace or wood-burning stove, keep these tips in mind:

- **Always buy full cords.** Wood is sold by the *standard cord*, or 4x4x8-foot stack. Sometimes you'll hear of *face cords*—stacks eight feet wide and four feet high, but cut in less than four-foot lengths. Shop around and never pay full cord price for a face cord.
- **Never buy green wood for immediate use.** Wood suitable for burning has usually been air-dried for a year and contains about 20 percent moisture. Don't burn wood with a higher moisture content. Green wood is an inefficient and dangerous fuel because its extra moisture allows a rapid build-up of creosote in the chimney, the cause of most fires connected with wood heating in the home.
- **Don't buy wood by weight.** Wood is often advertised for sale by the ton. But the various species of wood have different densities and moisture contents, and the weight difference can be significant. The water can account for 25 percent or more of the price of the wood, so buyer beware.
- **Buy wood in quantity.** A rick (one-third of a cord) or a pickup truckload delivered when needed throughout the season usually ends up costing more than one delivery of several cords.
- **Plan ahead when you buy firewood.** Check with local wood suppliers about purchasing your winter firewood supply a year ahead. If you have enough room outside to air-dry newly cut green wood for 12 months, you can save as much as 50 percent.
- **Save on labor costs.** Trees normally are sawed into 100-inch *sticks* for easier handling and hauling. The dealer then cuts the sticks into smaller lengths. A large-volume wood dealer often will sell you these sticks at a considerable discount. Then, you can cut the wood to suitable lengths at your leisure.
- **Know the wood you're buying.** Firewood dealers may advertise *mixed hardwoods*. Since all hardwoods are not equally desirable, find out what the mix includes. Buy only the woods that suit your heating needs. ■

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Plastic Sandwich/Food Bags	☐	

2. What is your age group?
☐ 18-24 ☐ 25-34 ☐ 35-49 ☐ 50-64 ☐ 65+

3. Are you married? ☐ Yes ☐ No

4. How many children do you have?
☐ None ☐ 1 ☐ 2 ☐ 3 or more

5. What are the ages of your children?
☐ Under 2 ☐ 2-5 ☐ 6-11 ☐ 12-17

6. Do you have a dishwasher? ☐ Yes ☐ No

7. Do you have a clothes dryer? ☐ Yes ☐ No

8. What color is your hair?
☐ Blonde ☐ Redhead ☐ Black ☐ Brunette ☐ Silver

9. What is your skin type?
☐ Dry ☐ Normal ☐ Oily

10. What is your hair type?
☐ Dry ☐ Normal ☐ Oily

11. Do you own a pet?
☐ Dog ☐ Dog & Cat ☐ None ☐ Cat ☐ Other _____

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Things have changed for women. And changed for the better. So to keep up with you Kotex has developed the KOTEX Beltless Mini Pad, the most absorbent mini pad available. In fact, many women with a light or medium flow, or who are on the pill, find they can wear it for their entire period.

Our mini pad is a little thicker than most other minis, and it's more absorbent. That's because it's made with more absorbent material. Yet it's still the most comfortable mini you can buy. It has a "Stay Dry" liner that channels moisture away from the surface of the pad, and a wrap-around shield for extra protection against side staining.

Plus our mini pad has two strips of adhesive instead of one. So you can be as free and active as you like without worrying about slipping or bunching.

The KOTEX Beltless Mini Pad. One of the many products Kotex makes for you. Because there's never been a better time to be a woman.





THERE'S NEVER BEEN A BETTER TIME TO BE A WOMAN.



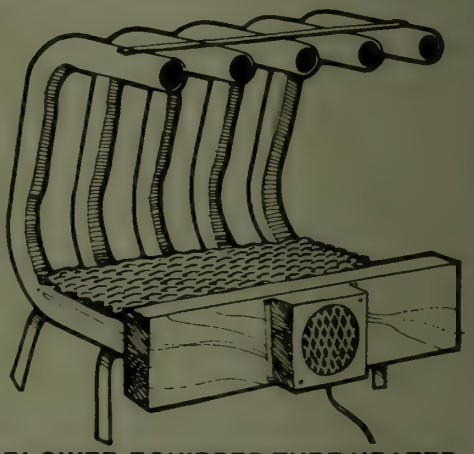
Quality products from Kimberly-Clark Corporation

HOW TO MAKE YOUR FIREPLACE MORE HEAT EFFICIENT

To cope comfortably with lower thermostat settings, more and more families are using their fireplaces. But the conventional open-faced brick or stone fireplace is an inefficient way to keep a room cozy—90 percent of the heat just goes up the flue. Fortunately, there are ways to propel more wood-generated heat into living areas and keep precious heat from escaping up the chimney.



CURVED TUBE HEATER



BLOWER-EQUIPPED TUBE HEATER

There are many devices on the market that you can add to any conventional fireplace to increase its heat output and efficiency. (*Heating efficiency* is the net amount of heat gained for the amount of fuel burned. *Heat output* is simply the amount of heat produced at a given time, regardless of the amount of fuel consumed.) Do these gadgets really do the job? Yes, most of the fireplace heating devices will do exactly what they're supposed to do—help the fireplace produce more heat than it could unassisted. But beware of manufacturers' excessive claims. You won't be able to heat your entire house simply by installing a fireplace add-on. Distributing heat throughout the house will require heating ducts that lead from the fireplace to other rooms of the house.

Curved tube heaters

Nearly all fireplace add-on heating devices work by heating air, then blowing it directly into the room without interfering with the natural radiation of the fire. The most common item on the market is the curved tube convection heater. About 30 manufacturers produce units of this type, all similar in design and function, and all utilizing the same heating principle. Do they work? You bet they do.

The principle of the curved heater is quite simple. When a fire is built over the lower tubes, molecules of heated air in the tubes expand, causing an upward flow of air through the tubes. The rising heated air is then forced out of the tubes and new air is sucked into the bottom tubes in a continuous flow.

The simplest kind of tube heater has no blower to force air through the tubes. To blow warmed air clear of the fireplace opening, the heater relies solely on the rising and expanding movements of the heated air. Be sure to position a non-blower model with the upper ends of the tubes within two inches of the top of the fireplace opening. Proper placement will help get the heat far enough into the room for the heat to rise away from the opening and not be dragged back into the fireplace with combustion air.

A curved tube convection heater without a blower costs about $50 and can increase the heat output of a fireplace about 50 percent, but there are a couple of minor drawbacks: (1) Ash removal can be a problem when the unit is used in conjunction with a glass door enclosure. Most fireplaces are not deep enough to allow you to slide the tube unit back far enough to reach the ashes easily. (2) Also, a conventional damper control can be difficult to operate if there's not sufficient space between the tubes to let you reach the damper control arm. You can get around this problem, though, by fashioning a hooked rod to reach through the tubes.

Blower-equipped tube heaters

A tube heater equipped with a blower can double the heat output of a fireplace. An electric fan and motor attachment propels heated air beyond the fireplace opening and well into room spaces. Several models are available in the $90 to $160 price range.

The blower-equipped tube heaters come in two basic designs: (1) with the fan fastened to the lower tubes as a manifold and with a flexible metal hose leading to a remote motor; and (2) with both motor and fan mounted directly on the front of the heater tubes. Both types of blower-assisted tube heaters require a nearby electrical outlet.

As with any fireplace add-on, measure your fireplace opening carefully before you purchase a tube heater/blower unit. You'll want to shop around to find a unit that fills your fireplace opening.

Glass door/heater combinations

Some devices combine a curved tube heater with a glass fireplace enclosure. With such a unit, you can burn a fire with the glass doors closed and the air

continued

Drawings Blaser/Kimball Art Studio


Belair... all the way to fresh!
Enjoy the only low 'tar' cigarette with just the right touch of menthol. Never heavy. Never harsh. Belair... the taste is pure fresh!
BELA
BELAIR
Double coupons, too!
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



© 1978 Kraft, Inc.

Your mom melted the caramels.
You dipped the apples.
Together, you made caramel apples.
And memories.

Make some memories
for your family tonight.



KRAFT

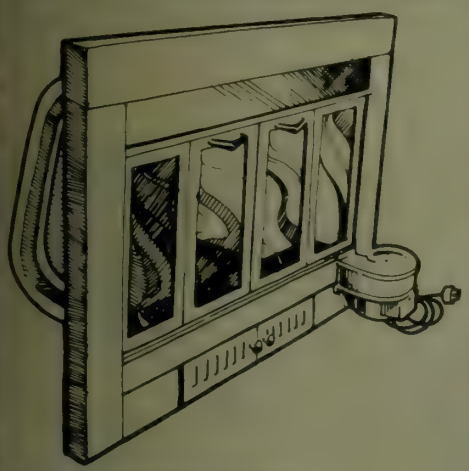
Bringing good food and
families together for 75 years.

continued

Fireplace heat efficiency

will still circulate through the tubes in the door frames and into the room.

With a normal three-log fire, a glass-doored convector can increase the heat output of a fireplace by about 300 percent because of the combined effect of the heating tubes plus the heat that radiates from the glass doors. The efficiency of the fireplace, however, is increased by more than 400 percent because the glass doors keep heated room air from escaping up the chimney. Only the air that's needed to maintain combustion is allowed to enter the firebox. With a glass-doored convector, you can regulate the fire so it burns long and slowly—the most efficient way to heat with a wood fire. Glass-doored convectors cost about $300.



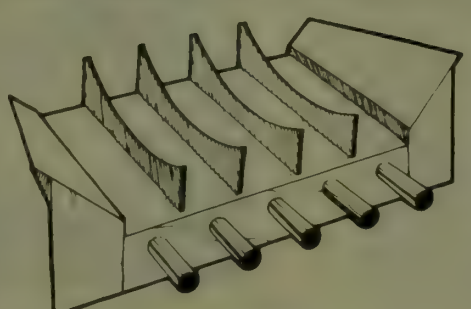
GLASS DOOR/HEATER COMBINATION

Grate-type blowers

The heat on the interior of a fire is far greater than that of the flames. A few devices use that usually untapped heat of the coals to increase the efficiency and heat production of the common fireplace.

Build the fire directly on top of the unit, as you would with a fire grate. Heat from the coals transfers to the interior of the device where incoming air warms as it passes through a series of baffles. A blower forces heated air through tubes at floor level, chasing away the layer of cold air that accumulates next to the floor.

The grate-type blower unit is efficient because it's stingy with fuel. The unit does not require a roaring fire to produce additional heat. In fact, even after the fire has burned down to a bed of coals, the device will generate heat for another three or four hours by pulling heat out of the coals. The unit can increase heat production 500 to 600 percent, and because so little fuel is required, the unit can increase fireplace efficiency by 900 to 1000 percent. Grate-type blowers are priced under $200.



GRATE-TYPE BLOWER

None of these fireplace add-ons is designed to heat an entire home. But the devices can help you gain more heat while you enjoy your fireplace this winter.

For buying information, see page 158.

Just add ice
sip suddenly you're
on a tropic isle.
Only Heublein
mixes sweet light rum
with the essence of
pineapple and coconut
this magical way.

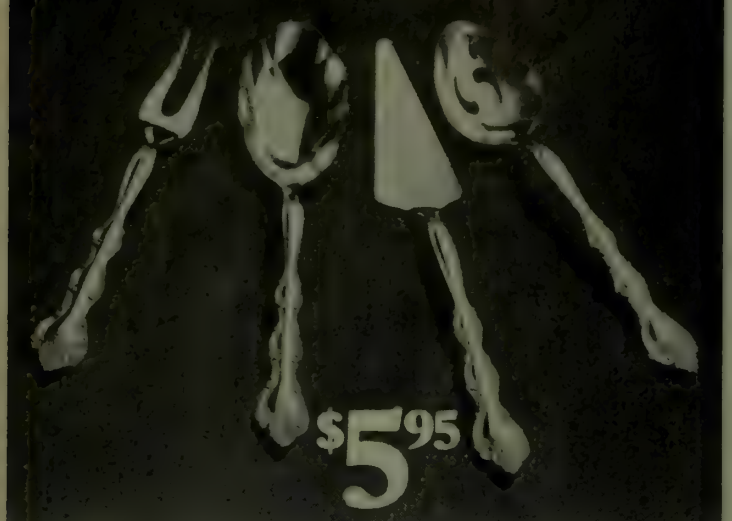
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COLADA

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recipe book, write: "Luau,"
P.O. Box 11152,
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THE HEUBLEIN PIÑA COLADA.

Heublein Piña Colada 30 proof © 1978 Heublein Inc Hartford CT Recipe offer expires Dec 31 1978

Exceptional Offer



Add an extra hint of luxury to holiday festivities with International Silver's Snack Servers. This unique collection is a great way to serve cheese, condiments, pickles, cocktail sausages, and more. The set of four, crafted in gleaming silverplate, comes beautifully boxed and ready for giving. We'll even wrap and mail them for you! Just attach a sheet to the coupon below listing the name, address, and card signature for each recipient. What a superb hostess gift or present for a friend or relative. Buy several—but order today. When ordering two or more by charge card, call toll free (800) 243-3755 (in Connecticut, 235-6383).

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Yes, I want to take advantage of your remarkable Snack Servers offer. Rush me _____ sets @ $5.95 each (plus 50¢ postage and handling each) for a total of $_____. *Connecticut residents add 7% sales tax.*

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Dept. SN-9, 141 Charles Street, Meriden, CT 06450

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Offer good in U S A. except where restricted, taxed or prohibited by law. Allow 28 days for delivery

DECORATING

Small-scale dining

If you have only a slice of space for dining, you may have discovered that an appropriate store-bought table is hard to find. Why not make your own? One of these mini-tables might suit your needs.



Photographs: George de Gennaro Source: Pauline Graves Design: Robert Ross

Although this table base is cleverly made to look like a solid cluster of upright dowels, it's actually an 18-inch cardboard cylinder with dowels glued around the outside. The cylinder is topped by a wooden disk that is covered with half-inch dowel ends. The airy glass-topped table leaves plenty of space for lightweight canvas director's chairs, and for traffic around them.



Design: Pasquale Vazzana

This marble-topped table and handsome cushioned side chairs are a winning combination in a small but formal dining room. The elegant table is a large clay urn that was coated with gesso, then water-spotted. ■

THE DOUBLE-DUTY DIRT GETTER

EUREKA 2-Motor Power Team, the total home cleaning system

This total home vacuum cleaner concept, with canister and powerhead, gets the dirt that's on *and* above the floor. It gives you the best of both: canister and upright cleaning.

A motor in the powerhead drives the all-metal *Vibra-Groomer*® beater bar/brush roll. Teamed with a 2.4 peak H.P. suction motor in the canister, the powerhead cleans carpet like an upright. Picks up surface litter, deep-down dirt, and most everything in between. The canister with its floor and wall brush cleans hard surface floors. So a Eureka Power Team gets dirt that's *on* the floors.

The powerful canister motor also provides cleaning power for the full set of attachments. Power selector lets you set the right power to clean drapery, upholstery, lamp shades ...to get dirt *above* the floor.

It's a versatile concept, too. Easy to handle, a Eureka Power Team adapts to modern up-and-down living. You'll find it convenient to go after dirt in split-level homes, apartments...any place you call home.

Eureka Power Team includes a brilliant headlight on the powerhead to spot dirt, *Cordaway*® automatic cord reel, and a bag guard that tells when to change the bag.

See the double-duty dirt getter **at your Eureka dealer.**

EUREKA

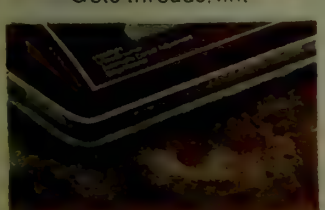
Gets dirt on the floor.

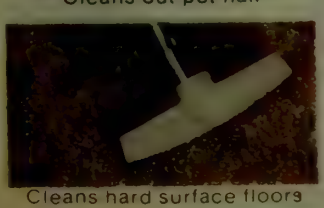

Powers out grit


Devours crumbs

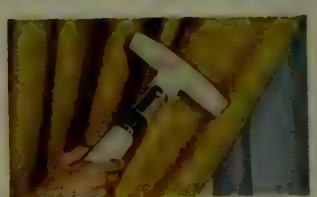

Gets threads, lint


Edge Kleener, 2 sides, cleans right up to baseboards

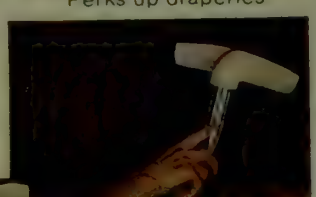

Cleans out pet hair


Cleans hard surface floors

Gets dirt above the floor.


Perks up draperies


Gets lamp shade dirt


Cleans walls


Freshens upholstery

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Fall Festival
SAVE! $60.00

Now at participating Eureka dealers while quantities last.
Power Team model 1279
Regularly $249.95
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Mfrs suggested retail prices
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The Waterbird Plates

12 superb original works of art have been painted exclusively for this collection by the great wildlife artist Eric Tenney.



Reduced photograph. Each Waterbird Plate is 9½ inches in diameter.

©1978 the Danbury Mint



Announcing a magnificent limited edition of fine porcelain hand-decorated with 24 karat gold

Of all nature's creatures, birds surely are among the most appealing. And waterbirds in particular hold a special place in the hearts of bird lovers because of their distinctive grace and beauty. Now, twelve of the world's loveliest waterbirds are portrayed for the first time in an exquisite collection of fine porcelain plates.

Outstanding Original Paintings

Each of the twelve Waterbird Plates depicts a work of art by the internationally-known English wildlife artist Eric Tenney. He created these paintings *exclusively* for this collection; they will never appear anywhere else.

In the time-honored tradition of fine porcelain

THE WATERBIRD PLATES will be crafted of fine Bavarian porcelain, which is greatly esteemed for its translucence, whiteness, and strength. The tradition of Bavarian porcelain is among the oldest in the Western World; indeed, it was in Saxony that the first true porcelain was developed in Europe, over two and a half centuries ago.

The Waterbird Plates continue this tradition of inspired artistry and painstaking skill. It can take years to create a series of plates of this supreme quality, and it would be impossible without the specialized knowledge and craftsmanship that only a few master porcelain makers possess.

Each Waterbird Plate will measure approximately 9½ inches in diameter, a size that makes it possible to show each bird in precise detail in its natural habitat. *To add to the splendor and elegance of the collection, a border of 24 kt. gold will be hand-applied to each plate.*

A Limited Edition at a Guaranteed Price

Because the original paintings are so exceptional, the Waterbird Plates are expected to have enduring collecting importance. This truly is a collection you can acquire with confidence and display in your home with pride.

The Waterbird Plates are available in the U.S. exclusively from the Danbury Mint; none will be sold in museums, galleries or stores. The U.S. edition of this magnificent collection is *limited to the number of orders postmarked by October 31, 1978,* and then will be closed forever. As a subscriber you will receive a certificate of registration authenticating the limited edition status of your collection.

Despite the fact that collector plates of comparable size and quality are being widely offered at $45. or $50. and more, the original issue price for the Waterbird Plates has been set at just $35. each. Moreover, this original issue price is guaranteed to each subscriber for the entire collection.

Guaranteed Satisfaction

Before each plate is approved for shipment to you, it will be individually inspected to assure it meets our exacting quality standards. But should any plate fail to satisfy you in any regard, you may return it for replacement or refund. Naturally, you may cancel your subscription at any time.

Prompt Action Required

All you need do to reserve your Waterbird Plates is return the attached reservation application. You need send no money now. You will be invoiced for each of the 12 plates as they are shipped at a rate of a new plate every other month.

Because these plates are so beautiful, collector demand is expected to be high. So, it is suggested you order without delay, today if possible, to avoid disappointment.

RESERVATION APPLICATION WP-10

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06856

Must be postmarked by October 31, 1978
Limit: one set per person

Please accept my reservation application for **The Waterbird Plates.** I understand this is a collection of 12 fine porcelain plates each depicting an original work of art by the great wildlife artist Eric Tenney. The collection will be issued at a rate of one plate every two months at a guaranteed price of $35.00 per plate (plus $1.50 for postage and handling).

I understand that I need send no money now. I will pay $36.50 for each plate as billed at two-month intervals. I may cancel my subscription at any time, and any plate that I am not completely satisfied with may be returned for replacement or refund.

Name_____

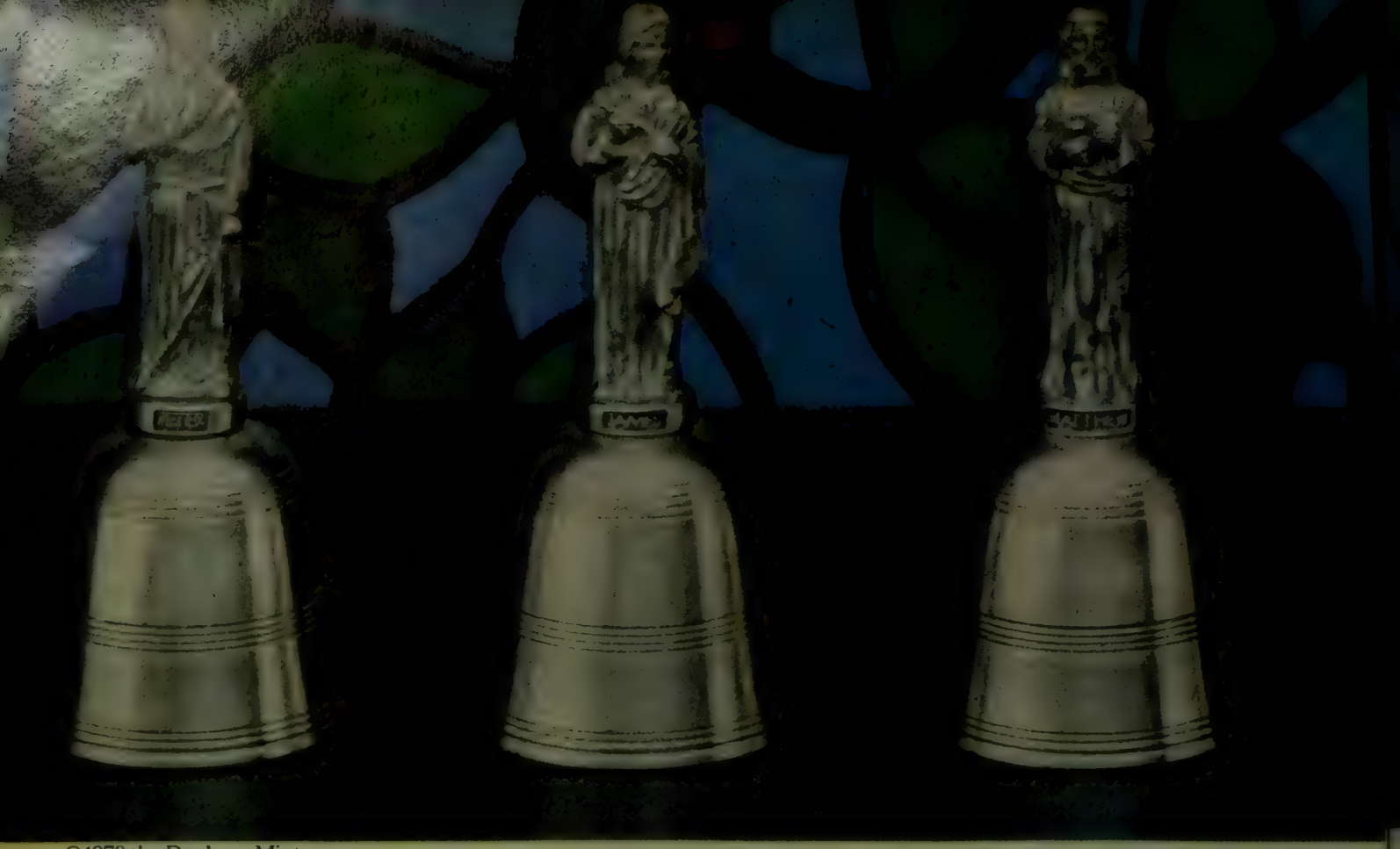
Address_____

City State Zip_____

Signature_____

☐ Check here if you want each plate charged, as it is shipped, to your ☐ Master Charge ☐ VISA

Credit Card No. Expiration Date



©1978 the Danbury Mint

THE APOSTLE BELLS in FINE ENGLISH PEWTER

- *The first limited edition collection of pewter Apostle Bells to be issued in more than a century.*
- *Each bell features a superbly detailed figure of Christ and the Twelve Apostles cast in fine English pewter.*
- *Available only by direct subscription. Order deadline: November 30, 1978.*

For centuries, the world's most magnificent art has been inspired by religious themes. And no theme is more significant than that of Christ and the Twelve Apostles—the disciples chosen to spread the teachings of the New Testament. In fact, this theme inspired the world's greatest artists and many early pewter craftsmen to create their finest works.

Now, in that tradition, the Danbury Mint proudly announces *the first limited edition collection of pewter Apostle Bells in more than a century!* For this historic reason alone, discerning collectors will find these bells uniquely desirable.

Each Bell is an Original and Beautiful Work of Art

These bells are extraordinary in every respect. Their handles consist of original sculptured figures of Christ and the Twelve Apostles—commissioned expressly and exclusively for this collection. The fine detail of each sculpture is breathtaking; the facial expressions, the clothing, the natural quality of each pose will inspire and fascinate every member of your family.



Bells shown smaller than actual size of 5" in height.

Hand-cast and Hand-finished in Fine English Pewter

Each bell in the collection will be crafted by Englefields (London) Ltd., the oldest pewterer in all of England. Founded in 1700, Englefields is the only pewterer retaining the right to the famous Crown & Rose trademark, the insignia of the finest London-made pewter for nearly 400 years.

Each bell will be individually handcrafted by the centuries-old method of gravity casting: First, the molten metal is poured into a special metal mold. When the metal has cooled, each casting is individually shaped and finished by a master craftsman and then polished to a brilliant luster. Thus, each flawless bell is truly an individual work of art.

Appropriately, each bell will bear the distinctive signature mark of the master craftsman. These signatures, known as "touchmarks" in England and "hallmarks" in the United States, are found only on the very finest pewter creations and will enhance the artistic value of your collection. Each bell will also bear the exclusive Crown & Rose touchmark as well as the hallmark of the Danbury Mint.

You can rest assured that the pewter itself is the finest in the world. No lead is used, and therefore the pewter is non-toxic, non-tainting, and non-tarnishing. It will preserve its natural beauty and luster forever—with no polishing ever required on your part!

Your Satisfaction Assured

Before being released for shipment, each bell must meet the exacting quality standards of both Englefields and the Danbury Mint. However, if you are dissatisfied with any bell for any reason, it may be returned for replacement or refund. Naturally you may cancel your subscription at any time.

Free Display Accessory

A wooden display stand will be provided absolutely free with the collection. This display will hold the entire collection.

A Limited Edition Available at a Guaranteed Price

This collection of thirteen bells—the first of its kind in more than a century—will be issued in a single limited edition. It is available in the U.S. only from the Danbury Mint and only by advance subscription. The U.S. edition of this extraordinary collection is *limited to the number of orders postmarked by November 30, 1978,* and then will be closed forever.

Subscribers will receive their bells at the convenient rate of one every two months. The original issue price is guaranteed for the entire collection. When all subscribers have received their bells, the original molds will be destroyed, thus assuring that, because this collection can never be issued again, its heirloom value *will be preserved forever.*

There is no need to send payment now. Simply complete the attached Reservation Application and return it today. *Such a unique opportunity comes but once in a lifetime. Don't miss it now!*

Reservation Application AB-9

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06856

Must be postmarked by November 30, 1978

Please accept my subscription reservation to **The Apostle Bells Collection.** I understand this is a limited edition collection of 13 fine English pewter bells depicting Christ and the Twelve Apostles. The collection will be issued at a rate of one bell every two months at a guaranteed price of $35. per bell (plus $1.50 for postage and handling).

I understand that I need send no money now. I will pay $36.50 for each bell as billed at two-month intervals. I may cancel my subscription at any time, and any bell that I am not completely satisfied with may be returned for replacement or refund.

Name_____

Address_____

City_____ State_____ Zip_____

Signature_____

☐ Check here if you want each bell charged, as it is shipped, to your: ☐ Master Charge ☐ VISA

Credit Card No. Expiration Date

A STANDOUT DIVIDER

A sparkling fireplace and an unusual wall covering make this divider wall worth a second look. The wall is built of plywood and covered with parquet flooring that's durable, good-looking, and maintenance-free.

The key feature of this project is a zero-clearance fireplace resting in a little niche on the base of the unit, *right.* (The pedestal base is covered with a mirror facing.) Dressing up the fireplace are a cantilevered polished-chrome hearth, a chrome hood, and cylindrical sheathing surrounding the flue.

But the fireplace is only the beginning. Hinged doors swing open to reveal a total entertainment center hidden in the rest of the divider, *below.* A television set, stereo turntable and amplifier, and two speakers are housed in separate niches—all in just the living room side of the wall.

The other side of the unit faces the entry foyer, *below right.* Hidden here are a convenient coat closet for guests and a double linen closet. (Only one of the linen closet doors is open in the photograph.)

The overall unit not only acts as a divider between the living room and foyer, but also helps direct traffic to the dining room to the left. ■



Photographs: Hedrich/Blessing. Architect: Vincent Assn. Architects, AIA

Interior Design: Sandra Tingley, ASID. Source: Sims/Magazzine





WIN THE DIAL SUPER BOWL!



ENTER THE DIAL NFL SUPER BOWL XIII SWEEPSTAKES.

2 **GRAND PRIZES.** Two couples win a Super Bowl weekend in Miami plus tickets to Super Bowl XIII

2 **FIRST PRIZES.** RCA SelectaVision Video Cassette Recorders

2 **SECOND PRIZES.** RCA ColorTrak 25" Color Television Sets

100 **THIRD PRIZES.** Official weight and size footballs

Kick off winter with a sun-filled Super Bowl weekend for two in Miami! It's the grand prize in Dial's Super Bowl Sweepstakes. Win and take off for 3 days, 4 nights, plus tickets to Super Bowl XIII.

You don't have to purchase anything. Just pick up entry forms at the Dial display at your favorite store (except Missouri). If unavailable, write to: Dial Super Bowl Sweepstakes, Greyhound Tower, Dept. 2005, Phoenix, AZ 85077. Entries must be received by



16 mg "tar," 0.9 mg nicotine av. per cigarette, FTC Report May '78

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.


You've come a long way, baby.
VIRGINIA SLIMS
Slimmer than the fat cigarettes men smoke.
VIRGINIA SLIMS
FILTER
Fashions: Renée Helga Howie

THE ENERGY DILEMMA: WHERE HAS IT GOTTEN TO OUR INITIATIVE?

Is your family living better each year? Saving more money? Probably not. And you don't have to look any further than your utility bills to realize why. Home energy costs are cutting more and more into your pocketbook. If just half of the cost projections are accurate, you're in for a real drubbing soon—not 15 years from now, but every year from now on. Unless, of course, you—and the rest of us—change.

But who's concerned?

What bothers us is that not enough people are bothered enough to act. Are you? We know you're convinced there *is* an energy crisis and that it's here to stay; 85 percent of you said so in our American Family survey. But the old "our-government-will-save-us" passivity won't work this time. Sure, Congress can enact tough, bite-the-bullet laws that will help us fight our way out of the dilemma we're in. And every single one of us should make it painfully clear to the men and women we've elected that we're sick and tired of watching them play politics with our financial survival.

But most of the battle is up to us. We have to shake the habit of depending on someone else to solve our problems or to make the first move.

The decision is yours

You can go in one of two directions: (1) Do nothing, and watch that new car, family vacation, and remodeling project go out the window, or (2) Take action to reduce energy costs and salvage most of your current standard of living. The right choice, of course, is obvious, even though it will be difficult. You'll have to modify your entire standard of living, and that's especially tough when you see other homeowners—and businesses and government bodies—wasting energy in true ugly-American style. Nevertheless, something has to be done, and we—as individuals—have to do it.

Try this game plan

● **Start at home.** Tighten up your house. Analyze your living habits; whatever you do or buy, think energy conservation. Install energy-saving devices. Close off rarely used rooms. Get used to lower temperatures. Learn to do without luxuries; the simpler life can be good for your health and spirit.

● **Tell builders what you want.** If you're among the lucky few who can shop for a new house, be a lot more selective and demanding than home buyers were a year ago. Some builders are producing energy-efficient houses; others haven't changed their products in 20 years. Refuse to buy the same old design with the same old heating system, same window placement, same narrow overhangs, same site orientation, etc. If you and others like you reject the outdated, look-alike relics still being built, you'll force the less innovative builders to either improve their products or go out of business.

● **Talk to your lender.** Ask him if he finances mortgages for domes, underground structures, solar homes, or other types of "nonstandard" housing that are more efficient to heat and cool than today's standard tract houses. Find out if he offers special low-interest loans for energy-saving home improvements or solar installations. Ask for a list of improvements his firm considers qualified energy savers and check to see if such important items as awning installations and eaves extensions are included. Does the lender have any staff members who specialize in energy loans? If so, are these people trained so they can accurately evaluate the energy proposals presented to them? If you don't like the answers you get, say so and go somewhere else. It's smart to shop around; some lenders are much more progressive than others.

● **Contact your city planners.** Ask them if they're working on a city-wide plan to cut energy consumption. If they don't know what you're talking about, tell them what the city of Davis, California, is doing. Thanks to a group of citizens who were concerned about energy waste and rising costs, the city has enacted a comprehensive plan that encompasses everything from transportation to neighborhood design to codes for new housing. The ordinance covering standards for new homes has reduced energy consumption an estimated *50 percent* in all new construction. Yet the additional building costs resulting from this ordinance are less than one percent of the total house cost. The overall plan, which also promotes the development of solar-heated homes and provides for an extensive public education program, has actually *reduced costs for city services.* The lesson here is that we as individual citizens can help ourselves *locally* rather than muddle along with less effective federal regulation.

We'll help where we can

Take a long look at your house—inside and out. Compare it to the one we've diagramed on the next page. Make a list of the energy wasters you find, then start tackling them one at a time. We'll take you through these corrective steps in this and future issues. And we'll also show you some of the more advanced energy-saving alternatives—such as mechanical solar heating and passive solar systems—ones that rely on the use of glass, vents, overhangs, earth berms, heat-absorbing walls, and the like to orchestrate the sun.

But there's another type of action you must take—one that only you can handle: You have to analyze the way your family lives and list the activities and habits you consider energy wasters—at home and away. Then decide which ones you can do without. You face some tough trade-offs, but the stakes are high. And time is short. ■





Our Jamie's 5 months this week. His little cradle is from Ethan Allen, too.



Now with Jamie, I can't always browse around the Gallery, so I browse through their Treasury. 392 pages of pictures and ideas, free–you don't have to buy anything.



This is our house.

"WE'RE NOT RICH,

BUT WE KNOW IT'S SMARTER TO BUY GOOD FURNITURE ONCE, THAN TO BUY CHEAP FURNITURE AGAIN & AGAIN."

Meet Judy and Nick Merrill. econd in a series of stories bout the kind of people who urnish their house, their way, t Ethan Allen.

"When Nick and I decided to novate this old house, we new it would mean a lot of ork. But to us it's worth it. Not st because the neighborhood worth preserving, but because ese houses stand for the kind values that are important to us.

That's how we feel about our rniture, too. And it's why I fell love with the things at Ethan len. They seem committed to aking really fine furniture, in yles that never go out of style, ke this Canopy Bed from their eirloom Collection.

When I think about what life as like years ago, when people herished their few possessions, realize it's not so different now. ick and I think about every iece before we buy it, to make ure we get the kind of quality nd value we want. You can tell ust by looking at it, this furniture s going to last a long time–I bet Jamie inherits this bed! Then it eally will be an heirloom."



You know, when our friends come over they can't believe we own such good furniture. When I tell them it's all from Ethan Allen, they're even more impressed. They don't realize that in the long run, buying good furniture from the start is one of the best investments you can make.

Ethan Allen Galleries



COME ON OVER TO OUR HOUSE AND FURNISH YOUR HOUSE, YOUR WAY

WHERE TO START SAVING HOME ENERGY DOLLARS

BY CHERYL SCOTT

Has another season of high utility bills played hob with your family budget? Help is on the way!

This drawing shows many of the spots where your home may be oozing expensive heated or cooled air. Stop its escape and you'll save money because the less you use your home's furnace and air conditioners, the lower your monthly utility bills will be. Check the areas indicated below to make sure your present home or the house you're building is as energy-efficient as possible. For more details, turn to page 160.



Insulate between the attic and heated spaces.

Weather-strip all windows and doors, including storms.

Plant an evergreen windbreak on the north.

Keep soffit vents open.

Insulate exterior walls.

Revive the old-fashioned vestibule – it keeps outdoor drafts away from indoor living areas.

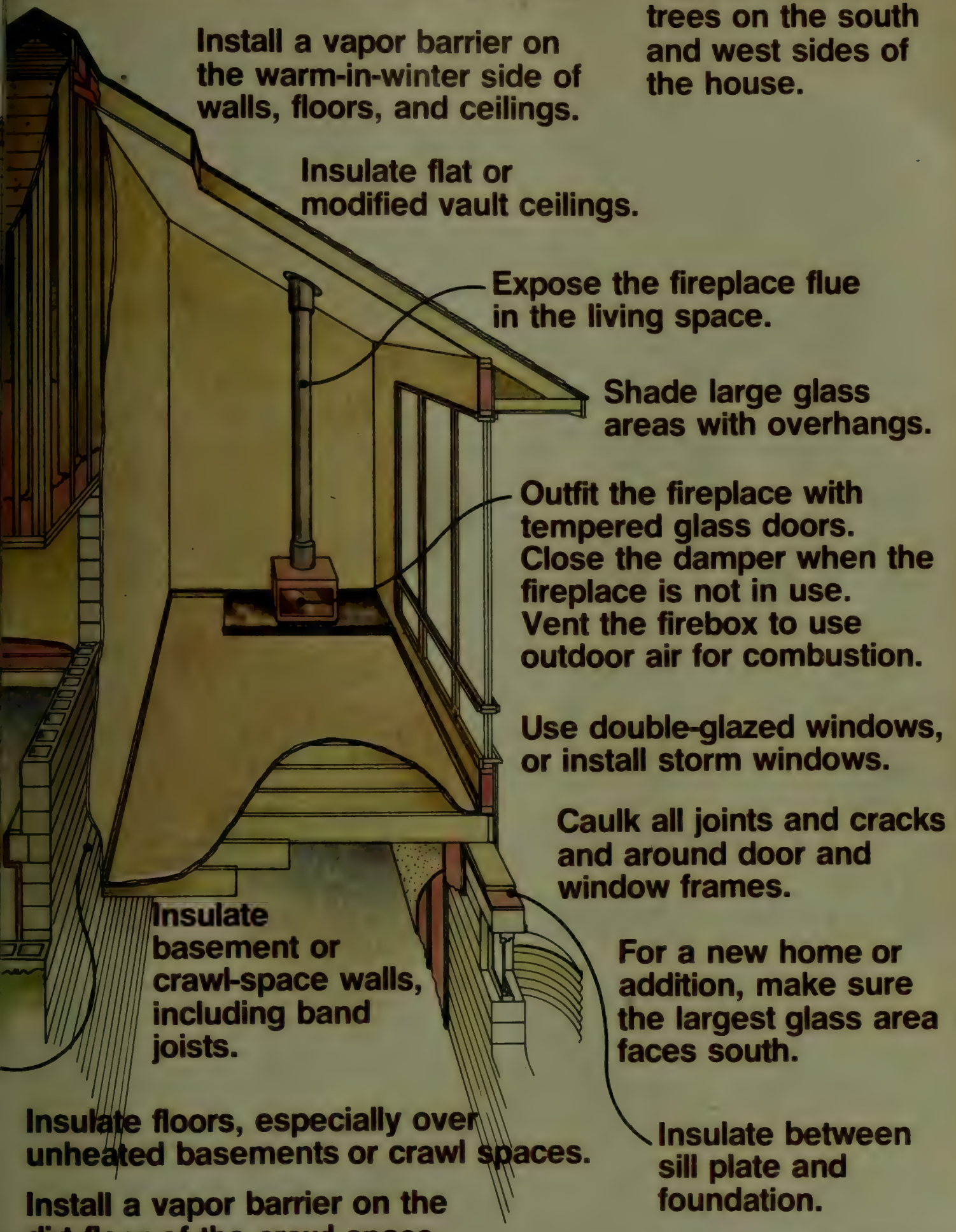
Insulate slab-on-grade floors along the edge of the slab and for two feet horizontally under the slab.

Regulate crawl-space vents.

If you're building a new home, consider including a wall mass for thermal storage.

Seal the threshold to control air infiltration.

Use an insulated entry door, or install a storm door.



Drawing: Lynch-Payne-Champion-Bernabe Inc., AIA. Blaser/Court Art Studio

Window-wall shelves

Built-ins are a surefire way to make a blank window wall decorative and useful. Here are two examples.

▼ In this small sitting room, wall-climbing shelves make good use of wasted space around a tall, awkward window. Books fill in above and below the striking display of model ships and Eskimo soapstone carvings, and there's convenient closed storage underneath. A flourishing tree softens the symmetrical arrangement of the shelves. Double shutters work well in odd-sized windows like these.

▼ Here, platform seating turns a bay window alcove into a cozy nook for reading and relaxation. The bold plaid fabric adds warmth and visual contrast to the light walls and shades. Baskets on the floor hold magazines, while a pair of floor-to-ceiling shelf units provides handy book storage. For nighttime or dreary-day reading, wall-hung swing-arm lamps supplement the natural light. ■



Design: Mrs. William R. Goss, J. Winstanley Briggs, Inc.



Design: Sandy Shapiro of Casella. Photographs/Source: Jessie Walker Associates



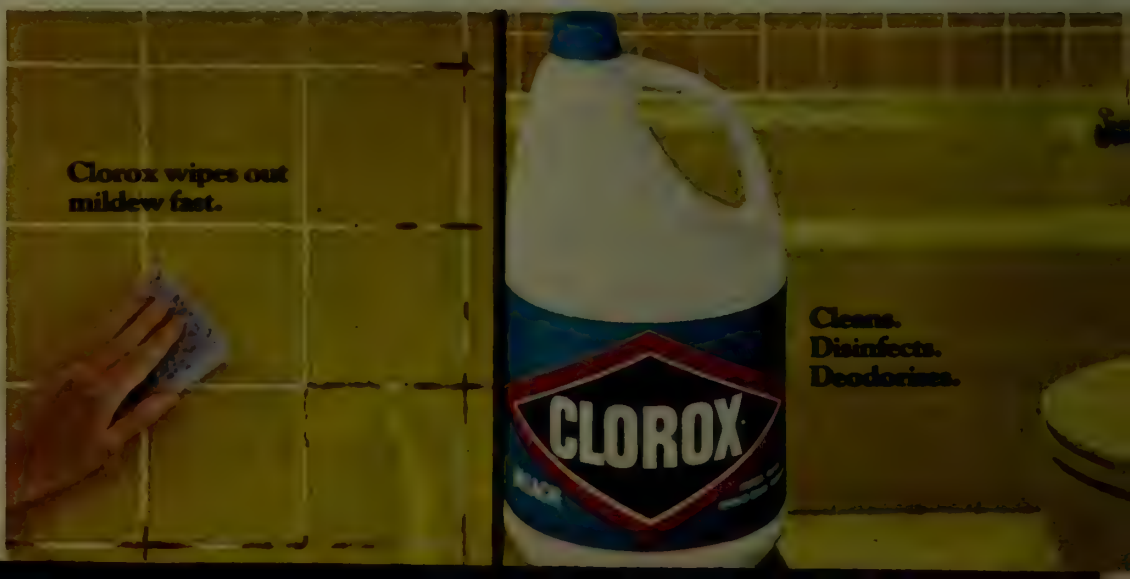
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Ann Greenberg
Charleston, S.C.

Clorox. It does more than the wash.

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"It's Brian's first birthday, the whole family's here...

And just look at the spotty glasses."

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For virtually spotless dishes, nothing can beat Cascade.

Most detergents can leave spot problems, but Cascade's sheeting action fights drops that spot. Give glasses the Cascade look: bright...shiny... virtually spotless.

New Maytag Je
out-cleans

New styling adds a smart touch to your kitchen.



clean™ Dishwasher em all.

gets the dishes you wash most... *cleaner* than other leading brands.

Hoo-boy. Nobody builds 'em like Maytag.



Who else but the dependability people could build a dishwasher this great for you?

We believe the new Maytag **Jetclean™** Dishwasher could be the standard by which all the others must be judged. Here are some of the reasons why:

1. Cleaner dishes for your family. In the regular cycle, this new Maytag gets dishes *cleaner* than other leading brands. Also unsurpassed for getting pots, pans, even casseroles clean.

2. It dries your dishes better than ever, thanks to exclusive new Maytag **Powerdry** which circulates air throughout the dishwasher. Most models let you dry with or without heat, saving electricity.

3. Its new styling and smart colors can sparkle up your kitchen. You can also personalize your Maytag by buying a Custom Trim Kit that lets you cover the front panel with fabric, wallpaper, plastic, wood, even stainless steel.



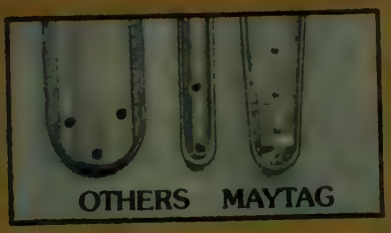
4. We put 10 pounds of sound-absorbing insulation all around the new Maytag Jetclean™ Dishwasher.

5. Maytag gives you cycles for every dishwashing job. Take your choice—built-in or convertible.

6. Loading and unloading couldn't be easier, because we've still got two deep racks, top and bottom. Exclusive Maytag **Dual Deep-Racking** lets you put 10" plates in both racks. Even big, odd-shaped things fit right in.



7. The capacity is huge. You can probably wash a whole day's dishes, silver, glasses, pots and pans for a family of four in one load.



8. The new Maytag Jetclean™ Dishwasher has the tested, exclusive Maytag **Jetwash** spray. Compare with others in the picture above. See? Smaller holes in Maytag Jetwash mean high-velocity water jets with tremendous dish-cleaning power.

9. You also get the tested, exclusive Maytag **Micro-Mesh™** Filter. The small holes in Maytag's filter trap even tiny food particles...won't let them get back on your dishes.

10. Of course, the new Maytag Jetclean™ Dishwasher is built as only the dependability people build 'em...to take it, and keep on taking it. Before you buy any dishwasher, compare at your Maytag Dealer's store. Buy now and save $25 with the certificate below.

MAYTAG JETCLEAN™ DISHWASHER

$25 Maytag Cash Refund Certificate

Buy a new Maytag Jetclean™ Dishwasher now, and get a $25 refund directly from The Maytag Company. Mail this certificate, plus a bill of sale from your Maytag Dealer showing date of purchase, model number, and serial number, to: **The Maytag Company, Box 69, Newton, Iowa 50208.** Offer good only on new models WU900, WU700, WU500, WU300, WU100, WC700, WC300. This certificate may not be mechanically reproduced and is not transferable. Good only in U.S.A. and Canada. Void where prohibited by law. Limit: one refund per dishwasher purchased, regardless of certificate source.

Your request for $25 refund must be postmarked no later than January 31, 1979. BS

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The Maytag Company, Newton, Iowa 50208

Spot Decorating

Instead of neglecting hard-to-furnish slices of wall space, why not turn those leftovers into eye-catching vignettes? Often a simple grouping of accessories or collectibles is just what's needed to enliven a do-nothing spot. For ideas, check these arrangements.



Photograph: Bill Hedrich, Hedrich-Blessing
Design: Thomas P. Oakley, ASID. Source: Jessie Walker

◀ In this hallway, collectibles of several periods create an elegant and balanced arrangement. Art nouveau glass vases are grouped on the handsome oak block-front chest. On the wall above, antique plates surround a contemporary chrome-framed graphic.



Photograph: Jim Hedrich, Hedrich-Blessing
Design: Judith Neuman. Source: Jessie Walker Associates

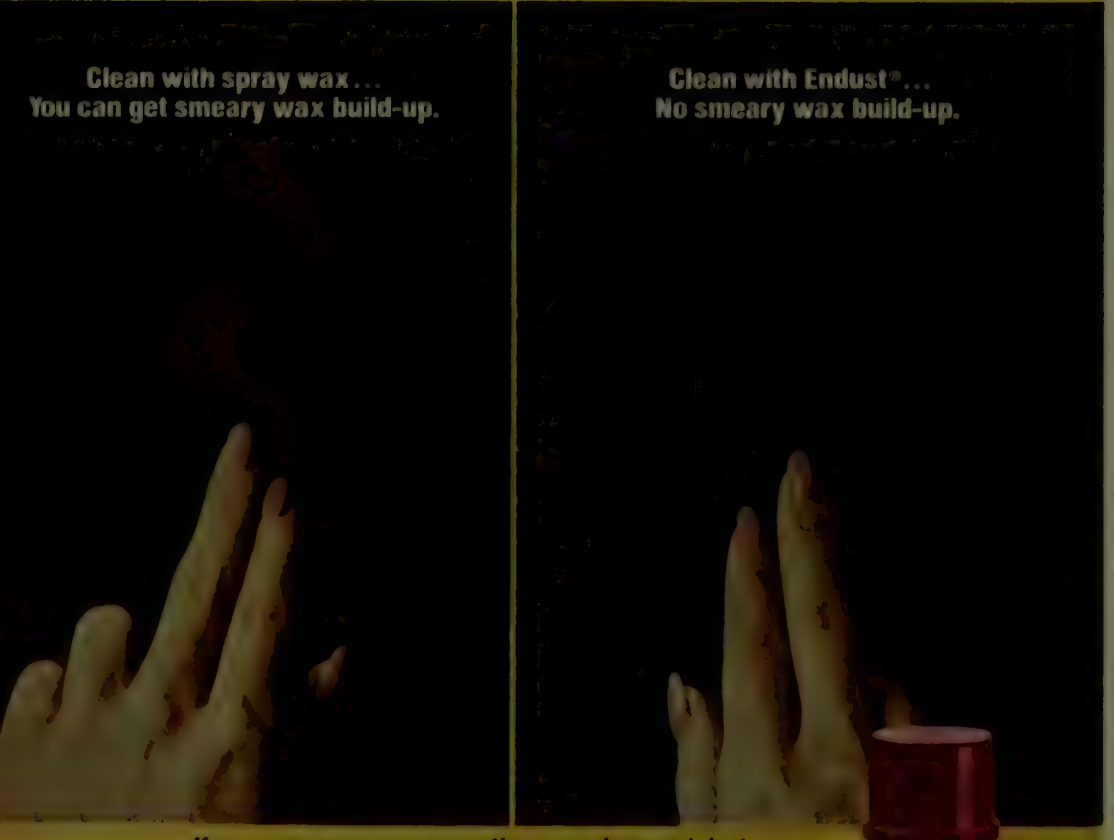
▲ You can easily create a striking grouping like this one by bringing your small collectibles together in one decorative display. This homeowner hung her handsome collection of hand-carved wooden combs in staggered rows to accommodate new additions as she finds them.



Photograph: Suter, Hedrich-Blessing
Source: Jessie Walker Associates

▲ Even a small corner like this one will shine if given some decorative polish. In a frame created by the natural oak woodwork, the refinished rocker, antique musical instruments, and old photographs form an understated, eye-pleasing vignette. ■

Why cleaning with Endust beats cleaning with spray wax hands down.



If you use spray wax every time you clean and dust, sooner or later your furniture will get wax build-up.

But Endust® cleans beautifully without wax build-up. Its unique formula cleans smudges and fingerprints without causing wax build-up, because it contains no wax. And, of course, there's nothing like Endust for dusting, too.

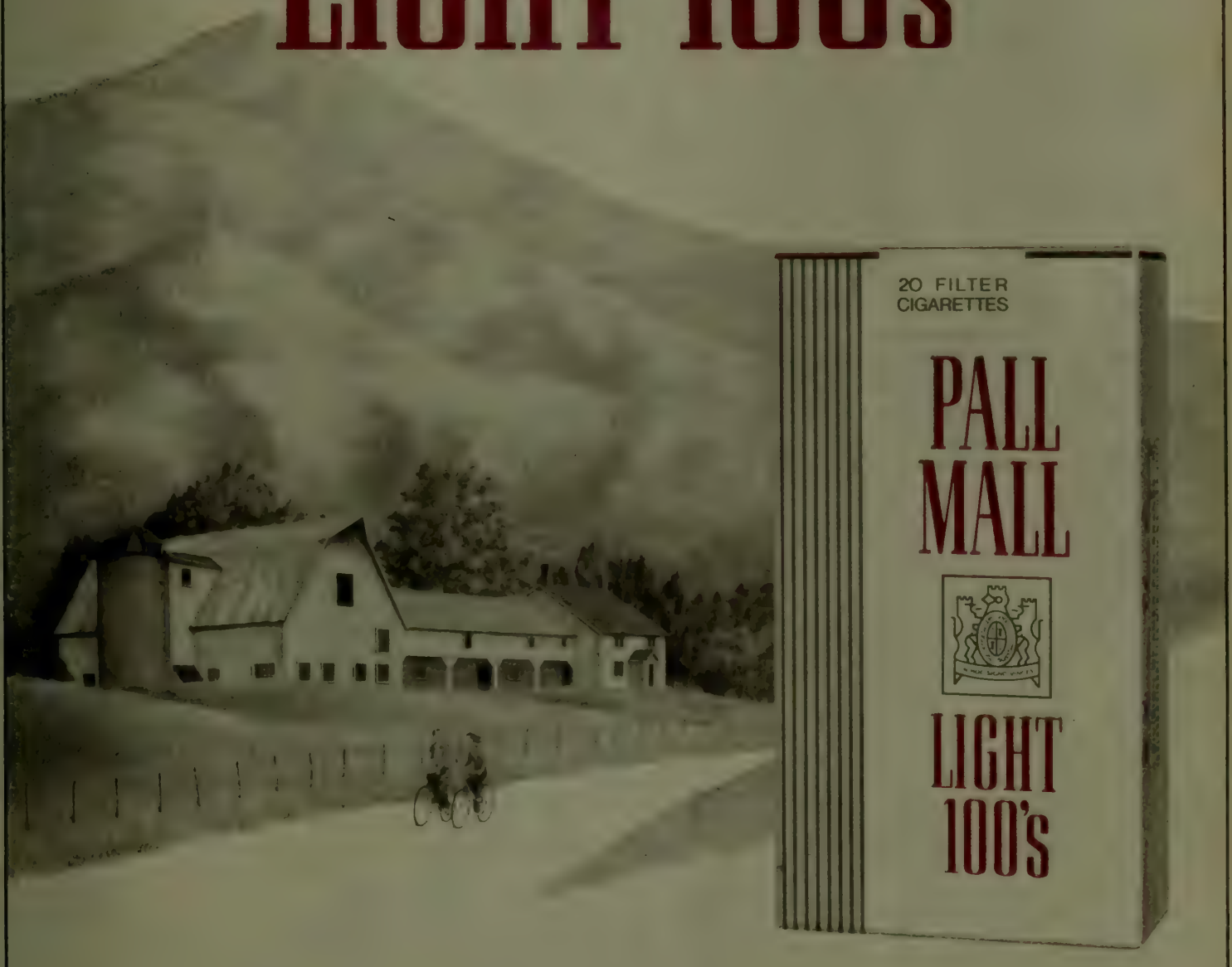
So go ahead, clean and dust as often as you like without ever worrying about the smeary wax build-up of spray wax.

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Good Housekeeping

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Only 12 mg. tar
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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

12 mg. "tar", 1.0 mg. nicotine av. per cigarette by FTC method.



Knitted Patchwork

By Nancy Lindemeyer and Gary Boling

Who says patchwork has to be quaint? Here it goes all out in a kaleidoscope of vivid fall colors. You knit these free-spirited sweaters patch by patch, using amounts of leftover yarns if you wish. The stitches and techniques are easy enough for a beginner to master, so go ahead and knit sweaters for all your family.

For complete how-to, see page 150


DRAKE





Knitted Patchwork



This super-simple afghan, knitted in flag-bright colors, is a spectacular introduction to two-color knitting. Work the squares individually, sew them together, and edge with a tidy crocheted border. You'll be done before you know it—and ready to knit up a family of patchwork sweaters.

For complete how-to, see page 150

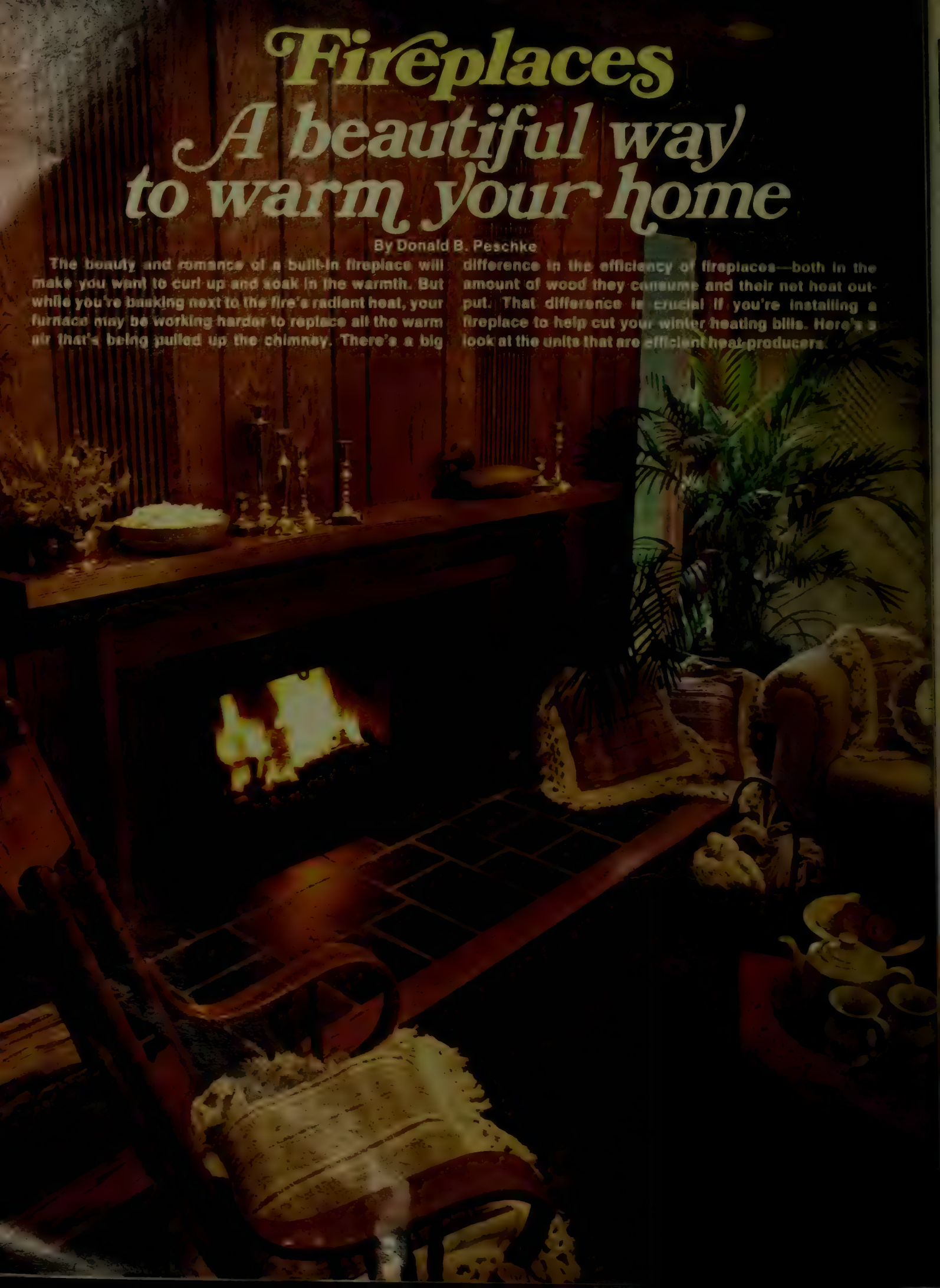
Photographs: Jim Hedrich, Hedrich-Blessing; Wm. Hopkins
Designers: Sweaters, Marie Muth; Afghan, Gary Boling
Design Coordinator: Ciba Vaughan

Buying information, page 158

Fireplaces
A beautiful way to warm your home

By Donald B. Peschke

The beauty and romance of a built-in fireplace will make you want to curl up and soak in the warmth. But while you're basking next to the fire's radiant heat, your furnace may be working harder to replace all the warm air that's being pulled up the chimney. There's a big difference in the efficiency of fireplaces—both in the amount of wood they consume and their net heat output. That difference is crucial if you're installing a fireplace to help cut your winter heating bills. Here's a look at the units that are efficient heat-producers.





Octatherm by Martin. The Octatherm is a complete fireplace system that includes outside air intakes for combustion, and eight heat-circulating ducts. Four of the ducts draw room air into the heat chambers on the sides and the plenum on top. The heated air can then be directed through return ducts to as many as three rooms. A fan package and glass doors are optional.



Heat Circulating Fireplace by Heatilator. Room air is drawn into twin heating chambers through intake vents on each side of the hearth. The plenum on top distributes the heated air to ducts which return it to the room. There are two models. One is designed to be set into a masonry opening; the other is a zero-clearance unit. Both have optional glass doors and fan kit.



Energy Saving Fireplace by Majestic. This fireplace features a stainless steel, corrugated heat exchanger at the back of the firebox. As room air enters the intake vents (the bottom ones on each side), it circulates past the heat exchanger and is returned to the room through the top vents on the front. Bifold glass doors, an outside air kit, and an interior duct kit are also available.



Energy-Mizer by Preway. An intake duct feeds outside air to the fire while room air enters through the vent beneath the hearth. As the room air circulates around the sides and top, it absorbs heat from the fire and is then returned to the room through the vent over the top of the hearth. Accessories include glass doors and a heat amplifier blower.

Photograph, opposite page: Jim Hedrich, Hedrich-Blessing

Photographs: William Hopkins

SHOPPING TIPS

Zero-clearance fireplaces

A zero-clearance fireplace is a prefabricated firebox unit with two (or three) walls. Because air space between the walls insulates the hearth from the outside wall, these units can be installed next to a combustible surface, such as a stud wall.

To make sure the fireplace you choose is a heat producer instead of a heat robber, look for these features:

- *Heat circulation.* In the new units air is drawn from the room, heated in chambers around the hearth, then returned to the room.
- *Glass doors.* The biggest heat loss in a fireplace occurs when warm room air is pulled into the hearth and up the chimney. Glass doors prevent this loss—particularly at night when the fire dies down.
- *Outside air intake.* Some units have a duct that channels outside air into the hearth for combustion, instead of using warm room air.
- *Hot air ducts.* Ducts and fans are incorporated in some units to direct hot air from the fireplace to other areas of the house.

Freestanding fireplaces/stoves
An economical way to enjoy a fire

If you're looking for a fireplace that bridges the gap between a built-in model and a wood-burning stove, a freestanding unit is the answer. Essentially, freestanding fireplaces are enclosed, self-contained fireboxes that operate to some extent like wood-burning stoves and have glass doors so you can enjoy the beauty of the fire. The chief advantage is flexibility. You can position a freestanding unit in the middle of a room, along a wall, or in a corner. Though most require a noncombustible base (and back, if the unit is near a wall), you won't have the expense of completely framing it as you would with a zero-clearance unit.



The Efel. Although it looks like a freestanding unit, the Efel functions as an airtight stove. The burning rate is controlled by two small vents hidden behind the fold-down panel. Loading is done from the side or front through the fold-up glass door. There is a removable ash pan beneath the hearth.



The Provider by Preway. The Provider is a complete freestanding fireplace system. It features a built-in, high-volume fan at the back of the unit that circulates room air through the heating chamber and back into the room through louvers to each side of the glass doors. The fan operates either manually or automatically by thermostatic control. An outside air intake kit (optional) can be connected to the bottom of the unit so air from outside the home is used for combustion.



Carousel by Malm. Combustion air enters through separations between the glass panels on the sides. The air swirls around the fire, creating a cyclone effect. A large, flat baffle inside the conical top slows the rising air currents to maintain a thorough burning rate and long-lasting fire.



Coronado by Martin. This is a modern version of a Franklin stove. The Coronado has glass bifold doors, vents on top to aid in heat distribution, and an optional fan in back to improve efficiency. The combustion chamber is 12-gauge, arc-welded steel.

Photographs: William Hopkins

SHOPPING TIPS

Freestanding fireplaces

Since freestanding units are really hybrids of built-in fireplaces and airtight stoves, the features to look for will vary depending on the unit's basic design. If it's essentially a self-contained, zero-clearance fireplace (like Preway's Provider and Martin's Coronado) look for glass doors, a heat-circulating chamber, a fan or blower unit, and an outside air intake.

The Efel (opposite) and Majestic's new Peabody (not shown) are airtight stoves. They function as wood-burning space heaters and use only small amounts of room air for combustion. For this type of unit, check how long it will burn on one load of wood.

One advantage of freestanding units is the exposed stovepipe leading to the chimney. Smoke and gases rising from the fire heat the pipe which then radiates extra warmth to the room. The color and type of stovepipe doesn't make much difference in efficiency—all the pipes transfer about the same amount of heat (except for chrome-plated pipe, which allows almost no heat transfer).

Airtight stoves

Enough heat to warm your whole house

Soaring fuel bills have caused a renaissance in airtight, wood-burning stoves. If you're looking for a way to heat your entire home with wood, one of these airtight stoves is the way to go. They're very efficient—most will provide heat for eight to 12 hours on one load of wood—and they're designed to extract as much heat from the wood as possible. Though an airtight stove looks like a plain box, it can (depending on design options) function as a forced-air furnace, a cooking surface, and an open-hearth fireplace.



Morso 1BO. The Morso has a special baffle system that causes the wood to burn from front to back. Hot gases are directed up through the arched heat exchanger, which collects and distributes heat that would normally escape.



AFS Fireplace. After primary combustion takes place in the firebox, smoke and volatile gases are ignited for complete utilization of fuel. A blower distributes heat through five heat exchanger tubes.



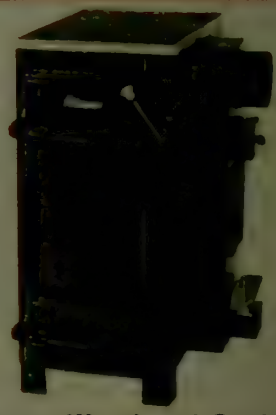
The Earth Stove. A thermostatically operated draft controls the air supply and provides even heat throughout the heating cycle.



Fisher Mama Bear. The interior is lined with bricks to hold and radiate heat. The two-level top can be used for cooking.



Columbia New America. A blower pulls hot air from the back of the unit and expels the air at a level four inches above floor level.



Riteway Wood and Coal Heater. Primary and secondary air intake is controlled by a thermostat. A jacket permits ducting into a central heating system. It also has an optional water heating coil.



Vermont DownDrafter. The internal design incorporates baffles that funnel coals to the bottom of two V grates. Combustible gases must pass through the coals for secondary combustion before escaping. A thermostatically controlled blower circulates room air.

Photographs: William Hopkins

SHOPPING TIPS

Airtight stoves

The chief advantage of airtight stoves is the controlled (and limited) amount of combustion air allowed into the firebox. In addition to being airtight, most stoves include design features that increase their efficiency in one of two ways: secondary burning of smoke and gases, and the addition of blowers and heat exchangers to distribute room air through or around the unit for heating.

There's a continuing debate as to whether cast iron or welded steel is better. They both have advantages and disadvantages, but neither is clearly superior. Also, flow patterns vary—up, down, S, and hybrids of these. As long as the gases are burned, it doesn't matter which way they flow.



Jotul No. 4 Combi-fire. The doors slide underneath to convert the Jotul from an airtight wood stove into an open-hearth fireplace. Doors are fitted with asbestos gaskets to prevent false drafts. The firebox is lined with fluted firebrick.

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BUILDING

What to consider before installing a fireplace or stove

Heating our homes with nonrenewable fuels such as natural gas, coal, and oil is getting more and more expensive. Not only that, we may soon reach the point where those sources are simply no longer available—at any price.

Wood-burning fireplaces and stoves may be part of the answer. Wood is a renewable source of heat which, if well managed and efficiently used, will always be available to us. But, the more you dig into the subject of wood heat, the more questions keep popping up.

Which fireplace or stove is best?

If you want to heat your whole house, the best way to go is with one of the airtight stoves, even though they lack the enchantment of an open fireplace. The beauty of an airtight stove lies in its efficiency and practicality.

If you opt for a built-in fireplace, choose one that collects room air, heats it, and circulates it to your house.

To get my money's worth, shouldn't I get the one with the highest BTU output?

Bigger isn't always better. You should choose a model with a heating capacity that meets, but doesn't exceed, your home's heating needs.

Most manufacturers list the BTU output of their fireplace or stove. These figures are arrived at under test conditions in special laboratories. However, each laboratory has its own testing procedures, so the figures you see for various manufacturers often aren't comparable.

This winter the Fireplace Institute will begin testing all zero-clearance and freestanding fireplaces and airtight stoves. When the tests are com-

continued on page 87



▲ Broccoli with Cheese Sauce



▲ Green Peas and Pearl Onions

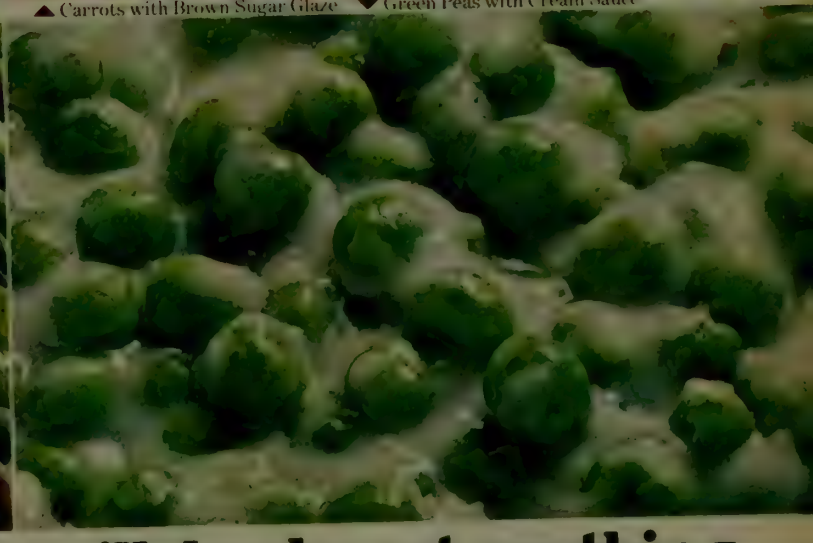




▲ Small Onions with Cream Sauce ▼ French Green Beans with Mushrooms

▲ Carrots with Brown Sugar Glaze ▼ Green Peas with Cream Sauce





Birds Eye® Combinations will do almost anything to get your husband's attention.

Does your husband think your vegetables are all alike as peas in a pod? Even when you're not serving peas? Then you should be serving him Birds Eye® Combinations.

Birds Eye® Combinations are mixed vegetables, glazed vegetables, vegetables in a cream sauce, vegetables with almonds—interesting, colorful, exciting vegetables. They're even broccoli and cauliflower in a great-tasting cheese sauce.

In short, they're vegetables that your husband can't ignore. That's because Birds Eye® Combinations will catch his passing fancy... the kind that makes him keep on asking you to pass the vegetables over to him.



BIRDS EYE®

Birds Eye® Combinations.

The first vegetables your husband might even notice.

Above photographs are approx. 2 times actual size.

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Only 8 mg. tar.

Taste so good you won't believe they're lower in tar than all these brands:



20 MG. TAR 1.3 MG. NIC.	13 MG. TAR 0.9 MG. NIC.	17 MG. TAR 1.0 MG. NIC.	12 MG. TAR 0.8 MG. NIC.	11 MG. TAR 0.8 MG. NIC.	17 MG. TAR 1.4 MG. NIC.	16 MG. TAR 1.1 MG. NIC.	16 MG. TAR 1.1 MG. NIC.

Source of all 'tar' and nicotine disclosures in this ad is either FTC Report May 1978 or FTC Method. Of All Brands Sold: Lowest tar, 0.5 mg. tar, 0.05 mg. nicotine av. per cigarette, FTC Report May 1976. Golden Lights: Kings Regular and Menthol—8 mg. tar, 0.7 mg. nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

continued from page 82

Before installing a fireplace or stove

plete, the results will be available to everyone.

You should also keep in mind that how well a fireplace or stove works in your home depends not only on the BTU output, but the type of wood you decide to burn, the outside temperature, the frequency of use, and, of course, the ability of your house to hold the heat that is produced.

If I install one, how much is it going to cost?

The idea of heating your home with wood is appealing, but the bottom line can dampen your enthusiasm. Installed, most units will cost from $1,000 to $2,500.

Of course, the freestanding units and the airtight stoves will be on the lower end of this price range because there isn't the expense of framing them in or running the ductwork.

Can't you pin it down any closer than that?

The price for each of the dozens of units available is generally between $400 and $800. But that can be misleading. Many times, the cost of framing in a fireplace or building a fireproof base for a freestanding unit or stove, and installing the triple wall chimney (which can cost $10 or more per foot), adds up to more than the cost of the unit itself.

If I install a fireplace or airtight stove, will it really cut my heating bills?

Yes . . . maybe. We could give you a long, involved answer with a lot of exceptions and qualifications—and you still wouldn't know if you could cut *your* heating bill. But you can come pretty close to figuring it out yourself. Here's what to consider:

- *Cost of installing the unit.* Remember that the cost will be amortized over the time it takes to pay it off with savings in your fuel bill.
- *Placement in your house.* If the stove or fireplace supplies heat to only one room, the unit can only cut your heating bill for heating that room. You need to have the fireplace heat as much of the house as possible (or practical) to do much good.
- *The energy-efficiency of your home.* If your house doesn't hold the heat your fireplace produces, you'll just wind up spending a lot of money for wood. Simply stated, a fireplace won't change the heat-loss characteristics of your house.
- *Cost of wood.* Unless you have a supply of free wood, it's going to cost you to burn a fire. You have to compare the cost and BTU output for wood burned in a fireplace or stove with the cost and BTU output for the source of heat you already have.
- *Frequency of use.* If you get a heat-producing fireplace and only burn a fire in it on Saturday nights, it's not going to put much of a dent in your heating bill. Using a fireplace or stove consistently throughout the winter will help.

That's a lot to figure out. Can you give me an easier answer?

A couple of case histories might help. Glenn Paulding

continued

New Chef's Blend.





More tasty flavors than any other dry cat dinner.

continued

Before installing a fireplace or stove

lives in a split-foyer house with a chronically chilly family room on the basement level. He installed an Efel (shown on page 78). Within 20 minutes after he lights the fire, the temperature of the room goes from 65 degrees to 75 degrees. The heat also rises up the staircase and into the living room. Glenn burns a fire almost every night and on the weekends and estimates a 30-percent reduction in his heating bills (and a 100-percent increase in evening naps in front of the fire).

Ed Miles went a step further. He decided to build a new energy-efficient house, oriented to take best advantage of the sun and equipped with two Jotul Combi-fire stoves. One of the stoves (featured on page 81) is in his living room; the other is on the lower level of the house, near his two children's rooms. The teen-age kids tend their stove and Ed takes care of the one in the living room. These two stoves heat his whole house—all winter long—with no other heat source (except the sun).

If I install a stove or fireplace, will my insurance rates go up?

The insurance industry hasn't quite got its act together on this question. What they see is an increase in fires related to wood-burning stoves and fireplaces. Naturally, insurance companies want to raise the rates (or, in some cases, cancel the policies).

So, you're faced with a "Catch-22" dilemma: If you install a stove or fireplace and tell your insurance company, you run the risk of higher rates or (possibly) being canceled. If you don't tell them and then have a fire, your policy may be void.

Play it safe. Check with your insurance company (anonymously if you want) before you install either a fireplace or stove. If you decide to go ahead, choose a unit that's U.L. listed and install it according to code. Then, treat your fireplace with respect.

And how about my property taxes —will they go up, too?

It depends on where you live, but yes, your property taxes will probably go up. (There may be a difference in assessment between built-in fireplaces, and freestanding fireplaces and airtight stoves.)

What if I already have a fireplace? Is there anything I can do short of replacing it?

Yes, on page 48 we examine some of the accessories that can be added to a fireplace to make it more efficient.

Can you suggest any other sources for information about fireplaces and stoves?

First, check with the fireplace dealers in your area. Of course, they'll try to sell you one of their units, but while you're talking with the dealers you can pick up a lot of information. Second, contact the Fireplace Institute, 111 East Wacker Drive, Chicago, Illinois 60601. And third, you might read an excellent book about wood, fireplaces, and airtight stoves called *The Woodburners Encyclopedia*, Vermont Crossroads Press, P.O. Box 333, Waitsfield, Vt. 05673, $6.95. ■



Now! Calendars from Better Homes and Gardens®

These two new 13-month calendars do a lot more than just tell the date. There's plenty of space for appointments. They feature photographs in full, rich color, and have space on the back for emergency numbers.

Houseplants in Bloom
Each month has a big, beautiful color photo of a flowering houseplant, complete with a detailed description and information on how to care for it.

Treasury of American Foods
More than a calendar...a recipe collection as well. 14 mouth-watering color photographs of traditional dishes associated with the heritage of our country; each page gives a fascinating history of the featured dish. The calendar also has a section containing 54 recipes of the dishes illustrated.

These big, beautiful, useful calendars are a great value at only $3.95 each.

Better Homes and Gardens•Books
WHEREVER BOOKS ARE SOLD

Gibson



You should be a Gibson Girl.

Who are the Gibson Girls? The thousands of women who look to Gibson when they look for new appliances.

Women who appreciate the quality, durability and trouble-free service that Gibson has been building into its products for over 100 years.

For them, Gibson makes a complete line of appliances in beautiful Nature Shades. Each one built to assure many years of smooth, efficient operation. And with the kind of innovative features that have become the Gibson hallmark.



Exclusive Gibson features like:

Silver Lining Insulation. A special Gibson extra that makes Gibson refrigerators among the most energy-efficient you can own.

Double-Scrub Action. To assure deep down cleaning for even the biggest, toughest laundry loads.



You can see why more and more women are looking to Gibson. Look for yourself. You'll become a Gibson Girl, too.

Air-Sweep. Gibson's unique room air conditioner feature that distributes air evenly throughout the room—right up to the corners.

Gibson® Appliances

Made to be beautiful, made to last.

BUILDING

Steps to take before you insulate

"Slash your energy bill by 50 percent!" "Save up to 20 percent on heating bills!" "Reduce your heating and cooling costs by as much as 30 percent!"

If all the claims for immense energy savings were true, then by taking a few inexpensive measures, homeowners could end up having the utilities owe them money.

That doesn't happen, of course, but homeowners can save money by investing in home energy conservation. One of the most highly touted energy investments is additional insulation. However, don't overlook the other (and, in many cases, less costly) measures you can take to save home energy dollars.

There's no doubt about it—insulation is an important way to control heat gain/heat loss in your home. Many American homes are not well insulated—some have no insulation at all. But, to get the best value for every energy-conserving dollar you invest, try to avoid spending more for additional insulation than you can ever recoup in utility bill savings.

Government and insulation industry sources frequently cite optimum insulation levels for various regions of the country. These insulation levels, measured in R-values, take into account the regional climate and local fuel costs. But what is listed as optimum insulation for your area may not be best economically for your particular house and family budget. How can you decide whether additional insulation is a good investment? There are several factors to consider, including how much heat your house is losing, where the house is losing that heat, and the cost of stopping heat losses. So, before you decide to beef up your home's insulation, answer the following five questions:

1. Is air infiltration occurring around windows and doors?

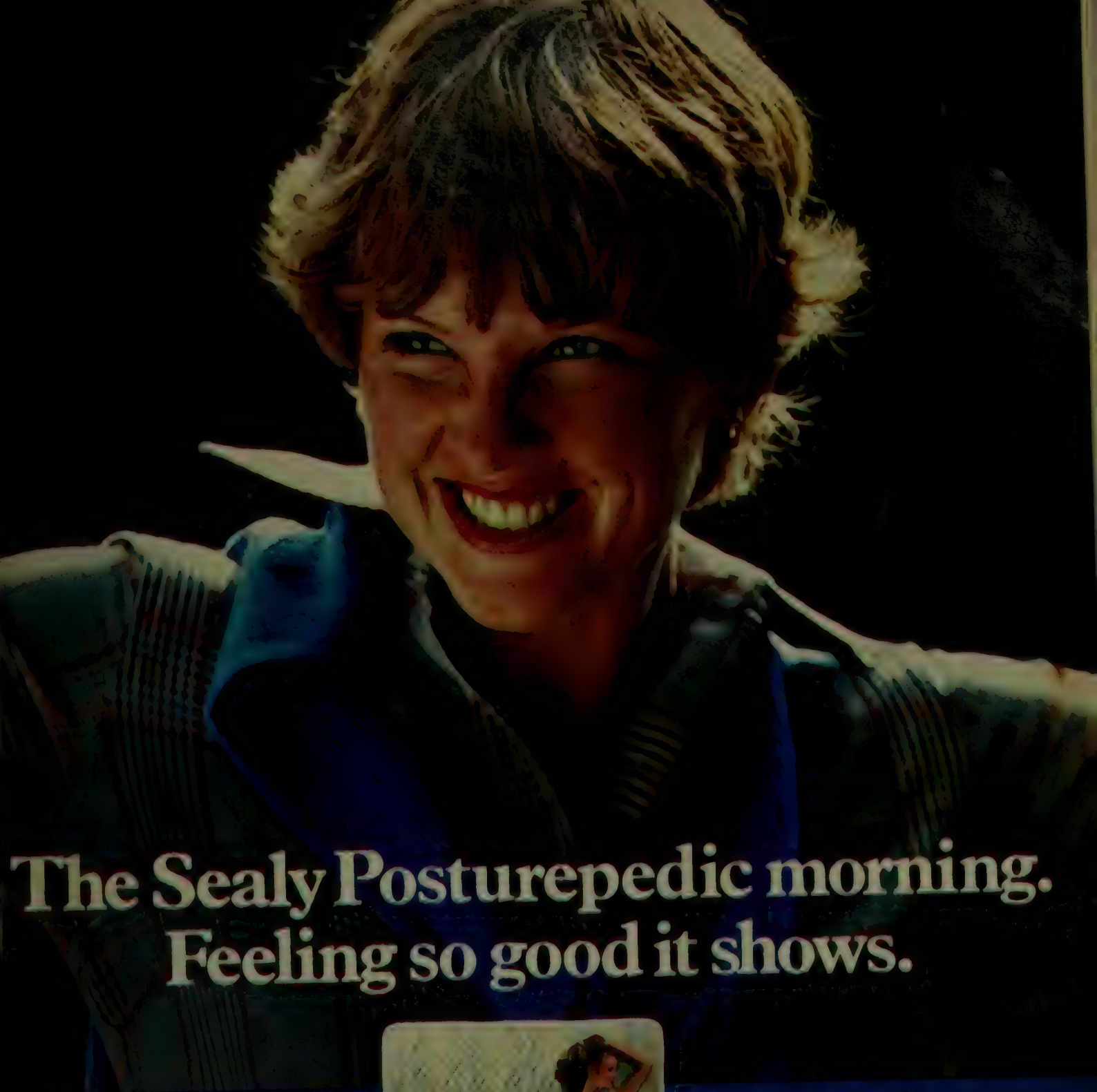
Insulation won't stop the loss of heat through cracks around doors and windows. You've got to plug those leaks! Here are the tried-and-true ways to do the job:

Weather stripping is an inexpensive but quite effective way to stop air leaks, and any do-it-yourselfer can install it. Exterior doors and windows should be weather-stripped, as should doors between heated and unheated spaces inside your home (for example, a kitchen access door to the basement). Remember to check the condition of weather stripping before each heating season and replace any that's not in tip-top shape.

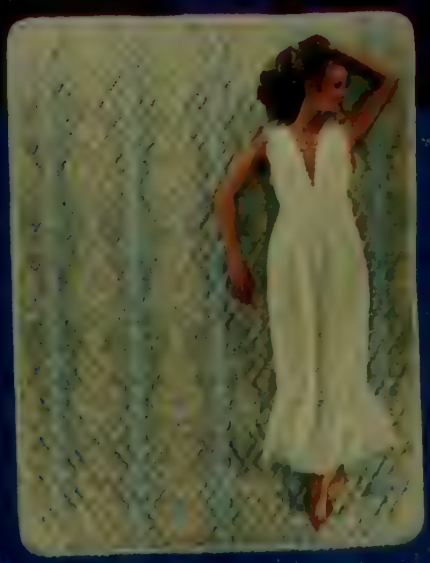
Caulk cracks around windows and doors and at the joints wherever two materials meet. Caulking is easy to do and will help keep unwanted outdoor air from entering your home while preventing the escape of heated or air-conditioned inside air. Check the

continued





The Sealy Posturepedic morning. Feeling so good it shows.



We want you to wake up feeling this good every morning.

So we designed the Sealy Posturepedic® in cooperation with leading orthopedic surgeons for no morning backache from sleeping on a too-soft mattress.

Sealy Posturepedic is a unique back support system. Cushioning layers comfort you. Hinged offset coils give you firm support. And our patented torsion bar foundation helps make your Posturepedic last years longer.

And now, you can choose a Posturepedic in the kind of personal comfort you like—from extra firm to gently firm. Whichever you select, you'll have the same deep-down support.

So don't just settle for any firm mattress. Insist on the one and only Posturepedic. Made only by Sealy.

And wake up feeling so good it shows—every Sealy Posturepedic morning.



Sealy

SEALY POSTUREPEDIC

The mattress your back will feel good about every morning.

For an information booklet on the Sealy Posturepedic, send name, address and

continued

Before you insulate

caulking once a year and replace brittle, broken, or loose caulk with new material.

Caution: Don't caulk the drain holes at the windowsill or in combination storm windows. Sealing the drain holes could cause rainwater to build up on the windowsill and seep into the house.

2. Is your house losing heat through single-glazed window areas?

A single pane of glass does not offer much resistance to the flow of heat, and uncomfortable convection currents can get started along an inadequately glazed window. That's why—even if the window's been weatherstripped and caulked—you still may feel a cool draft near a single-glazed window.

One of the best solutions is to equip each window with *several layers* of glass. The air space between the layers of glass in double- or triple-glazed window units has an insulative effect. Each air space slows the transfer of heat through the glass panes. If you're planning a remodeling, be sure to specify double- or triple-glazed windows as part of the job. For existing window areas, use storm units to help cut heat loss.

Storm windows and storm doors offer protection against heat loss/heat gain by putting another layer of glass and an insulating air space between you and the weather. Be sure to apply weather stripping to storm windows and storm doors, too, to prevent air leaks.

The least expensive way to give your house storm windows is to make plastic storms by stapling six-mil-thick clear polyethylene film to wood frames. These homemade storms may last several seasons, but eventually they'll have to be replaced.

Single-pane storms are a more attractive alternative, and they're relatively inexpensive. Single-pane storms clip in place over the regular window, but once they're in place, the storms are difficult to open from the inside.

Most expensive—but also most trouble-free—are combination storm/screen units. Both the storm sash and the screen slide in the tracks of a combination unit. And storm/screens are easy to maintain because they stay in place on your windows all year long. (Many homeowners use storms in summer to hold air-conditioned air inside.)

3. How much insulation is already in place in your home?

To answer this question, whip out your rule and start measuring insulation wherever you can find it around the house.

In an unfinished attic, measure the thickness of the insulation that's already in place between the floor joists or trusses.

If you have a finished attic, assessing the amount of in-place insulation may be more difficult because so many parts of the attic will be hard to reach. However, if there's a door or hatchway to the surrounding unfinished areas, do your best to measure the depth of insulation in the ceiling, wall, rafter, and gable areas.

Check basement or crawl space walls as well as the floor over a garage, porch, or other unheated space that has heated rooms above it. If there's insulation already in place, you're all set; if not, consider insulating these areas.

To check the amount of wall insulation, you'll need a screwdriver, a rule, and a flashlight. Turn off the electricity, then remove the cover from a light switch on an outside wall. Shine the flashlight into the space between the switch box and the wall material. If there's some insulation there already, relax; you won't need more insulation in the walls. However, if you find no insulation there, you may want to consider installing some.

Because the finished walls of your house are not easily accessible, they are the most expensive parts of the house to re-insulate. But don't skip wall insulation whenever the innards of exterior walls are exposed. When you add on a room or remodel by bumping out a wall, for example, be sure to insulate any exposed exterior walls.

continued



Two ways to save energy: the kind you pay for and your own.

DAP Acrylic Latex Caulk seals cracks and joints around window and door frames, inside and outside your home. Saves energy costs: keeps heat in and cold air out. Dries fast for painting in just 2 hours. Makes paint jobs last longer.

Kwik-Seal® Tub & Tile Caulk makes a neat, watertight seal around tubs, sinks and showers. Resets tile. Caulks interior window and door frames. Fast and easy to apply. Stays bright white, mildew-resistant and flexible.

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DAP Inc., General Offices: Dayton, Ohio 45401
Subsidiary of Plough, Inc.

Depend on fix-up products
DAP creates

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Now. It's a satisfying decision.



Like many people you may recently have switched to a lower tar cigarette, with milder flavor.

But as your tastes have changed, you may have found yourself reaching for a cigarette even lower in tar. An ultra-low tar alternative that satisfies your new tastes in smoking.

Then the decision is Now.

Now has only 2 mg. tar. And bear this in mind: today's Now has the most satisfying taste in any cigarette so low in tar.



Now

Only 2 mg tar. Significantly lower than 98% of all cigarettes sold.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

FILTER, MENTHOL: 2 mg. "tar", 2 mg. nicotine av. per cigarette by FTC method.

continued

Before you insulate

4. How difficult will it be to get at the areas of your home that need re-insulation?

You can re-insulate many parts of your home without using costly equipment or having specialized know-how. The unfinished sections of the house (such as an unfinished attic or basement) are the best bets for the do-it-yourselfer. In these areas, you don't have to cut through a wall or raise a floor to install the insulation.

Review Question 3 to get an idea of the logistical problems of re-insulating. A finished attic, a tight-squeeze crawl space, or exterior walls will be hard to reach, so you may want to call in a contractor to re-insulate these spaces. However, a contracted re-insulation job can cost twice as much as a do-it-yourself job because you pay for the contractor's labor as well as the insulation materials.

5. How much can you afford to spend?

Only *you* can answer this one. Start by noting the cost of typical energy improvements as well as their potential for savings on your utility bills. Then compare the figures. For example, if your attic already has some insulation in it, but there is no weather stripping around windows and doors, or you do not have storms on doors and windows, first spend your money on air infiltration stoppers.

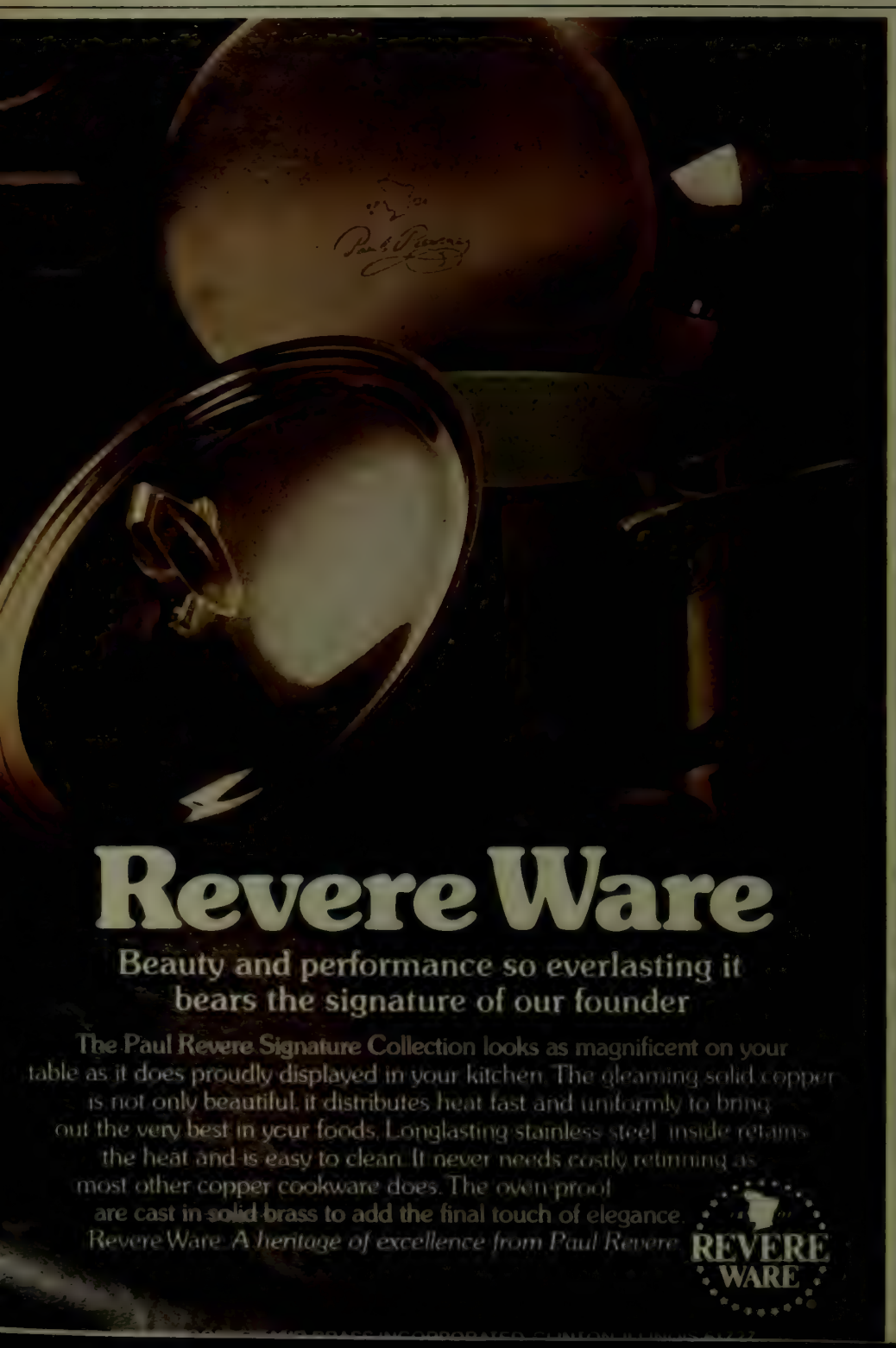
To simplify your comparisons, here's a costs-and-savings rundown on the non-insulation energy improvements we've noted:

Weather stripping will probably cost about $2 per window and $6 per door. **Caulking** will cost approximately $3 per window, $2.75 per door. You can figure on spending 50 cents per **plastic storm window,** about $10 per **single-pane glass storm window** (if you install it yourself), and $30 per **combination storm window** (installation included). Check local costs.

You can easily recover the cost of weather stripping and caulking in one season's savings on heating bills. Plastic storms will pay for themselves right away, too. Although you won't get your money back the first season with other storm window investments, you can look forward to a 15-percent savings on heating bills once the storms are in place.

You may think twice about installing glass or combination storm windows if you anticipate moving before the end of their six-year payback period. But keep in mind that energy investments you make now can affect your home's salability. Because buyers are thinking of the lifetime costs of living in the homes they purchase, energy-efficient homes carry bigger price tags than homes with both a history and a future of high fuel bills. In some cities, mortgage lenders, too, are demanding certain levels of energy efficiency before they OK a home loan.

In the end, you know better than anyone else what is economically feasible for your home and your family budget. Spend your energy conservation dollars wisely. Begin with the basics. You can't afford not to. ■



COMPARE
Friskies Dinners with any canned dog food.

- Friskies® Dinners for dogs is rich, meaty, and chunky.
- No big lumps of fat or gristle.
- Every dinner is moist and juicy – great for mixing.
- Meat-lovin' dogs love the delicious taste of Friskies Dinners.



SAVE 15¢

15¢/3 cans

FCD-855-BH2

15¢/3 cans



STORE COUPON

15¢/3 cans

SAVE 15¢ ON ANY 3 VARIETIES OF FRISKIES® DINNERS FOR DOGS.

To Dealer: For each coupon you accept from consumer at time of purchase of the specified product, we shall pay you face value (plus 5¢ handling) provided you and your customer have complied with the terms of this offer. Presentation for redemption without such compliance constitutes fraud. Invoices proving purchase of sufficient stock to cover coupons presented must be shown upon request. Coupon may not be assigned or transferred. Customers must pay any sales tax. Offer good only in U.S.A.; void where prohibited, taxed, or restricted by law. Coupon is redeemable only through Carnation sales representatives or if mailed to CARNATION COUPONS Box 171, Pico Rivera, California 90665. Coupon will not be honored if presented through unauthorized persons. Cash value 1/20 of 1¢. Unauthorized reproduction of this coupon is prohibited.

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Limit one coupon per purchase. Offer expires October 31, 1979.

FCD-855-BH2

15¢/3 cans

STORE COUPON

SPECIAL DIETS

DIABETIC EXCHANGES FOR PACKAGED FOODS

In August, we introduced the first of our two-part story featuring diabetic exchanges for packaged convenience foods. This month's selection includes instant soup mixes plus a host of bread and cracker products. Remember that unless we state otherwise, the food exchanges given are for the packaged product only and do not include ingredients you use in preparing the product.

SOUP MIXES	SERVING SIZE	EXCHANGES PER SERVING
LIPTON CUP-A-SOUP		
1-serving-size dry bean soup mix (prepared)	6 ounces	1 bread + ½ low-fat meat
1-serving-size dry vegetable beef soup mix (prepared)	6 ounces	1 vegetable
1-serving-size dry cream-style chicken soup mix (prepared)	6 ounces	⅔ bread + 1 fat
1-serving-size cream of mushroom soup mix (prepared)	6 ounces	⅔ bread + 1 fat
1-serving-size beef-flavored noodle soup mix (prepared)	6 ounces	½ bread
1-serving-size chicken noodle with meat soup mix (prepared)	6 ounces	½ bread
1-serving-size green pea soup mix (prepared)	6 ounces	1½ bread + ½ low-fat meat
1-serving-size cream of tomato soup mix (prepared)	6 ounces	1 bread + ½ fat
1-serving-size spring vegetable soup mix (prepared)	6 ounces	2 vegetable
NESTLE SOUPTIME		
1-serving-size chicken noodle soup mix (prepared)	6 ounces	½ bread
1-serving-size beef noodle soup mix (prepared)	6 ounces	½ bread
1-serving-size cream of chicken soup mix (prepared)	6 ounces	⅔ bread + 1 fat
1-serving-size tomato soup mix (prepared)	6 ounces	1 bread
1-serving-size French onion soup mix (prepared)	6 ounces	1 vegetable
1-serving-size green pea soup mix (prepared)	6 ounces	1 bread + ½ low-fat meat
1-serving-size mushroom soup mix (prepared)	6 ounces	⅔ bread + 1 fat
1-serving-size cream of vegetable soup mix (prepared)	6 ounces	1½ vegetable + 1 fat
BREADS AND CRACKERS	**SERVING SIZE**	**EXCHANGES PER SERVING**
PILLSBURY		
refrigerated Hot Loaf	1 slice	1 bread + ½ fat
refrigerated apple-cinnamon muffins	1 muffin	1 bread + 1 fat
refrigerated corn muffins	1 muffin	1½ bread+ 1 fat
refrigerated plain buttermilk biscuits	2 biscuits	1½ bread
refrigerated butterflake dinner rolls	1 roll	1 bread + ½ fat
refrigerated crescent rolls	1 roll	1 bread + 1 fat
applesauce bread mix (prepared)	⅛ of loaf	1½ bread + ½ fat
apricot-nut bread mix (prepared)	⅛ of loaf	1½ bread + ½ fat
banana bread mix (prepared)	⅛ of loaf	1½ bread + ½ fat
blueberry-nut bread mix (prepared)	⅛ of loaf	1½ bread + ½ fat
cherry-nut bread mix (prepared)	⅛ of loaf	1½ bread + 1 fat

continued

Handsome serving pieces in Oneida Community Stainless to match your favorite pattern from the Betty Crocker Coupon Catalog.



How often have you wished you owned elegant serving pieces like these, especially during the holidays when you want to set a festive table for your family and guests? Well, now you can take your choice from six of our beautiful stainless patterns — and save money besides. What a convenient, inexpensive way to complete or complement your own set and to say "Happy Holidays" to someone on your gift list, too.

You'd expect to pay over twice as much in stores for serving pieces in this quality Oneida stainless.

Discover more values in Oneida Community Stainless and Silverplate and over 100 other lovely items in the Betty Crocker Coupon Catalog included with your order. Save Betty Crocker coupons you will find on over 175 General Mills' products.

If not entirely satisfied, return merchandise within 10 days and your money will be refunded. Order today! Offer expires December 18, 1978.

Betty Crocker

Butter Knife, Sugar Spoon & Jelly Server
$4.25

Large Serving Spoon
$2.25

Pierced Serving Spoon & Cold Meat Fork
$3.25

Gravy Ladle
FREE

Our gift to you when you order the other six pieces.

Chandelier

Voilà Brahms P. Henry Via Roma Chatelaine



General Mills, Inc., Box 273, Minneapolis, Minnesota 55460

I enclose a check or money order for

$ _____

CHECK YOUR PATTERN BELOW:

☐ Chandelier ☐ Voilà ☐ Brahms
☐ P. Henry ☐ Via Roma ☐ Chatelaine

Please send me (CHECK APPROPRIATE BOX)

☐ Butter Knife, Sugar Spoon and Jelly Server @ $4.25
☐ Pierced Serving Spoon and Cold Meat Fork @ $3.25
☐ Large Serving Spoon @ $2.25
☐ The Whole Works: all 6 pieces plus Free Gravy Ladle @ $9.75

To assure delivery, give zip code. Offer good only within U.S.A. Please allow up to six weeks for shipment. Offer expires

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PLEASE PRINT CAREFULLY. THIS WILL BE YOUR SHIPPING LAB

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ADDRESS _____

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CITY _____

STATE _____ ZIP

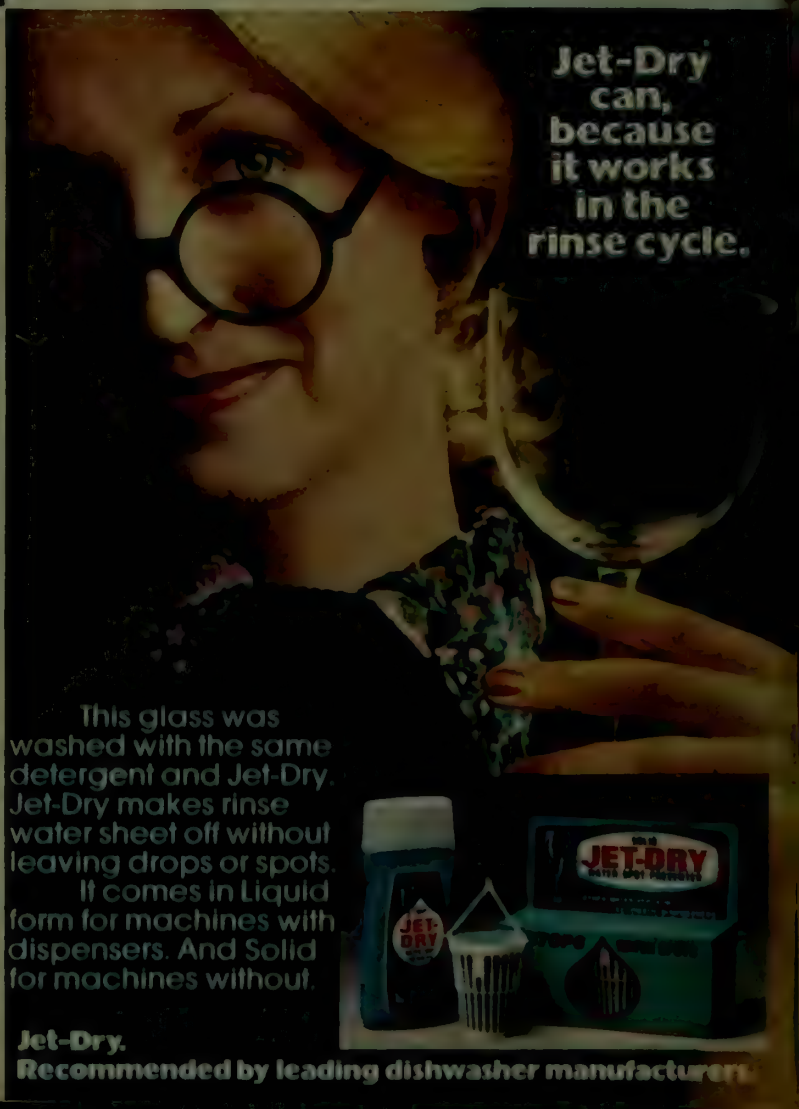


BREADS AND CRACKERS	SERVING SIZE	EXCHANGES PER SERVING
NABISCO		
shredded wheat wafers	5 crackers	1 bread + ½ fat
thin wheat crackers	13 crackers	1 bread + 1 fat
zwieback toast	3 pieces	1 bread + ½ fat
DESSERTS	**SERVING SIZE**	**EXCHANGES PER SERVING**
GENERAL FOODS		
fruit-flavored gelatin (prepared)	½ cup	1 bread
cheesecake mix (prepared)	⅛ of 8-inch cake	2½ bread + 2 fat
egg custard mix (prepared with milk)	½ cup	½ milk + 1 bread + 1 fat
low-calorie pudding (prepared with skim milk)	½ cup	½ milk + ½ bread
PILLSBURY		
apple, blueberry, or cherry turnovers	1 turnover	1½ bread + 1½ fat
brownie mix (prepared)	2 1½-inch squares	1 bread + 1 fat
gingerbread mix (prepared)	3-inch square	2 bread + 1 fat

continued

Diabetic exchanges

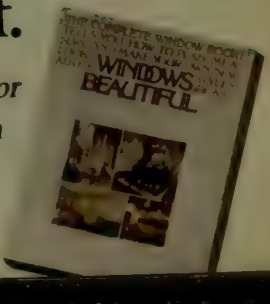
BREADS AND CRACKERS	SERVING SIZE	EXCHANGES PER SERVING
PILLSBURY		
date bread mix (prepared)	⅙6 of loaf	1½ bread + ½ fat
cranberry bread mix (prepared)	⅙6 of loaf	1½ bread + ½ fat
nut bread mix (prepared)	⅙6 of loaf	1½ bread + ½ fat
oatmeal-raisin bread mix (prepared)	⅙6 of loaf	1½ bread + ½ fat
hot roll mix (prepared)	2 rolls	2 bread + 1 fat
NABISCO		
animal crackers	8 crackers	1 bread + ½ fat
oyster crackers	25 crackers	1 bread + ½ fat
plain chocolate wafers	3 wafers	1 bread + ½ fat
graham crackers	4 crackers	1½ bread + ½ fat
thin pretzel sticks	67 sticks	1 bread
arrowroot biscuits	4 biscuits	1 bread + ½ fat
plain vanilla wafers	5 wafers	1 bread + ½ fat
saltine crackers	7 crackers	1 bread + ½ fat





Lovely! And you can do it yourself.

Kirsch can help you make your home beautiful. With drapery hardware styles and finishes for every window. Like this Kirsch Sherwood® traverse rod. With the look of wood . . . the strength of steel . . . Teflon-S® coating. Kirsch's "Windows Beautiful" shows you how with 140 pages of colorful ideas — including how to make draperies. See your Kirsch dealer for "Windows Beautiful" and everything you need. Or, for book, send $1.95 plus



Kirsch



WITH THE TASTE OF FIFTEEN FINE TOBACCOS, YOU DON'T NEED MORE THAN 5 MG. OF 'TAR'.

Decade put fifteen of the world's richest tasting tobaccos in one low 'tar' cigarette.

Our special blend includes exotic Turkish, full-bodied Burley, and Bright, a tobacco known for its smoothness.

More than that, Decade is made with a unique "Total System." The filter, the paper and the tobacco are perfectly balanced to deliver real tobacco taste with only 5mg. of 'tar.'

So try Decade. Once you taste our tobaccos, you'll never miss the 'tar.'

THE TASTE THAT TOOK TEN YEARS TO MAKE.



Only 5 mg. 'tar.'

Regular and Menthol.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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5 mg. "tar", 0.4 mg. nicotine av. per cigarette, FTC Report May '78.

GOOD NEWS

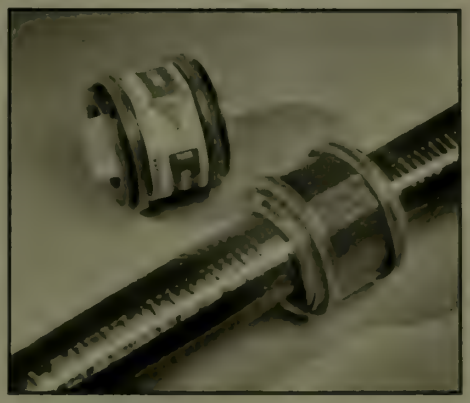
Small, mighty speakers



You can use these tiny speakers with the powerful components that drive large box speakers, and you'll still get a surprisingly strong, clear sound. The mini-speakers can be concealed among books or behind plants so your room decor won't suffer.

David 502 Speakers, about $230 (for a pair). Visonik of America, Inc., 1177 65th St., Oakland, Calif. 94608.

Hose fixer



Don't throw away your leaking garden hose this fall. You can extend its life indefinitely with this inexpensive clamp. Just cut out the leaking section of hose, push the two cut ends into this plastic clamp, and hand tighten it.

Turn-Clamp Hose Coupler, about $1.25 (⅝- or ½-inch sizes). Rovala, Inc., P.O. Box 6493, Fort Worth, Tex. 76115

Sewing with air



Photographs: William Hopkins

You control this electronic sewing machine with a pneumatic foot control that signals the electromagnetic motor with puffs of air. Sewing speed remains constant and needle penetration accurate through even the thickest, most closely woven materials.

Elna TSP Air Electronic Sewing Machine, about $800. White Sewing Machine Company, 11750 Berea Rd., Cleveland, Ohio 44111.



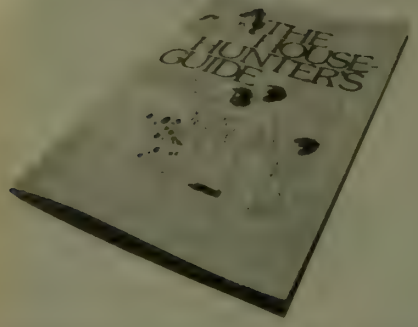
Tree trimmer

This work-saving saw enables you to remove small out-of-reach branches without climbing a ladder or hiring a tree service. Simply attach the safety weight to one control line and toss the weight and line over the branch that you wish to remove. The flexible steel blade has tiny carbon steel teeth (see inset left) that cut through the wood as you alternately pull on the control lines. Campers will find the saw ideal for pulling down dead branches to use as firewood. A vinyl carrying case is included, and replacement blades are available.

High Branch Tree Saw, about $14.95. Green Mountain Plant Products, Inc., Muller Park, Norwalk, Conn. 06852.

continued

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GOOD NEWS



Press-on drywall tape

Cutting and installing drywall yourself is a snap; it's the smoothing of the joints and corners with paper tape and several layers of compound that's time-consuming. This pressure-sensitive plastic drywall tape will cut that time significantly. The joint tape has a center spline that fits between the panels for proper alignment. The inside and outside corner tapes go up with a lot less nailing than traditional metal strips require. Once the tape is in place, you usually can satisfactorily finish the joint by applying only one layer of compound.

EZT Drywall Tape, about $2.99 for four 4-foot-long tapes (joint, inside corner, or outside corner). Plastics Division, Minter Homes Corp., P.O. Box 1060, Huntington, W. Va. 25173.



Smooth and speedy roller

This paint roller zips over the wall as you paint and frees you from stooping over to fill the roller every few swipes. You fill the container with up to one gallon of latex or oil-base paint and pressurize the contents with the cap's air pump. Then, as you push and pull the roller across the wall, the air pressure feeds a steady flow of paint across the width of the roller. You don't have to move the container often as you paint because the hose is 15 feet long, and you can adjust the flow to your painting speed. To clean the device, you run water or solvent through the hose and feed arm.

The Paint Machine, about $40. The K. J. Miller Corp., 22711 County Road 14 East, Elkhart, Ind. 46514.

Products shown in Good News are available nationally. For more information or the name of the nearest retail outlet, contact the manufacturer at the address listed; please do not send money to the company. All prices are subject to change.



Duncan Hines new Pudding Recipe cakes! They're so moist, they almost belong in pudding dishes!



Pudding in the mix makes 'em so moist. Duncan Hines makes 'em so delicious.

Moist! Delicious! That's our brand new Pudding Recipe layer cake mixes. Pudding in the mix makes our new cakes so flavorful and so moist your family won't be able to resist 'em!

They're available in your favorite flavors.

How to strip wood furniture

A furniture refinishing project usually starts with getting down to the bare wood. Here's how you can get the messy job done quickly and efficiently.

Pros and cons of a "pro"

The easiest option, of course, is to have a professional do the stripping, but it's bound to cost more than doing the job yourself. After considering the cost of professional stripping and the length of the waiting period, you may decide that tackling the job yourself is the best bet.

There are almost as many different methods for professionally removing old finishes as there are stripping shops. Check with different companies, ask what method each uses, and look at an example of the shop's work.

One common procedure used by professionals is the "dip and strip" method, which requires that the piece of furniture actually be submerged in a vat of remover. After soaking, the furniture is hosed down with water to wash off the remover and old finish. Keep in mind that this method can only be used for items small enough to fit into the vat, and that have no parts that could be damaged by the solution and water. There's also a danger that this method might dissolve the glue that holds the piece together. Inquire about risks.

A second process for professional stripping is to put the furniture in a machine that functions like a dishwasher. A chemical is recirculated over the furniture for several hours, then water is sprayed over the furniture. Limitations are the same with this procedure as with the "dip and strip" method.

Some strip shops use manpower to remove the finish, very much the same way you would yourself. The pieces are washed in a vat of remover and scrubbed with a nylon brush or steel wool. Some shops follow this with sanding; others don't, since sandpaper can damage the grain. Shops also vary in the use of water as a follow-up.

Home stripping methods

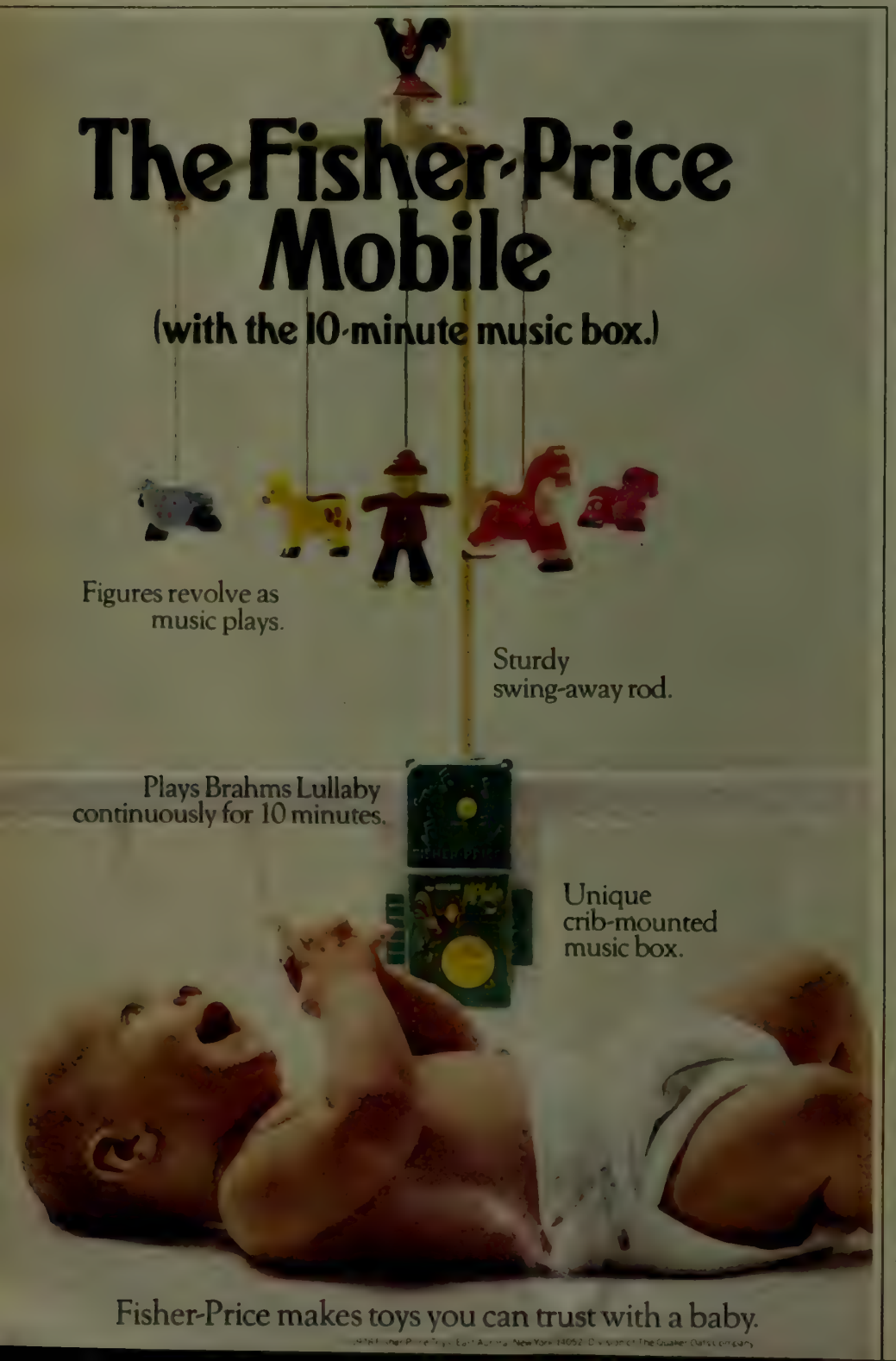
Do-it-yourselfers have two basic types of products available to them—a liquid no-wash stripping agent and a water-wash stripper.

Whichever type you use, you should take some general precautions:

- Always wear rubber gloves to protect your hands. If your hands perspire in rubber gloves, wear cotton gloves inside the rubber ones.
- Always work in a well-ventilated room. Fumes can be dangerous.
- Keep all stripping products out of the reach of children.

To use a *liquid no-wash stripper,* you'll need a large metal container (a dishpan or roaster). Never use a plastic or rubber pan. You'll also need No. 3 and 0000 steel wool, nylon brushes, and a nylon scraper or spatula. A nylon toothbrush or bottle brush will come in handy for removing the finish in hard-to-reach carved areas.

Start your liquid no-wash stripping process by pouring plenty of remover into the pan. Then stand or lean the item you're stripping over the pan and wash the furniture with steel wool and



brushes. Work on one small area at a time and keep the surface of the furniture thoroughly wet with remover. If the furniture is too large to wash over a pan, dip the 0000 steel wool into the remover, squeeze out the excess, and rub a small area, keeping the finish damp with remover. When the finish is dissolved, wipe it off with a rag. Always use long strokes that follow the grain.

When your furniture is completely clean, buff the surface with No. 3 steel wool and allow to dry 20 to 30 minutes. Particles of steel wool may remain, so be sure you rub the surface thoroughly with a clean cloth. Or use a vacuum cleaner. Traces of steel wool left on the surface of the wood can ruin your final finish.

Water-wash remover is applied with a brush. Since this stripping agent has a semi-paste consistency, you'll have to spread and dab it on. Make sure the remover is applied generously to all surfaces and in all crevices.

Allow the remover to work from one to 30 minutes. Test its progress by scraping a small area. When the remover has completely penetrated the old finish, begin washing. The most effective way to remove the softened finish is to wash it with coarse steel wool or a towel soaked in detergent and water solution. Use a toothbrush or toothpick on carved surfaces.

If you're trying to remove thick layers of paint or unusually tough coatings such as epoxy, you may have to repeat the stripping process. Use a scraper to remove what you can the first time, then apply a second or third coat without rinsing off the remover.

Wood veneers bonded with water-sensitive glue and other finishes may be damaged by water. In these cases, or if you wish to raise the grain only slightly, rinse with mineral spirits or turpentine instead of water.

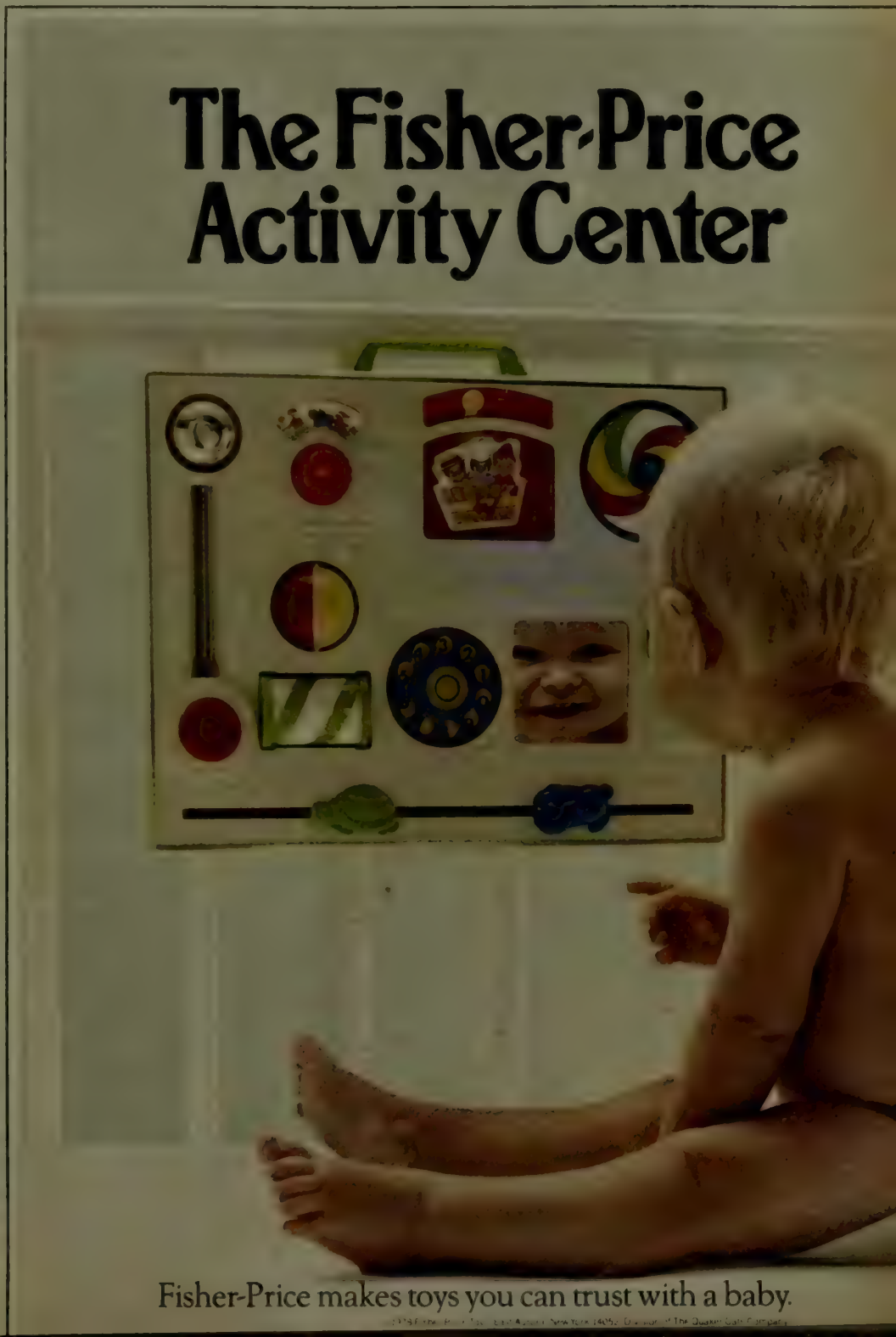
No matter what type of stripper you use, allow the surface to dry thoroughly and sand it lightly before refinishing.

A third way to strip wood is with a mechanical stripping attachment for your electric drill. It's a rotary disk fitted with flexible metal "fingers" that actually strip the finish from the surface. This stripping disk comes in fine and coarse models and can be sharpened for continued use. The rotary stripper is designed for right-hand rotation drills only and requires just a light touch on the surface. Hold the disk in one place until the finish starts to come off, then move the disk slowly with the wood grain. Complete your rotary stripping job with a light but thorough sanding.

Check for minor repairs

Before refinishing, look the piece over carefully to see if any repairs are necessary. Old chairs and tables are often wobbly because support holes are too large at the joints or legs and supports have become unglued. Scrape off all the old glue near a loose joint and refasten the leg or support with white glue. Let the glue dry completely. If the joint is too large, use glue or small wood pieces to build up the loose support. Then trim the support so it fits the hole snugly.

Use a good wood putty to fill in any cracks. Remove the excess with a rag or fine sandpaper. Also be sure to remove any excess glue from the surface of the piece so that paint and varnish will adhere properly. ■



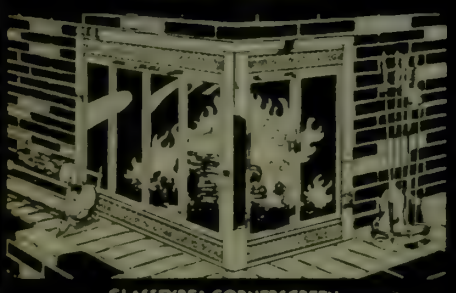
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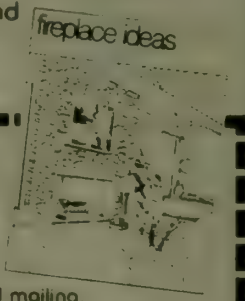
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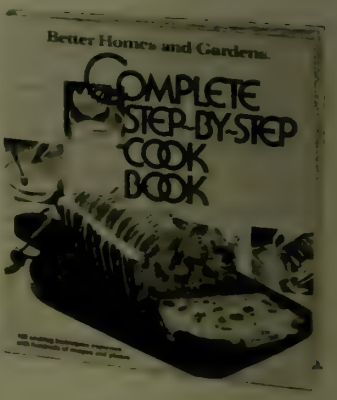
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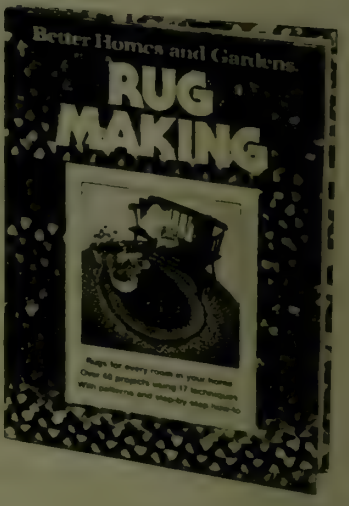
NEW IDEAS

THE MOST COMPREHENSIVE GUIDE TO COOKING TECHNIQUES YOU'VE EVER SEEN



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HOW TO MAKE RUGS THAT ARE ALMOST TOO PRETTY TO WALK ON



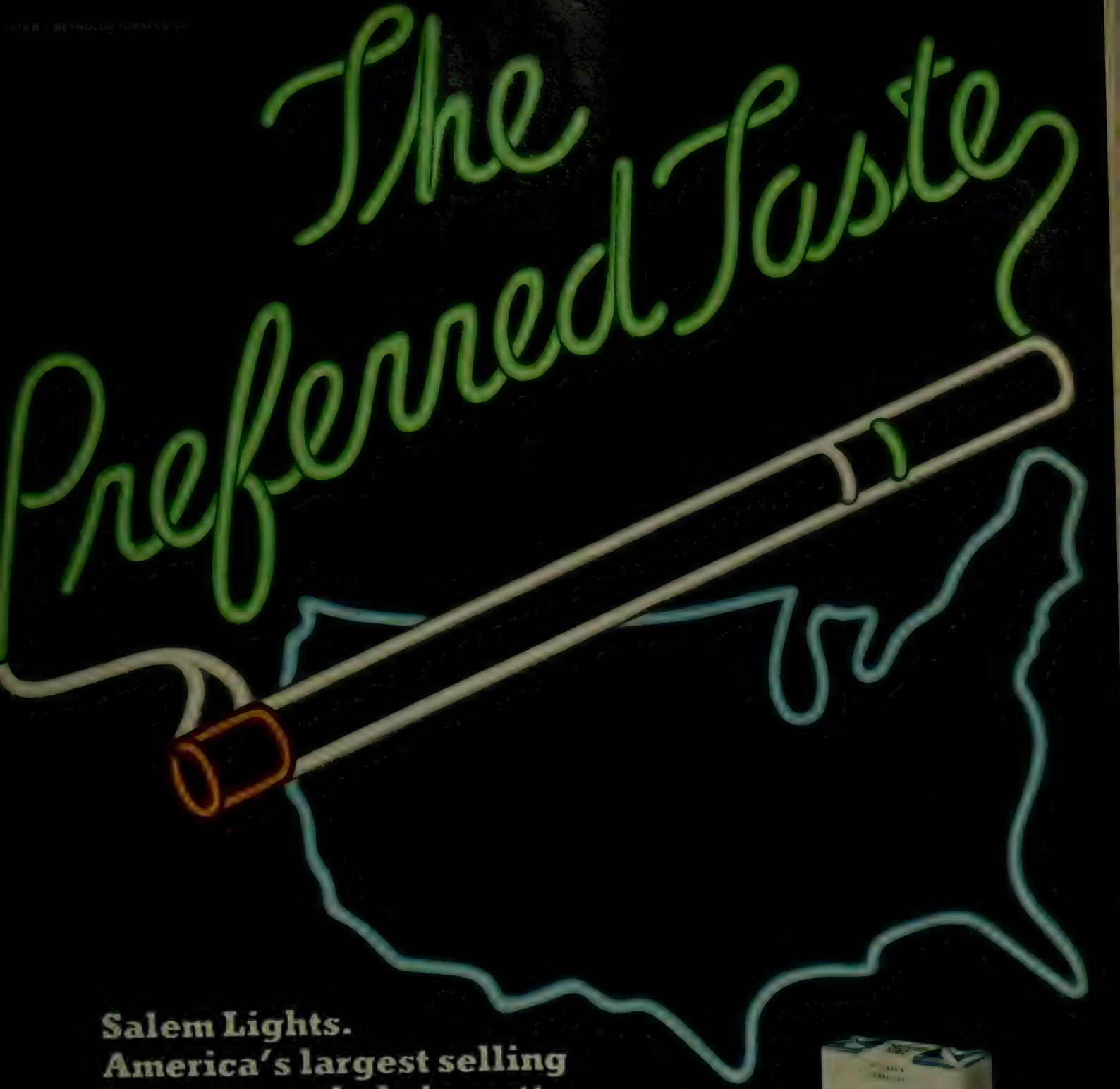
Everybody knows that pictures and paint make a big difference to the way your home looks. But for that final touch of individuality ... add rugs. This new book is chock full of rug-making ideas, any of which will brighten up and personalize your home. The *Better Homes and Gardens Rug Making* book tells you how to handcraft beautiful braided and rag rugs ... needlepoint and hooked rugs ... knitted and crocheted rugs — even macrame rugs. Here's creative rug making made easy, with fully illustrated instructions and material lists for all 40 projects, plus tips on how to clean and care for handmade rugs. They're all meant to be walked on, but they're so pretty, you may just want to hang them! 96 pages, with color illustrations throughout. Hardcover. Just $3.95 at your bookseller.

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A cut above beef.





installment decorating

How to redo a room in three stages

By Robert E. Dittmer and Pamela Wilson Cullison

Let's face it. Any room that sees a lot of living is going to wind up looking the worse for wear. The process is a slow one, but suddenly you can no longer tolerate the frayed or faded upholstery, the sagging sofa cushions, the old carpet, or even the color scheme you once loved so much. The time has come to redecorate, but how do you go about it?

One way to tackle a redo is to start again from scratch. But few of us can afford such a major expense, and besides, most of us are rather fond of some of our furniture—as family-worn as it may be.

Our three-stage approach to redecorating doesn't require that you buy a whole roomful of new furniture, nor does it involve a rigid timetable. You keep whatever furnishings you want to keep, and complete each stage as your time and budget permit. The only "must" is that you devise a plan of the things you want to accomplish with your redo. The purpose of a plan is to help you establish your decorating priorities.

Using the living room pictured above as an example of a downcast decor, we'll show you—on the next six pages—how to apply our installment approach to your own living situation.



before ▲▼



stage 1



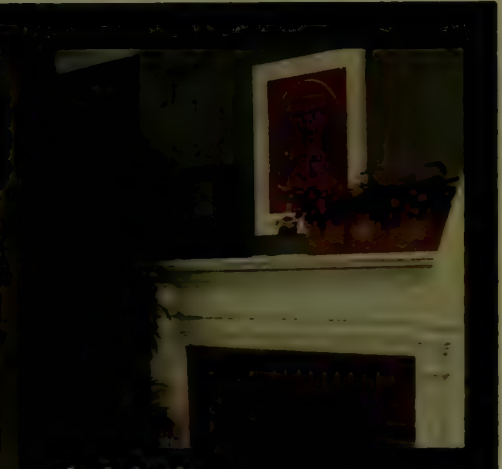
Get big results fast

stage 2



Be open to new ideas

stage 3



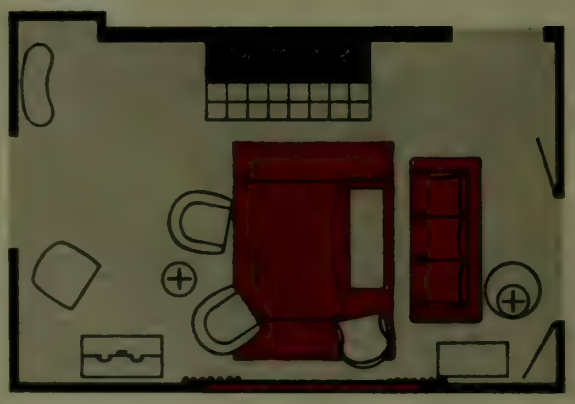
Add the finishing touches

stage 1
Get big results fast

before ▼



after ▼



stage 1

COSTS: STAGE 1 *(All prices are approximate.)*

- Fabric for sofa and two lounge chairs; 20 yards @ $8 a yard $160
- Labor for reupholstering sofa $260
- Fabric for draperies; 18 yards @ $8 a yard $144
- Labor for making draperies and installation $111
- Matchstick blinds $215
- Area rug $250

Total $1,140

Although it may take several years (or more) to complete your redecorating plan, there's no reason why you have to wait for immediate visual improvements. Analyze your room for its most glaring eyesores, then attend to the worst offenders first. Perhaps it's the carpet or an old upholstered piece that's casting a pall. If so, replace it as quickly as possible. Even if you can't proceed with the rest of your redo for a while, you'll feel better (and, of course, your room will look better).

The room we selected for our redecorating project hadn't been touched (decoratively speaking) in ten years. The upholstery of the still stylish sofa and chairs obviously had seen better days; the color scheme was conservative to a fault, and the furniture arrangement was not conducive to good conversation. The room had other problems, but we felt these called loudest for immediate attention. We began the redo by reupholstering the sofa in a fabric that would serve as the nucleus for the entire new color scheme. Enough of the floral print was purchased at this time to re-cover the lounge chairs at a later date. Had we done nothing else at this stage but re-cover the sofa, the room's appearance still would have been greatly improved. But we also gave the picture window its due by moving the sofa to a new position, and dressing the window itself with handsome gray draperies (to coordinate with the sofa fabric) and light-filtering matchstick blinds.

A good-looking area rug was chosen to anchor the new furniture arrangement—and also disguise much of the drab carpet.

Buying information, page 158



All photographs: Mike Dieter



stage 2

Be open to new ideas

Once you've rid your room of its major eyesores, there's no need to rush your decorating plan to completion. In fact, even if your budget allows, don't start filling in the gaps with new purchases until you've given some thought to the following: First, how has your lifestyle changed since the last time you decorated your living room? If, for instance, your children have left home, you may want your room to function differently than it did, say, ten years ago. Second, are you knowledgeable about today's new furniture styles and color possibilities? There are lots of exciting new things to choose from, so look around before you add or replace a piece of furniture—or repaint your walls the same old color.

We asked the family to list some of the activities that take place in their living room. We discovered they like to play games such as Monopoly and chess on a regular basis and always set up a card table as a playing surface. For this phase of redecorating, we suggested they consider the purchase of a new pedestal game table and four (one not pictured) Hitchcock chairs with rush seats. Now the once-wasted area by the bookshelves not only looks much better, but works better, too. The leather desk chair the family had been using as a telephone chair has been moved to a more appropriate place—fronting the secretary (opposite page).

Buying information, page 158

before ▼



after ▼





When we suggested painting the living room walls gray, the family was a bit skeptical about the dramatic color change. But once the paint job was completed, the new color got rave notices from family and friends. The wall color beautifully completes this stage of the decorating plan and provides a refreshing backdrop for the rich wood tones of furniture pieces, like the handsome old secretary, and the vibrant hues of the reupholstered chairs.

before ▼



stage 2

COSTS: STAGE 2

- Labor for reupholstering two lounge chairs $240
- Table $220
- Four Hitchcock chairs $800
- Paint ..... $ 42
- Desk lamp $125

Total $1,427



stage 3

Add the finishing touches

You'll know it's time to begin the third and last stage of your redecorating plan when you can look around the room and see no more evidence of age and wear and tear. Now's the time to add personal touches—accents and accessories that may not be essential in terms of function but are an absolute must if you want your room to have a truly individual look. You may want to add a special piece of furniture—an armoire, perhaps, or a mellow antique you could never justify buying before. Now, too, is the time to browse art fairs, galleries, and boutiques for new paintings, prints, and special accessory items.

To set off your refurbished room, consider some new floor and table lamps. Choose them not only for lighting certain areas of the room but for their own decorative appeal. Whatever finishing accents you may want, select them with care. Art and accessories are items to be purchased only as you find something you know you'll appreciate for a long time.

after ▼





The living room opposite has come a long way from the room you saw on page 109. Ideally, the last stage of any redecorating should be done slowly over a period of time, but for the purposes of our story we added all our finishing touches at one time. Only one major furniture piece was purchased in the final phase. The family chose a handsome drop-leaf colonial coffee table to complete the seating group. A new tray-table floor lamp with a tortoiseshell shade replaces the old floor lamp and also provides a table surface between the lounge chairs. To light the sofa area, we added a classic ginger-jar table lamp, which blends beautifully into this traditional scheme. Colors in the ceramic base softly repeat hues from the upholstery fabric.

For maximum dramatic effect, art and accessories are arranged in eye-pleasing groupings rather than being scattered around the room. The family's old clock is back on the mantel, but now the clock is keeping company with a colorful new print and some flowering plants.

Judicious placement of several large houseplants adds softness and color to the room. (You can buy one or two important plants as we did, or cluster your smaller ones for bigger decorating effect.)

Buying information, page 158

stage 3

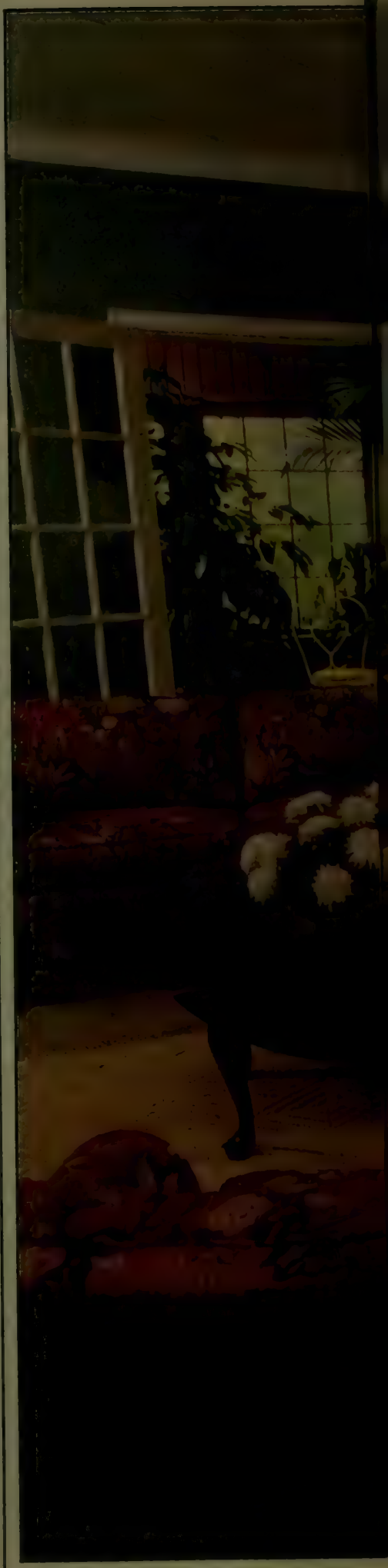
COSTS: STAGE 3

- **Coffee table $250**
- **Table lamp $200**
- **Floor lamp $190**
- **Art $300**
- **Plants $400**

(all 3 stages)

Total $1,370

Total approximate cost: $3,937







Suddenly it's spring with EARLY-BIRD BULBS

By Steven Coulter, Russell O'Hara, Douglas A. Jimerson

Why wait for spring to enjoy spirit-lifting tulips, hyacinths, daffodils, and crocuses? You can force bulbs right now and be rewarded with mounds of glorious springtime color all winter long. Many bulbs will be blooming in only ten or 12 weeks with a minimum of care.











Photographs: William Hopkins. Plants: Bachman's. Photographed at Gabbert's and Bachman's/Minneapolis





EARLY-BIRD BULBS

You can speed up the normal blooming time of bulb plants by giving them an artificial period of cold and darkness. All you need to do your own bulb forcing are a few empty pots, some good potting soil, and a cool, dark location that remains between 35 and 50 degrees F. You'll also need a good supply of bulbs that are firm and clean with no cuts or bruises.

Tulips, hyacinths, daffodils, and crocuses are good choices for forcing. The best tulip varieties for indoor bloom include Peerless Pink, Yellow Present, Olaf (red), Kees Nelis (red), Cassini (red), Invasion (red), and Golden Eddy.

For hyacinths try Pink Pearl, Delft Blue, Carnegie (white), and Jan Bos (red). Favorite daffodils include Dutch Master (yellow), February Gold, Mt. Hood (white), and Scarlet Elegance. And if you prefer crocuses, Remembrance (blue), Yellow Giant, and Joan of Arc (white) are all popular choices.

BULB-FORCING GUIDE

To plant your bulbs, select a container that is at least twice as tall as the bulbs you're using. It doesn't matter what the pot is made of; just be sure it has a drainage hole in the bottom. Wash the pot and place a shard or small stone over the drainage hole to prevent any soil from washing out.

Then fill the pot half full with potting soil.

continued on page 202

▼ PAPER-WHITE NARCISSUS

Paper-white narcissus are the only bulbs that can be forced immediately after you purchase them. All you have to do is bury them in small stones, add water until it just reaches the bases of the bulbs, and place the entire pot in a bright area. Keep the bulbs watered and with luck you'll be able to enjoy their fragrant blooms in six weeks or less. A yellow variety, Grand Soleil d'Or, is also available. For a continuous show of color, start pots every two weeks.

To order our special collection of bulbs, see page 157.

LIGHT UP YOUR KITCHEN FOR FUNCTION

BY JOAN McCLOSKEY

A dimly lit kitchen is not only dispiriting to the cook, it's downright dangerous. If your kitchen has a case of the drearies, it's time to effect a cure with the right lighting. This kitchen/eating area demonstrates how you can brighten your work centers and still enjoy a soft, romantic setting for nighttime dining.

You'll need two kinds of lighting in your kitchen—general illumination for the whole room and task lighting for work centers. To demonstrate, we'll start with the lights turned on bright, then move to the dining area where the lights are softened for a relaxed atmosphere.

Your kitchen's lighting requirements largely depend on the ceiling color and height, plus the overall color scheme. A light-colored ceiling reflects 60 to 80 percent of the light; a dark ceiling reflects much less light.





Photographs: William Hopkins

GENERAL LIGHTING

Since our kitchen core area was so tiny, the light reflected to the ceiling from the peninsula fluorescents plus the recessed spot over the sink was sufficient for general illumination. However, if your kitchen is larger, you'll need a central fixture mounted to the ceiling.

To light an average 10x 12-foot kitchen, you'll need between 150 and 200 watts incandescent or 60 to 80 watts fluorescent.

Buying information, page 158



Design: David Ashe, the design concern

PLANNING AREA/DESK

Lots of serious business goes on here such as paying bills, planning menus, and doing schoolwork, so A+ illumination is a must. An incandescent lamp is best, but if you don't have an "official" counter area, do as this homemaker did: Convert that peninsula into an impromptu desk. Fluorescent tubes behind a diffuser shine the light down—and up—and even make an array of dime-store glassware look uptown!

OVER THE SINK

Since most of your daily chores occur in this spot, make sure it's well lighted. Try recessed spotlights that shine directly on the work area. If your sink is under a window, opt for downlights, at least 150 watts' worth, or fluorescents behind a diffuser panel.



COUNTER TOP

Never work in your own shadow. You're probably doing just that if your kitchen is lighted by a center light fixture and nothing else. It's simple to install Deluxe Warm White fluorescents under the upper cabinets. Conceal the tubes with a baffle, cornice, or diffuser panel. (Make sure the tubes run at least two-thirds the length of the counter.)



APPLIANCE LIGHTS

Whether you're attempting to cook chopped onions to that "golden brown" stage or hunting in the refrigerator for a lost jar of pickles, you'll find the task much easier when the exhaust hood and refrigerator are outfitted with appliance lights.



Illustrations: Blaser/Kimball



LIGHT UP YOUR KITCHEN FOR FUN

Today's kitchen is more than a workroom. It's a room where family members and guests love to party, create crafts, or study after school. To light your kitchen for all these activities, you'll need general and specific lighting. This calls for a good balance of incandescents and fluorescents.

Choose incandescent bulbs for dining areas where they'll enhance even the most mundane weiners and beans. They'll make YOU look better, too! With the lights dimmed, a cook-at-the-table dinner takes on special drama. Since more entertaining is gravitating to open-kitchen eating areas, a low-hung pendent lamp, rigged on a dimmer, is essential to provide the glamorous atmosphere you'll want for special dinners.



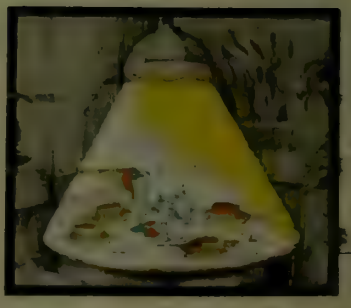


LOW-KEY LIGHTING

You need bright lights to perform the nuts and bolts tasks of cooking, but after the chopping is done, you'll prefer a softer atmosphere. If your lights are wired on dimmers, you have no problem. With just the twist of a dial, you can achieve the warm, convivial lighting that makes dining in your own home special.

When dinner is done and the kids take over the table for craft projects or homework, turn the light on high so they'll have enough illumination to avoid eyestrain.

The low-hung fixture over the table should be at least 150 watts and rigged on a rheostat. Or, you might prefer a three-way bulb to provide a more flexible choice of lighting levels.







PLANT OASIS

If you have plants that occasionally catch a "bug" or require a nudge to blossom, you need a plant hospital. A 48-inch-long grow-light, hidden behind a valance, will provide for the plants' needs. And the box housing the plants will also serve as a coffee-and-dessert bar or a buffet counter for large dinners.



SPOTLIGHT ON ART

If your dining area boasts a painting as impressive as this one, show it off after dark with tungsten strips. They come in a variety of lengths to fit any size work of art. They'll also add drama to a macrame hanging or a basket collection.





DRAMA ON WHEELS

To give cook-at-the-table dinners a touch of class, roll out a portable, electrified cart as our homemaker is doing. The electric wok plugs into the side of the cart. Fluorescent tubes beneath the ¼-inch-thick Corian top provide just enough filtered light for the chef to see how fast the Chinese vegetables and meat are cooking. When not in use at the table, the cart neatly stores beneath the peninsula beside closed base cabinets. The good-looking serving bowls and platters you always use at the table can camp on the open shelves instead of in closed cabinets.

Buying information, page 158
For lighting specifics, see page 216.

BY SALLY PEDERSON

COOKING WITHOUT A COOKBOOK

CREATE FROM A CUSTARD

You don't need a complicated recipe, expensive ingredients, or a cooking-school diploma to create great-tasting dishes. Chefs and grandmothers have been successfully ad-libbing in the kitchen for years. All it takes is an understanding of some practical cooking principles.

To show you what we mean, we've taken two basics—custard and white sauce—and explored their possibilities. Starting with a simple mixture of egg and milk for a custard, or a white sauce made with just flour, fat, and milk, you can create a variety of foods from main dishes to desserts.

For demonstration purposes, we asked some novice cooks to try their hand at cooking without a recipe (while under a watchful camera eye). We explained the basic principles of the custard and the white sauce, then set the cooks loose in the kitchen. They came up with some first-rate food and had a lot of fun in the process. Follow along and you can, too.

APRICOT BREAD PUDDING

SHRIMP & BROCCOLI QUICHE



Photographs: de Gennaro
Food Stylist: Mable Hoffman



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COOKING WITHOUT A COOK BOOK

CREATE FROM A CUSTARD

Despite our reassurances, the test chef recruits were a little dubious about cooking "on camera" without a recipe to rely on, but they were game to give it a try. Before they set foot in the kitchen, we briefed them on the basics of custard cookery and supplied them with the staple custard ingredients plus an assortment of extras for ad-lib embellishments.

BASIC CUSTARD

beat together:

4 EGGS
2 CUPS MILK
1/2 TEASPOON SALT

SWEET CUSTARD

beat together:

4 EGGS
2 CUPS MILK
1/3 CUP SUGAR
1/4 TEASPOON SALT

CUSTARD INCOGNITO

French crème brûlée, quiche Lorraine, Spanish flan, strata (a baked version of the Swiss fondue), New Orleans bread pudding with whiskey sauce, and all-American pumpkin pie are really just special names for simple custards with a little something added. You make them all by combining eggs and milk and then baking the mixture till it is firm and pudding-like. The firmness of the custard depends on the ratio of eggs to milk and can vary, but as a general rule, one egg per half cup of milk gives you a soft baked custard that holds its shape as gelatin does. Using that general formula, you can halve or double amounts and add ingredients to make anything from a tempting appetizer to a nutritious dessert.

Take a look at the ingredient proportions for the Basic Custard and Sweet Custard below. Then scan the remaining information on these two pages for ideas and tips on creating your own personalized dish.



STRATA- A NO-DIP FONDUE

To make this Americanized main-dish version of the Swiss cheese fondue, you combine basic custard with layers of bread and cheese. One of the strata's appealing features is that you can assemble the ingredients ahead of time, then refrigerate the strata several hours before baking.

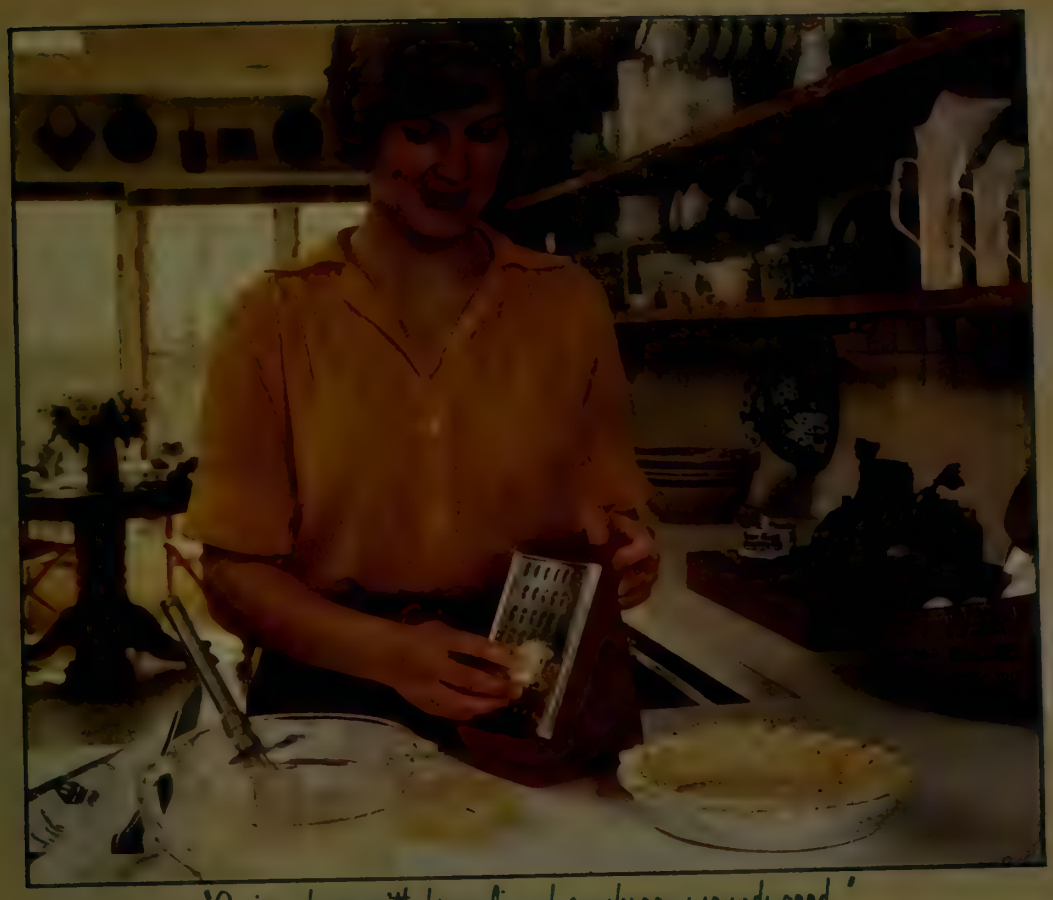
We used *12 slices of French bread* (that's equivalent to *6 slices of sandwich bread* cut in half). Sourdough or whole grain breads can add interest, too. Use a 10x6x2-inch baking dish or any shallow baking pan that holds about 1½ quarts. Layer the bread slices, *1½ cups shredded cheese* (your choice), and *1½ cups of cooked meat and/or vegetables*. Pour on the *Basic Custard* (you can add ½ teaspoon of dry mustard and/or 1 to 2 teaspoons *each* of worcestershire sauce and grated onion *or* snipped chives). Cover and let stand 1 hour at room temperature or several hours in the refrigerator. Bake in 325° oven for 50 to 55 minutes. (To check if the strata is done, gently shake the baking dish. The center of the strata should seem nearly set.) Let the strata stand 10 minutes before serving.

CRÈME BRÛLÉE- CUSTARD WITH FLAN-FARE

In France, a caramel-sauced baked custard is called crème brûlée; in Spain, it's the famed flan.

To make it, heat *12 vanilla caramels* and *¼ cup milk* in a saucepan till the caramels melt, stirring occasionally. (Or, use ⅓ cup chocolate fudge ice cream topping straight from the jar.) Spoon mixture into the bottom of an 8-inch flan pan or a round baking dish, or divide among six 6-ounce custard cups. Set the dish or cups in a shallow baking pan. Carefully pour *Sweet Custard* over sauce. Place pan on oven rack. Pour hot water into pan to depth of 1 inch. Bake in 350° oven for 30 to 40 minutes or till center is nearly set. Serve cool or chilled. Just before serving, invert onto dessert platter or plates.

Drawings: Dudycha Schreck & Associates, Inc.



"Swiss cheese with broccoli and mushrooms sounds good."

QUICHE—A CLASSY CHEESE PIE

Combine 3 eggs and 1½ cups milk for the *Basic Custard* (that's about all a 9-inch pie plate will hold), then add *1½ cups shredded cheese* and *1 cup of cooked meat and/or vegetables*. (Leftovers are terrific for inspiring new additions.) Add an *herb*, if you like, then pour the custard mixture into a partially baked 9-inch pastry shell. Bake in a 325° oven for 50 minutes or till the center is nearly set. (Shake pie gently to check.)

To prebake the pastry shell, place unpricked pie shell in 450° oven for 5 to 6 minutes.

Let your imagination guide you when it comes to choosing goodies to round out the quiche. Use cooked or canned foods and cube, slice, or dice to suit your taste (bacon, ham, sausage, pork, beef, chicken, tuna, broccoli, asparagus, cauliflower, corn, carrots, mushrooms, onion, zucchini, shrimp, crabmeat, or scallops).



Photographs: Dieter

You can use canned or frozen vegetables or fresh produce, slightly cooked.

"I forgot the herbs. No panic. . . I'll just sprinkle some on top."



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FOREIGN ACCENTS

For custard entrées, think of a favorite foreign dish and then choose your ingredients and seasonings accordingly. It's not hard to imitate the flavor of Mexican tacos, Italian pizza, or Greek pastitsio. Try adding small amounts of anchovies, olives, hot peppers, mustard, horseradish, worcestershire, garlic, onion, soy, etc., to perk up the flavor.

BREAD PUDDING—A DOWN-HOME CLASSIC DESSERT

There's no nobler fate for stale bread than to wind up in a creamy rich custard.

Tear or cube *3 or 4 slices (2½ cups) of day-old bread* into an 8-inch round baking dish or six 6-ounce custard cups. Add *½ cup sweet tidbits*—dried fruit, chocolate pieces, coconut, or nuts. Pour the *Sweet Custard* mixture over the bread and bake in a 325° oven for 25 to 30 minutes or till nearly set in center. Serve warm or chilled.

CUSTOM-FLAVORED CUSTARDS

You can make your custard dessert taste like anything from mocha to marmalade. Just add *¼ to ½ teaspoon of flavoring extract* (vanilla, almond, and rum are favorites) and/or *spices* to the sweet custard mixture. To give a hint of fresh fruit, add a little *shredded orange* or *lemon peel*. Or, lace the custard with a *flavored liqueur* (about 3 tablespoons) for an extra-easy elegant touch.

COOKING WITHOUT A COOK BOOK

IMPROVISE ON A WHITE SAUCE

Sauces such as béchamel and velouté are the soul of French *haute cuisine*, but that doesn't mean you have to be a gourmet chef to concoct them. Those fancy names are cover-ups for white sauce, a basic part of everyday American cooking. With a simple butter, flour, and milk mixture, you can create dozens of main dishes from soups and chowders to Newburgs and shaped croquettes.

We'll show you how on the following pages.

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OYSTER–
VEGETABLE
CHOWDER
SALMON
CROQUETTES
WITH CREAMED PEA

COOKING WITHOUT A COOK BOOK

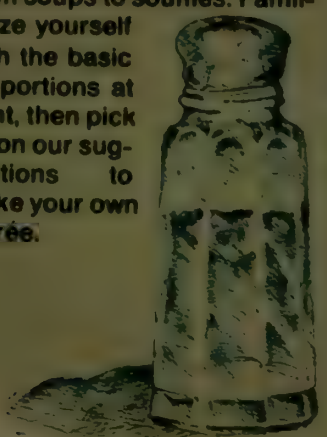
IMPROVISE ON A WHITE SAUCE

To put our test chefs at ease, we tried to dispel the mystique surrounding sauce cookery. Here's the practical know-how we shared.

WHITE SAUCE WIZARDRY

To make white sauce, you begin by blending butter and flour over heat. (This mixture is called a *roux*—pronounced ROO—in French cooking, but don't let the word scare you; the mixture is still just butter and flour.) The butter separates the granules of flour, so when milk is added, the mixture cooks to a smooth, creamy sauce. The thickness of the sauce depends upon the ratio of flour to milk and can vary from a heavy cream consistency to a thick paste.

By starting with a thin, medium, or thick sauce and adding ingredients, you can make a multitude of dishes from soups to soufflés. Familiarize yourself with the basic proportions at right, then pick up on our suggestions to make your own entrée.



THIN WHITE SAUCE

blend in saucepan:
1/4 CUP BUTTER
1/4 CUP FLOUR
and add:
6 CUPS MILK OR CREAM
1 TEASPOON SALT
DASH PEPPER
cook and stir till bubbly

MEDIUM WHITE SAUCE

blend in saucepan:

1/4 CUP FLOUR
and add:
2 CUPS MILK OR CREAM
1/2 TEASPOON SALT
DASH PEPPER
cook and stir till bubbly

THICK WHITE SAUCE

blend in saucepan:
1/4 CUP BUTTER
1/4 CUP FLOUR
and add:
1 CUP MILK OR CREAM
1/2 TEASPOON SALT
DASH PEPPER
cook and stir till bubbly

NEWBURG-SEAFOOD-IN-A-SAUCE

Though the classic Newburg is enriched with egg yolks, this eggless version is a close copy. Instead of using expensive lobster and elegant puff pastry, use off-the-shelf ingredients to make our *you-name-it-Newburg.*

Start with a *Medium White Sauce,* then add *1½ cups cooked shrimp, tuna,* or *salmon.* Stir in *⅓ cup white wine* or *sherry.* Heat through and serve over hot rice, noodles, or toast.

CROQUETTES-OCCIDENTAL FRIED RICE

A very thick white sauce is used to bind rice and ground cooked meat into shapely cones, balls, or patties. Then they're coated with bread crumbs and fried. Croquettes are often served with pepped-up white sauce, too.

Start with a *Thick White Sauce* and add *1 or 2 teaspoons seasoning* (prepared mustard, worcestershire sauce, grated onion, snipped parsley, or chives). Stir in *1½ cups finely chopped* or *ground cooked meat* (ham, chicken, turkey, beef, or pork) and *1 cup cooked rice* (white, brown, or wild). Chill mixture; divide into 6 or 8 portions. Roll in *fine dry bread crumbs* (you'll need about ¾ cup for double coating); form into balls, cones, or patties. Combine *1 egg* and *2 tablespoons water.* Dip croquettes in egg and roll in crumbs again. Fry, 2 or 3 at a time, in deep hot fat (365°) for 3 to 4 minutes. Drain.

CREAM SAUCE-THE VEGETARIAN GRAVY

You can serve vegetables in a smooth, creamy sauce to top croquettes, mashed potatoes, meat loaf, hot rice, poached eggs, or biscuits.

Start by making a *Medium White Sauce;* stir in *1 to 2 cups cooked vegetables* (peas, carrots, corn, broccoli cuts, cauliflowerets, etc.). Heat through and it's ready to serve.



"This is a little scary; I usually just open a can of soup."

CREAM OF VEGETABLE SOUP— A PRODUCE PUREE

This all-purpose soup is very versatile. It can make an elegant first course as well as a tasty go-along for a light sandwich lunch or supper. Flavor the soup with one of your favorite vegetables or be inventive and try combining two or more less familiar vegetables. Serve the soup hot, or if you prefer, chill it several hours and serve it cold.

Start with a *Thin White Sauce*, then add about *1½ to 2 cups cooked, pureed vegetables*. (If you're in a hurry, you can substitute 2 jars of junior baby vegetables.) Season with some *onion* (1 to 2 tablespoons chopped or 1 teaspoon minced dried) and ¼ to ½ tea-



"Serve hot soup today; keep the leftovers for tomorrow's cold soup and sandwich lunch."

spoon of herbs or *spices*, if you like. Cook till the mixture is heated through. Serve hot. (Or chill thoroughly for a refreshing cold soup.)

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CHOWDER— MORE THAN CLAM SOUP

Don't stop with the two classic chowders—New England and Manhattan. You can come up with your own custom-made chowder that makes a hearty meal-in-a-bowl.

Begin with a *Thin White Sauce* (you can substitute 2 cups of beer, wine, or beef or chicken broth for 2 cups of the milk). Add *2 cups of cooked fish or seafood* (clams, shrimp, oysters, crabmeat, etc.) and *2 cups of cooked, cubed, or chopped vegetables* (corn, cauliflower, potatoes, broccoli, onions). Heat through.

RAREBIT— WELSH-STYLE CHEESE SAUCE

Though it's traditionally made with cheddar cheese, this white-sauce-based classic can be made with any cheese from mozzarella to Swiss to hot pepper cheese.

Start with a *Medium White Sauce* and add *2 cups of shredded process cheese*. You can stir in some extras for interest—like chopped pimiento, canned green chilies, snipped parsley, or sliced mushrooms. Heat through and serve on toasted English muffins, biscuits, corn bread, sliced tomatoes, or boiled potatoes.



SOUFFLÉ— THE HIGH HAT WHITE SAUCE

Fold fluffy puffs of whipped egg whites into a thick white sauce and bake to a golden brown for a dramatic main dish, side dish, or dessert soufflé.

Start with a *Thick White Sauce*. Stir in *2 cups shredded process cheese* (your choice) till melted; set aside. Separate *4 eggs*. Beat yolks till thick; slowly stir in cheese sauce. Beat whites to stiff peaks; fold in sauce. Pour into ungreased 2-quart soufflé dish. Bake in 300° oven for 1¼ hours or till knife inserted just off-center comes out clean. Serve immediately.

To create your own soufflé, just vary the ingredients. Use *chopped cooked vegetables* or *fruit* in place of the cheese. Add about *½ cup sugar* if you're creating a dessert.

HE COOKS

Rabbit Stew





Photographs: Dieter; Hedrich-Blessing

Curt Hansen developed his Rabbit Stew while working as a cook on a private yacht. "I was staying with the captain of the yacht, who had a farm on the island of Majorca. He raised rabbits, so I modified a French recipe for chicken to make it work for rabbit." Curt, who is a bachelor and is studying for an engineering degree, enjoys serving Rabbit Stew when he has friends over for dinner. Usually he accompanies the stew with a simple salad.

RABBIT STEW

- ¼ cup olive oil
- 2 tablespoons cognac *or* brandy
- 1 teaspoon fennel seed, crushed
- ½ teaspoon saffron, crushed
- 2 1½-pound domestic rabbits, cut in pieces
- 1 large onion, chopped (1 cup)
- 3 cloves garlic, minced
- 2 tablespoons olive oil
- 1 28-ounce can tomatoes, cut up
- 1 teaspoon salt
- 4 medium potatoes, peeled and sliced
- 4 medium carrots, sliced
- ½ cup chopped celery
- ¼ cup snipped parsley
- 4 ounces baby beef liver
- 2 tablespoons butter *or* margarine
- 2 medium jalapeno peppers, seeded, rinsed, and chopped
- 1 clove garlic, minced
- ¼ cup olive oil

In bowl combine the first ¼ cup olive oil, the cognac or brandy, fennel seed, and saffron. Place rabbit pieces in a plastic bag; set in a deep bowl. Pour marinade over rabbit; seal bag. Marinate 1 to 2 hours at room temperature, turning bag frequently.

In large saucepan cook onion and the 3 cloves garlic in the 2 tablespoons olive oil till onion is tender but not brown. Add *undrained* tomatoes; simmer, uncovered, 5 minutes. Add rabbit pieces, marinade, and salt. Simmer, covered, 15 minutes. Add potatoes, carrots, celery, and parsley. Cover; cook over low heat 30 minutes.

Meanwhile, slice liver. In a small skillet cook liver slices in butter or margarine 3 to 4 minutes or till liver is just pink inside. Place in a blender container along with peppers, the 1 clove garlic, and the remaining ¼ cup olive oil. Cover; blend till pureed. Remove ¼ cup of liquid from stew mixture; add to pureed mixture to make a sauce of pouring consistency. Serve stew in bowls. Pass sauce. Makes 4 to 6 servings. ■

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WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If yours is selected for the He Cooks feature, we'll pay you $50 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. Recipes become the property of Meredith Corporation.

2½ cups water
1 16-ounce can (2 cups) beer
1 clove garlic, minced
1 tablespoon instant beef bouillon granules
½ teaspoon salt
¼ teaspoon pepper
1 bay leaf
2 cups packaged biscuit mix
⅔ cup milk
½ cup cold water
¼ cup all-purpose flour



In Dutch oven brown meat and onion in butter or margarine. Add water, beer, garlic, bouillon, salt, pepper, and bay leaf. Cover and simmer over medium heat 2 to 2½ hours or till meat is nearly tender. Remove bay leaf. Skim off excess fat. Return pan juices to boiling. In small bowl combine biscuit mix and milk; stir with fork till moistened. Drop batter by rounded tablespoonfuls into boiling liquid. Cook, uncovered, over low heat 10 minutes; cover and cook an additional 10 minutes. Transfer dumplings and meat to platter; keep warm. Blend water and flour; stir into pan juices. Cook and stir till thickened and bubbly. Season to taste. Pass gravy with meat and dumplings. Makes 6 to 8 servings.

CONTINENTAL POT ROAST

3- to 4-pound beef chuck pot roast
2 tablespoons cooking oil
½ cup dry red wine
1 tablespoon snipped chives
1 clove garlic, minced
1 teaspoon salt
¼ teaspoon pepper
1 bay leaf
1 cup dairy sour cream
2 tablespoons all-purpose flour

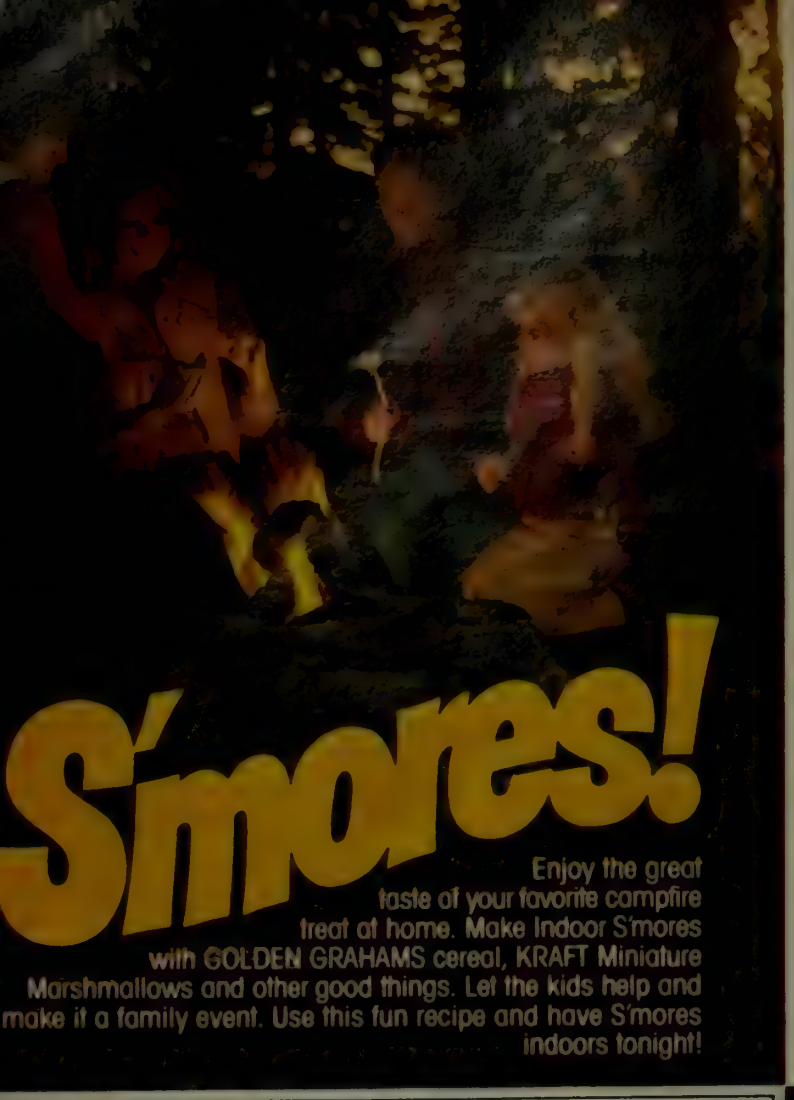
In Dutch oven brown meat on all sides in hot oil. In bowl combine wine, chives, garlic, salt, pepper, and bay leaf. Pour over meat; cover and simmer over medium heat 2 to 2½ hours or till meat is tender, basting with juices occasionally. Remove meat from pan; keep warm. Remove bay leaf. Skim fat from pan juices; add water if necessary to make 1 cup liquid. Blend sour cream and flour; gradually stir in *½ cup* of the pan juices. Return mixture along with the remaining hot juices to pan; cook and stir till thickened and bubbly. Pass sauce with meat. Makes 6 to 8 servings. ■



Photographs: Dieter

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Up-to-date looks

A recliner used to need a lot of space. The chair had to stand 20 to 30 inches away from the wall and was wide, bulky, and high-backed. Substantial looking recliners are still around, but you also have an extensive choice of stylish, small-scaled, low-backed recliners. These newer versions look as classic as traditional lounge chairs, and the action features are often completely concealed.

The popularity of natural materials in furniture has influenced designers to add cane panels to some models. For example, one chair that looks like an eighteenth-century wing chair has a rattan frame, with a latticework pattern on wings, sides, and back. Action chairs are available in a variety of styles to suit almost any decor—from contemporary to Early American. Many recliners now match love seats or sofas in a manufacturer's line.

One of the advantages of a newer recliner is its wall-hugging ability. This feature simplifies room arrangement, because the chair can stand only a couple of inches away from the wall and still fully recline. The seat and back glide forward in the frame, a footrest pops up, and the back goes down. But don't forget that the space that used to be behind the chair has to be allowed for in front, so there will be room for your legs when you're sitting in a reclining position.

Comfort

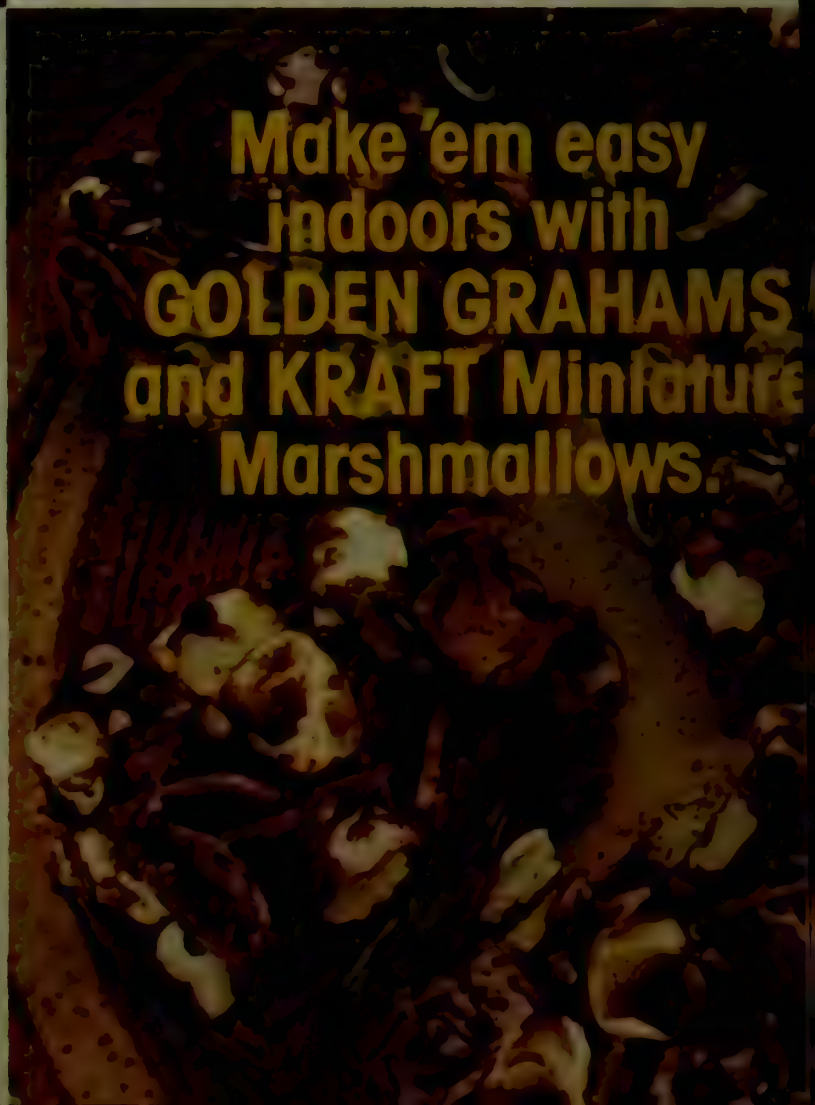
Test the chair for comfort in all the positions—upright, tilted for TV viewing or reading, and fully reclined. Is the

FURNISHINGS



HOW TO CHOOSE A RECLINING CHAIR

Until recently, about all the reclining chair had going for it was comfort. Sitting in the chair was relaxing, but melding it into a room scheme was next to impossible. Today it's a different story. Thanks to major design changes and mechanical advances in the last few years, many recliners are good-looking as well as comfortable. Here's how to find the model that's right for you. And for a look at some of the newer recliners, turn to page 179.



back supported properly? Does the footrest feel right in both tilt and reclined positions? Are the arms the right height and padded for comfort?

A low-backed model should have a hidden headrest that comes up when the chair goes back so your head and neck will be supported. Some headrests are adjustable and detachable.

Mechanical features

The chair should move easily and quietly. Have the salesperson show you exactly how to put the chair through its paces and have him or her explain all of the mechanical features. Then test the chair yourself. It should take only slight body pressure to activate the chair when you hold the arms and push against the back. The chair may appear to work stiffly at first, but it should loosen up once you've learned precisely where to apply pressure. If not, the chair may be poorly made or defective. In some models you can adjust the tension of the reclining mechanism if it seems too stiff.

Some chairs, including a few rocker-recliners and T-cushion styles, have handles on the lower right sides to operate the reclining mechanism. These work by hand pressure, so you can open and close the chairs smoothly without body pressure. In the T-cushion styles, the cushions may move slightly forward and up as you recline, giving a comfortable pitch to the seat.

Low-backed reclining chairs also may have exposed levers that facilitate movement since body pressure alone may not





be sufficient to push these chairs into a reclining position.

Some action chairs are not really recliners, but simply have concealed footrests, seats that tilt a little at the front, and backs that slant slightly. These "incliner" features also are incorporated into end units of modular sectional groups and into rockers and swivel chairs.

Ask about bearings and about lubrication of the mechanism. If the salesperson doesn't know, ask to see the manufacturer's brochure or catalog. In quality lines, strong nylon bearings are lubricated permanently at the factory so they'll be noiseless.

What's under the cover?

FRAMES. Look for hardwood frames that are sturdily built with doweled joints and screwed and glued corner blocks. Most quality recliners have heavy steel braces on the inside front rail and inside the arms to provide stability. Any frame movement means the joints are loose. Legs should feel solid, and metal parts should be smooth.

SPRINGS. Many top-quality chairs will have coiled springs tied eight ways. No-sag springs that look like wavy lines of heavy metal wire are used for slim-lined styles. The no-sag springs give good performance at a reasonable price.

To test the quality of spring construction, have the salesperson turn the chair over. Thump or pat the bottom covering; you should hear a drum-like sound. If you don't, the spring construction may be weak or inadequate.

continued

Drawings: Hellman Design

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continued

Reclining chair

FILLING OR PADDING. Framework and springs should be well padded. To find out if they are, lift the seat cushion and feel the seat. If you can feel the frame or springs, suspect poor quality. A high-density polyurethane foam is the most widely used and best padding material for reclining chairs. The foam may be wrapped with a softer polyester material.

Upholstery

Coverings for action furniture must be rugged, but they can look and feel luxurious just the same. In quality lines, yesterday's shiny vinyl and velour have been replaced by such fabrics as soft pigskin suedes, handsome velvets that will outwear the early vinyls, nubby wools and olefins, and printed or plain cotton duck.

Look for these upholstery features: carefully matched patterns; straight seams; reversible seat cushions; protective chemical finishes; and fabrics with a tight weave and smooth fit.

On some chairs, the fabric is loose and puckered for the popular wrinkled look. If you like it, fine. If you don't, ask to see a chair that is more tightly upholstered.

Warranties and prices

Almost every major manufacturer has a "lifetime warranty" on the mechanisms of action chairs. This doesn't mean your lifetime, but the useful life of the chair, which depends on how you treat it. Most stores stand behind recliners if they are given normal use, which merely means "use appropriate to the type of furniture." A good recliner in the $300 price category should last more than 20 years.

Usually, there is a two-year warranty on wood frame parts. Reputable companies will repair or replace any defective parts or workmanship. As a rule, fabrics are not covered by warranties.

Recliner prices range from around $150 to $1,200, depending on style, type of fabric, and number of mechanical features. The models that can be backed up to the wall are more expensive than the older types—prices start at around $300. A rocker-recliner will cost about $30 more than the same chair without a rocker mechanism. ■



The more you know about dishwashers, the better KitchenAid looks.

Most people who buy a KitchenAid have already owned a dishwasher.

And they buy their new KitchenAid to replace their present machine.

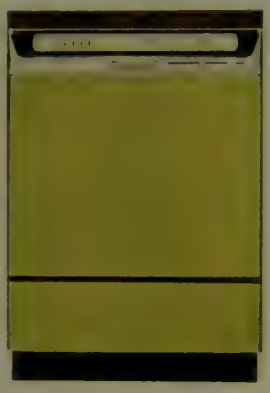
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People say things like, "They're dependable." "Need few repairs." "Last a long time."

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"The adjustable racks make it so easy to load."

"The first dishwasher we've ever had that lived up to my expectations."

And a KitchenAid dishwasher will live up to your expectations too.

We build more quality into it, so you get more value out of it.

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Hobart Corporation, Troy, Ohio 45374

Wait 'til you taste the new raisins in Post!



Photo enlarged to show texture.

The new raisins are in!
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And the good news for fruit and cereal lovers is that Post® Raisin Bran has got 'em.
Our raisins taste so terrific because they're so sweet and so tender.
And there are hundreds of these sun-drenched, hand-picked beauties in every box.
So go on. Try the delicious new crop of raisins now in Post Raisin Bran.



Post®

GF GENERAL FOODS

Raisin Bran. The Fruit and Cereal Lover's Cereal.



File under Breads

Buying information, page 158

DOUGHNUTS AND FRITTERS

Lemon-filled Doughnut Twists

Make these first-place doughnuts with a convenient hot roll mix—

1 13 ¾-ounce package hot roll mix
¾ cup granulated sugar
3 tablespoons cornstarch
¼ cup lemon juice
2 beaten egg yolks
1 tablespoon butter *or* margarine
1 teaspoon finely shredded lemon peel
Cooking oil
1 recipe Glaze

Prepare roll mix according to package directions. Cover; let rise 45 to 60 minutes. Combine sugar, cornstarch, and ⅛ teaspoon *salt*. Stir in 1 cup *water*, juice, yolks, and butter or margarine. Cook and stir till bubbly; cook 1 minute more. Remove from heat; stir in peel. Cover; chill. Knead dough 10 times. Roll out to 9x7 inches. Cut into twenty-one 3x1-inch strips. Roll each strip to a 9-inch rope; fold in half and twist several times; pinch ends together. Place on a lightly floured baking sheet. Cover; let rise 30 minutes. Fry in deep hot oil (375°) for 1 minute per side. Drain on paper toweling; cool. Slit twists lengthwise on one side; fill with 1½ tablespoons lemon filling. For *Glaze:* Combine 1½ cups sifted *powdered sugar* and 2 to 3 tablespoons *water*. Drizzle over twists. Makes 21.

Mrs. Barbara Schreier, Bethlehem, Pa.



File under Casseroles and one-dish meals

Photographs Dieter

PORK AND SAUSAGE MAIN DISHES

Pizza Puff

This cheesy, Italian-style strata made with pork sausage wins top honors—

1 pound bulk pork sausage
8 slices white bread
⅓ cup tomato paste
1½ teaspoons dried basil, crushed
8 ounces mozzarella cheese, sliced
3 slightly beaten eggs
2 cups milk
½ teaspoon salt

In skillet break up sausage; cook slowly, uncovered, for 15 to 20 minutes or till thoroughly cooked, turning meat to cook evenly. Drain well. Place *4* slices of the bread in bottom of a greased 8x8x2-inch baking dish. Combine tomato paste and basil; spread over bread in pan. Place *half* of the cheese slices over. Spoon all of the sausage over cheese; place remaining cheese slices over sausage. Top with remaining bread slices, trimming crusts, if needed, to fit. In bowl combine eggs, milk, and salt; blend well. Pour over bread in pan. Cover; *refrigerate several hours or overnight*. Bake, uncovered, in 350° oven for 45 minutes or till puffed and set. Makes 4 servings.

Mrs. Barbara Taub, Framingham, Mass.



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Canadian Bacon Soufflés

Butter *or* margarine
3 tablespoons grated parmesan cheese
6 egg yolks
1 8-ounce package cream cheese, softened
1 cup shredded cheddar cheese (4 ounces)
½ cup dairy sour cream
2 tablespoons chopped pimento
1 tablespoon snipped chives
1 teaspoon dry mustard
6 egg whites
8 ounces Canadian bacon, thinly sliced and cut in bite-size pieces (1½ cups)

Butter bottom and sides of six individual soufflé dishes; sprinkle with parmesan cheese. Beat egg yolks till thick and lemon-colored, about 5 minutes. Beat in cream cheese, cheddar cheese, sour cream, pimento, chives, and mustard. Wash beaters thoroughly. Beat egg whites to stiff peaks (tips stand up). Fold into egg yolk mixture; fold in bacon. Turn into prepared soufflé dishes. Bake in 350° oven for 25 to 30 minutes or till knife inserted just off-center comes out clean. Makes 6 servings.

Mrs. Marjorie Lindsay, Bonaparte, Ia.



Continental Pork Chop Skillet

2 tablespoons all-purpose flour
¼ teaspoon garlic powder
4 pork chops, cut ½ inch thick
4 ounces salt pork, finely chopped (optional)
4 ounces bulk Italian sausage
1 medium green pepper, diced
1 medium onion, chopped (½ cup)
1 cup dry white wine
½ teaspoon dried thyme, crushed
2 or 3 bay leaves
1 small cabbage, cut in 8 wedges
1 16-ounce can new potatoes, drained

Combine flour, ½ teaspoon *salt*, garlic powder, and ¼ teaspoon *pepper*; coat chops with mixture. Brown salt pork till crisp. Add sausage, green pepper, and onion; cook till sausage is browned. Remove from skillet; drain, reserving 1 tablespoon drippings. Brown chops in reserved drippings; add sausage mixture, wine, thyme, and bay leaves. Arrange cabbage atop. Simmer, covered, 20 to 25 minutes. Add potatoes; simmer, uncovered, 10 minutes or till hot. Makes 4 servings.

Mrs. Robert L. Allen, Dallas, Tex.



Cinnamon-Swirl Doughnuts

Combine 1½ cups *all-purpose flour* and 1 package *active dry yeast*. Heat together 1 cup *milk*, ¼ cup *granulated sugar*, ¼ cup *butter* or *margarine*, and 1¼ teaspoons *salt* till warm (115 to 120°). Stir into flour mixture with 1 *egg*. Beat at low speed of electric mixer for ½ minute, scraping bowl constantly. Beat 3 minutes at high speed. Stir in 2½ to 3 cups *all-purpose flour* to make a moderately stiff dough. Knead 5 to 8 minutes. Shape into ball; place in greased bowl. Cover; let rise 1 to 1½ hours. Punch down; let rest 10 minutes. Roll out on floured surface to 15x12 inches. Combine 2 tablespoons *granulated sugar* and 1 tablespoon *ground cinnamon*; sprinkle over dough. Roll up on long side. Cut into ½-inch slices. Place on lightly floured baking sheet. Cover; let rise 40 minutes. Fry in deep hot *oil* (365°) for 1¼ to 1½ minutes per side; drain. Combine 1 cup sifted *powdered sugar*, ½ teaspoon *ground cinnamon*, and 4 teaspoons *milk*; brush over rolls. Makes about 2½ dozen.

Mrs. Matt Klaver, Rhinelander, Wis.



Carrot-Wheat Fritters

¾ cup sugar
1 egg
¾ cup milk
1 teaspoon vanilla
1¼ cups all-purpose flour
1¼ cups whole wheat flour
1 tablespoon baking powder
½ teaspoon salt
½ teaspoon ground nutmeg
2 medium carrots, finely shredded (1 cup)
1 cup light raisins
Cooking oil
Sugar (optional)

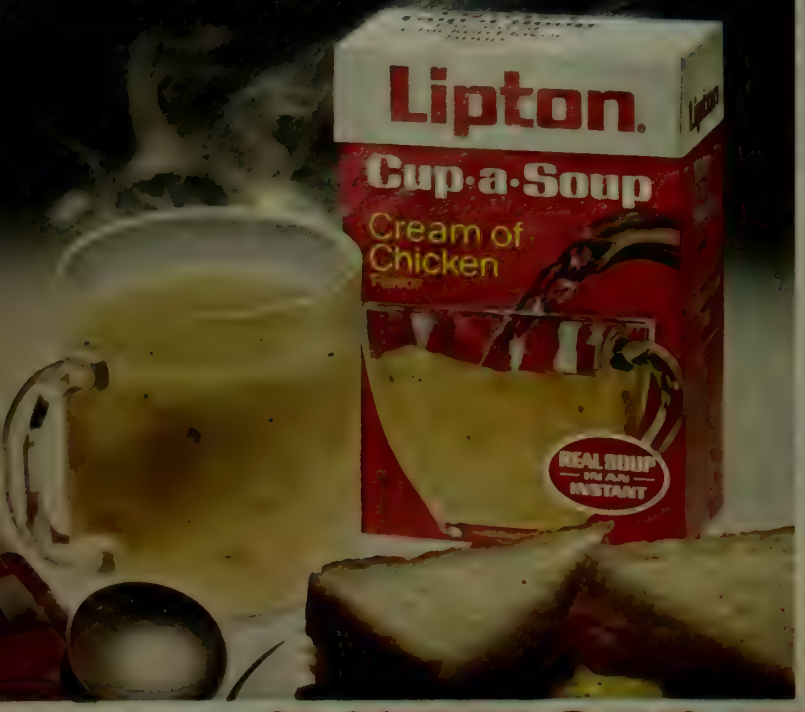
In small bowl combine sugar and egg; beat well. Stir in milk and vanilla. In large bowl stir together all-purpose flour, whole wheat flour, baking powder, salt, and nutmeg. Add flour mixture to milk mixture, stirring just to moisten. Stir in carrots and raisins. Drop batter by teaspoonfuls into hot oil (365°). Fry, 6 to 8 at a time, for 1 to 1½ minutes per side; drain on paper toweling. Roll warm fritters in sugar, if desired. Makes 3½ to 4 dozen.

Mrs. John Garding, Litchfield, Minn.


Betty Crocker
Wild Blueberry
ARTIFICIALLY FLAVORED
Muffin Mix
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IT'S IMPROVED!
IT'S THE BLUEBERRIEST TASTING MUFFIN MIX AROUND!
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ARTIFICIALLY FLAVORED
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NEW IMPROVED! MORE DELICIOUS FLAVOR
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You just have to try some. New Improved Betty Crocker® Wild Blueberry Muffin Mix makes the blueberriest tasting muffins because we added more blueberry flavor.
There's a whole can of tender, wild blueberries straight from Maine.
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One taste, and you're a Lipton® Cup-a-Soup fan for life. Cream soups never tasted so creamy. The noodle soups are swimming with tender egg noodles. When you make soups by the cup– make 'em Lipton Cup-a-Soup



with cooked sausage links. Top with shredded cheese; broil till cheese melts. Cut in triangles.

- For an after-the-theater dessert, heat canned pie filling and a few tablespoons of brandy or liqueur; spoon over hot French toast. For another elegant dessert, try French Toast L'Orange.

FRENCH TOAST L'ORANGE

½ cup light corn syrup
¼ cup honey
3 tablespoons frozen orange juice concentrate
⅛ teaspoon ground ginger
1 11-ounce can mandarin orange sections, drained
4 eggs
1 cup buttermilk
½ teaspoon salt
½ teaspoon ground ginger
Butter *or* margarine
8 slices French bread *or* white bread

In small saucepan combine corn syrup, honey, juice concentrate, and the ⅛ teaspoon ginger. Heat to boiling; add drained oranges. Set aside; keep warm. In shallow dish beat eggs slightly. Stir in buttermilk, salt, and remaining ginger. In large skillet melt butter or margarine over medium-high heat. Dip bread slices in egg mixture, coating both sides. Cook 2 or 3 slices at a time for 3 to 4 minutes per side, or till golden brown. Keep cooked slices warm in slow oven; repeat with remaining egg mixture and bread slices. Serve with warm orange sauce. Serves 4 to 6. ■

LIPTON. THE MOST DELICIOUS TASTE IN SOUPS.

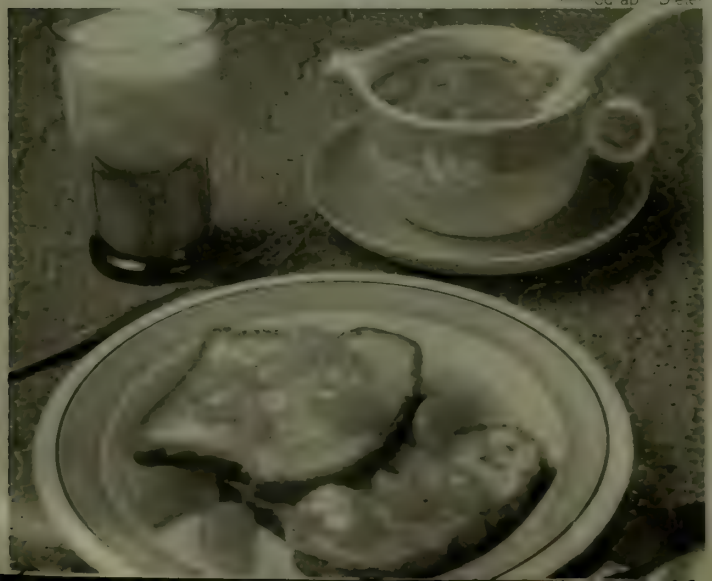
FOOD

FESTIVE FRENCH TOAST

Add a few flourishes to French toast, and you can transform it from a breakfast dish to a light lunch or supper, or an extra special dessert.

- For a quick entrée or appetizer, top hot French toast

Photograph: Dieter



The most delicious soup in a pot.

Give a sniff while it simmers. That's freshness you're cooking up when you make Lipton® Soup Mix. So delicious your family will love it. When you make soups by the pot – make 'em Lipton Soup Mix.





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The Dole® Banana. As a snack, it's a natural.

La Choy makes Bean Sprouts "Swing American" in

Burger Joes

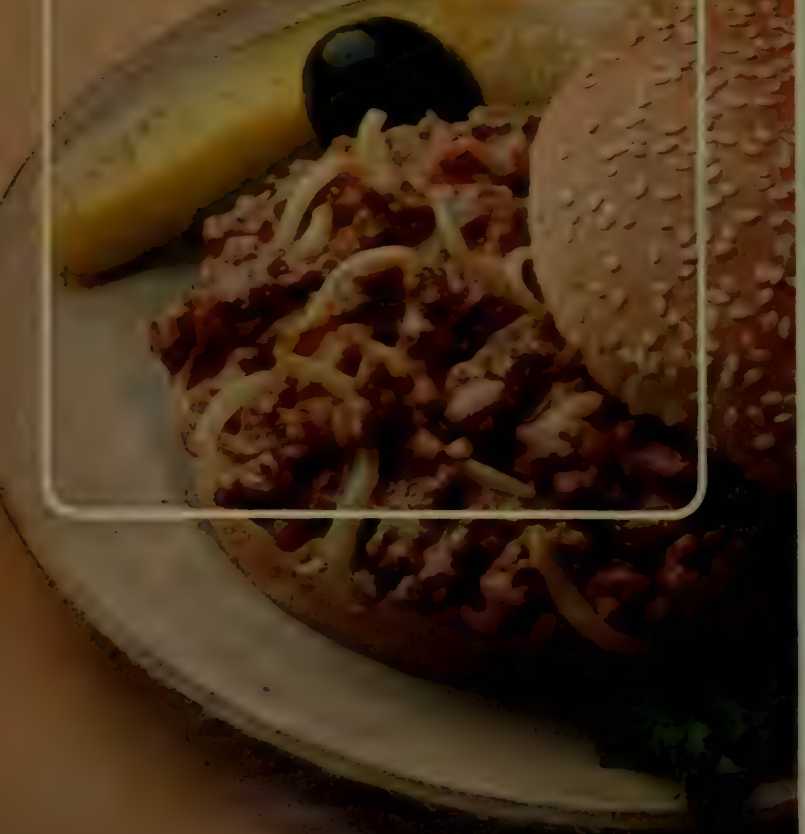
2 tablespoons butter
1 pound ground beef
¼ cup chopped onion
1 tablespoon prepared mustard
2 tablespoons tomato paste
2 tablespoons La Choy Soy Sauce
½ teaspoon garlic powder
¼ teaspoon pepper
1 teaspoon prepared horseradish
1½ cups (one 16-oz. can) La Choy Bean Sprouts, rinsed, drained
½ cup dairy sour cream
8 hamburger buns, toasted, buttered

Melt butter in skillet; add beef and onion, cooking until meat is browned. Stir in mustard, tomato paste, soy sauce, garlic powder, pepper, horseradish and bean sprouts. Simmer, stirring occasionally, 10 minutes. Remove from heat; stir in sour cream. Spoon on buns.

For a great soup and sandwich combination, serve Burger Joes with La Choy's Frozen Won Ton Soup.

8 SANDWICHES.





Another "Swing American" Idea:
Mix La Choy Bamboo Shoots in poultry dressing or toss them in salads.





CUSTARD DESSERTS AND CONVENIENCE BREAD FIX-UPS

Have you concocted a deliciously different custard dessert recipe that no one can resist? Are you adept at turning convenience bread products into something special with the addition of a few ingredients? Send us your recipes—you could win next May. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and 10 Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next May. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Custard Desserts

Any dessert that's based on a baked custard, a top-of-the range stirred custard, or a custard sauce could win. Do you flavor custard with liqueurs? Hints: **chocolate-mint custard cups, caramel custard pie, peachy custard trifle.**

Convenience Bread Fix-ups

Send us your recipe ideas for quick tricks with frozen or refrigerated bread dough, brown 'n serve rolls, or specialty bakery breads or rolls. Tips: **onion-toasted French bread, cheesy bagels, orange-dipped biscuits.**

THIS MONTH'S WINNERS

(See recipes on pages 141 and 142)

Cooks-of-the-Month

Ms. Barbara Schreier, Bethlehem, Pa.
Mrs. Barbara Taub, Framingham, Mass.

Runners-up

Mrs. Robert L. Allen, Dallas, Tex.
Mrs. John Garding, Litchfield, Minn.
Mrs. Matt Klaver, Rhinelander, Wis.
Mrs. Marjorie Lindsay, Bonaparte, Ia.

Honor Roll

Cynthia L. Duffy, Westmont, Ill.
Mrs. Doublas J. Elliott Naples, Fla.
Mrs. Joan Grube, Croton, Ohio
Pamela S. Johnson, Central Point, Ore.
Angeline Martis, Merrillville, Ind.
Mrs. L. Churchill Matthews, Jr., St. Louis, Mo.
Mrs. Howard McDowell, Chisholm, Minn.
Mrs. Therman Patzlaff, Alexandria, S.D.
Susan Tebb, El Centro, Calif.
Mrs. Charles Whitworth Sr., Rome, Ga.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "May Custard Desserts" or "May Convenience Bread Fix-ups."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **Recipes submitted become the property of Meredith Corp.**
5. **Entries must be postmarked by midnight, October 31st. Where duplicate recipes are submitted, the one with the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7810, Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**

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Behind the Quaker man's smile is one of nature's most important foods—a pure, natural grain. Sweet and higher in protein than any other grain, with the wholesome nutrition that naturally grew in the oat kernel.

Quaker Oats is a wholegrain, and because it is, you can do things with it that you probably never dreamed of.

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Try this new recipe for Taste Temptin' Tuna Salad tonight and discover a very different way to use wholegrain oats—*toasted oats*. Toasting gives the oats a golden color, nutty taste and a delightful crunchy texture. You can use toasted oats in some of your own recipes in place of bread crumbs or nuts.

In the weeks to come, we'll be sharing some exciting new ideas for making wholegrain main dishes, salads, desserts, toppings and snacks.

We'll even teach you how to make your own wholegrain flour in 60 seconds.

Please use the coupon below to send for your free 64-page *Quaker Oats Wholegrain Cookbook*. It's our way of welcoming you to the pleasures and wholesomeness of foods made with wholegrain oats.

Taste Temptin' Tuna Salad

- ¾ cup Quaker Oats (quick or old fashioned, uncooked)
- One 7-oz. can tuna, drained, flaked
- ½ cup celery slices
- ½ cup mayonnaise
- ¼ cup milk
- 3 tablespoons chopped onion
- 2 tablespoons sweet pickle relish

Toast oats in ungreased large shallow baking pan in moderate oven (350°F.) 15 to 20 minutes; cool. Combine oats with remaining ingredients; mix well. Chill. Serve as a salad on lettuce or tomato or as sandwich filling. **Makes about 2 cups.**

VARIATION: Substitute 4 chopped, hard-cooked eggs or 1 cup chopped or ground cooked ham, chicken, pork or beef for tuna.



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"...this crust tastes flakier..."

voted Mrs. Ann Marynchak during taste tests in Memphis, Tenn. Crisco won hands down.



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It's true... Crisco does make flakier piecrusts.

In blindfold tests, 3 out of every 4 women chose piecrusts made with digestible all-vegetable Crisco as tasting flakier than those made with the leading part-vegetable shortening.



HELPFUL TIPS

1. Be sure to follow directions on inside of Crisco label.
2. For extra flakiness, use a pastry sleeve on your rolling pin.
3. Before adding filling, coat shells with slightly beaten egg white to keep filling juice from soaking in.



You can taste the difference. It's flakier with Crisco.

FOOD

Deviled eggs with a difference

Here's how to promote deviled eggs from picnic fare to an elegant appetizer and an exotic main dish.



Photographs, Dieter

Buying information, page 158

CURRY-SAUCED EGGS DEVILICIOUS

You can make the broth by dissolving 1¼ teaspoons instant chicken bouillon granules in 1¼ cups hot water—

3 tablespoons dairy sour cream
2 tablespoons chutney, finely chopped
⅛ teaspoon salt
6 hard-cooked eggs
1 clove garlic, minced
1½ teaspoons curry powder
2 tablespoons butter *or* margarine
2 tablespoons all-purpose flour
1¼ cups chicken broth
3 *or* 4 slices white bread, toasted, *or* hot cooked rice
¼ cup chopped peanuts

In a small bowl stir together the sour cream, the finely chopped chutney, and the salt. Cut eggs in half lengthwise. Remove yolks and mash till smooth; blend into chutney mixture. Spoon yolk mixture back into whites, mounding slightly; set aside.

In skillet cook garlic and curry in butter or margarine for 1 minute. Blend in flour. Stir in chicken broth all at once. Cook and stir till thickened and bubbly. Reduce heat to low.

Carefully add the stuffed eggs, filled side up, to skillet. Cover and cook about 5 minutes or till eggs are heated through. Serve eggs and sauce on toast or hot cooked rice. Sprinkle with peanuts. Makes 3 or 4 servings.

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When you taste what we put in, you won't believe what we took ou
What we put in are the same select, imported cocoas we use in our regular hot cocoa mixes for an old-fashioned chocolatey taste.
What we took out is one-third of the calories. Without using artificial sweeteners or preservatives.
You won't believe the taste.



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MUSHROOM DEVILED EGGS

6 hard-cooked eggs
3 tablespoons green goddess salad dressing
1 teaspoon Dijon-style mustard
1 2-ounce can chopped mushrooms, drained and finely chopped, *or* ¼ cup finely chopped fresh mushrooms

Halve eggs lengthwise; remove yolks. Mash yolks; add dressing and mustard. Stir in mushrooms. Add *salt* and *pepper* to taste. Spoon mixture into whites. Cover; chill. Makes 12. ■

begins on page 72

Knitted patchwork

All abbreviations used in the instructions for the projects shown in this issue are identified below.

Knitting Abbreviations

k	knit
p	purl
st(s)	stitch(es)
st st	stockinette stitch
sk	skip
sl	slip
beg	begin(ning)
rem	remaining
dec	decrease
inc	increase
psso	pass slipped stitch over
pat	pattern
rep	repeat
tog	together
lp(s)	loop(s)
*	repeat whatever follows * as indicated

PATCHWORK SWEATER, page 72

Instructions are for size 34 (Youth); changes for sizes 38 (Women's Small to Medium); 40 (Women's Large OR Men's Small); 42 (Men's Medium); and 44 (Men's Large) follow in parentheses. (See *Finished Measurements.)*

Materials: Coats & Clark Red Heart Knitting Worsted (4-oz. skeins): 3 (4, 4, 5, 6) skeins Main Color (MC); 1 oz. each of 14 different colors of same yarn as MC. Knitting needles—sizes 6 and 8 OR ANY SIZE NEEDLES TO OBTAIN GAUGE BELOW. Yarn needle.

Note: The following yarns are among those of suitable weight and bulk and may be substituted for the yarn called for in the instructions. However, textures and yardage may vary: Bear Brand Twin-Pak Win-Knit (100% Orlon Wintuk); Bucilla Softex Win-Knit (100% Orlon acrylic); Columbia-Minerva Nantuk 4-Ply (100% Orlon); Lion Brand Sayelle (100% Sayelle); Penney Knitting Yarn (100% acrylic); Reynolds Reynelle (100% Orlon); Sears Acrylic (100% acrylic).

Gauge: On larger needles—4 sts = 1 inch; 6 rows = 1 inch.

Finished Measurements: Chest = 34 (38, 40, 42, 44) inches; width across back = 17 (19, 20, 22, 24) inches; width across sleeve at shoulder seam = 15½ (16½, 17½, 18½, 19½) inches.

Instructions:

Front: *(Note:* Front is made of 14 knitted rectangles, 10 large triangles, and four small triangles.)

Rectangle (make 14): With larger needles, cast on 21 (23, 25, 27, 29) sts. Work in st st (k one row, p one row) for 20 (22, 24, 26, 28) rows. Cast off.

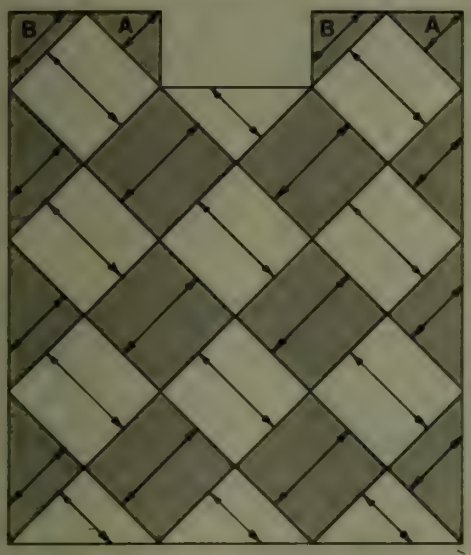
Large Triangle (make 10): With larger needles, cast on 21 (23, 25, 27, 29) sts. *Row 1:* P across. *Row 2:* K 2 tog, k rem sts. *Row 3:* P to last 2 sts, p 2 tog. Rep rows 2 and 3 alternately until one st rems. Cast off.

Small Triangle A (make 2): With larger needles, cast on 21 (23, 25, 27, 29) sts. *Row 1:* P across. *Row 2:* K 2 tog, k to last 2 sts, k 2 tog. *Row 3:* P 2 tog, p to last 2 sts, p 2 tog. Rep rows 2 and 3 alternately until 3 sts rem. *Next row:* Sl 1, k 2 tog, psso. Cast off.

Small Triangle B (make 2): With larger needles, cast on 2 sts. *Row 1:* P 2. *Row 2:* K in front and back of first st—inc made; k 1. *Row 3:* P 2, inc in last st. *Row 4:* Inc in first st, k



rem sts. *Row 5:* P to last st, inc in last st. Rep rows 4 and 5 alternately until there are 12 (13, 14, 15, 16) sts. Work one row even. Then, dec (work 2 sts tog) 1 st on shaped edge of every row until 2 sts rem. Cast off.



Arrows indicate "grain," perpendicular to first row of stitches

Following diagram, above, lay out all pieces for the front, making sure stitch direction follows arrows. "Grain" in this pattern refers to the direction *perpendicular* to the first row of stitches. Using a yarn needle, sew rectangles together. Since the rectangles are not square, you will have to ease the longer side to short side. Sew large triangles to the rectangles along the sides. Following diagram, sew small triangles to the shoulders.

To block, flatten out front to match shape of diagram. Pin to blocking surface (a folded towel or sheet) to measure approximately 17x19 (19x21, 20x 24, 22x25½, 24x27) inches. Cover with wet terry cloth and allow to dry.

Waist Ribbing: With right side facing using MC, pick up 68 (76, 80, 88, 96) sts along lower edge with smaller needle. Work in k 2, p 2 ribbing for 2½ (2½, 3, 3, 3) inches. Cast off loosely.

Back: With smaller needles and MC, cast on 68 (76, 80, 88, 96) sts. Work in k 2, p 2 ribbing for 2½ (2½, 3, 3, 3) inches. Change to larger needles and work even in st st until back measures the same length as front, approximately 21½ (23½, 27, 28½, 30) inches. Cast off. Mark center 22 (26, 26, 30, 32) st for back of neck.

Sleeves (make 2): With smaller needles and MC, cast on 32 (36, 36, 40, 44) sts. Work k 2, p 2 ribbing for 3½ (4, 4, 4½, 4½) inches. Change to larger needles and st st. On next row, increase 12 (10, 12, 12, 12) sts evenly spaced across row. Work even in st st for 3½ (4, 3½, 3½, 4) inches. Increase one st at both ends of next row and every inch thereafter 9 (10, 11, 11, 11) times in all —62 (66, 70, 74, 78) sts on needle. Work even until sleeve measures 17½ (19½, 20½, 21, 22) inches. Cast off.

Finishing: Block each piece as for front. With right sides facing, position front to back. Using MC and backstitch, sew left shoulder seam beginning flush at neck and tapering to a 1- (1, 1½, 1½, 1½) inch seam at shoulder edge. Tack down excess on wrong side.

For neckband, with larger needles, MC, and right side facing, pick up 50 (50, 54, 54, 56) sts along front of neck, and 22 (26, 26, 30, 32) sts bet markers along back of neck. Work k 2, p 2 ribbing for 1 inch. Change to smaller needles and work until neckband measures 3 inches. Cast off *very* loosely.

continued





continued

Knitted patchwork

Sew right shoulder seam as for left shoulder seam. Sew neckband seam; fold neckband under and whipstitch to wrong side.

Center top of sleeves along side of body and sew together. Sew side and sleeve seams with MC.

PATCHWORK AFGHAN, page 74

Finished afghan measures 64x88 inches. There are 35 squares in all; each measures 12x12 inches.

Materials: Bucilla Bear Brand (4-oz. skeins) 4-ply acrylic knitting worsted: 2 skeins each of 12 colors; size 10 knitting needles OR ANY SIZE NEEDLES TO OBTAIN GAUGE BELOW; size H aluminum crochet hook.

(Note: See instructions for Patchwork Sweaters, page 150, for a list of suitable acrylic knitting worsted yarns you may substitute to make this afghan. If you intend to use amounts of leftover yarn, make sure that all yarn is of similar weight and fiber content.)

Gauge: 4 sts=1 inch; 7 rows=1 inch.

Instructions:

(*Note:* Afghan is made of 35 knitted squares—17 solid squares and 18 squares knitted in a six-color pattern.)

Solid-colored squares (make 17): With one color, cast on 48 sts. Work even in garter st (k each row) until piece measures 12 inches from start. Cast off loosely in knitting.

Multicolored squares (make 18): *(Note:* You will use six colors of yarn for each square—referred to here as colors A, B, C, D, E, and F. To change colors in the middle of a row, bring up the new yarn from under the one just used. This twist prevents holes in your work. If you are starting a *new color* in the middle of a row—and dropping another—hold onto the new yarn, and knit to end. Tie yarn ends when piece is completed.)

With A cast on 21 sts; change to B and cast on 9 sts; change to C and cast on 18 sts—48 sts. In sequence established, work in garter st for 32 rows.

Row 33: K first 18 sts in C as before; drop B and A. Join D and k to end. Then work 13 more rows in color sequence established.

Row 47: K first 18 sts in C as before; drop D. Join E and k to end. Work 15 more rows in sequence established.

Row 63: Drop C at beg of row. Join F and k first 18 sts; pick up E and k to end. Work in sequence established until piece measures 12 inches from start. Cast off loosely in knitting.

Assembly: Lay out squares on the floor, alternating a multicolored square with a solid-colored square in checkerboard fashion. Place multicolored squares in the corners. To keep afghan from sagging out of shape, keep the "grain" direction of all solid-colored squares the same, *and* at right angles to the "grain" direction of all multicolored squares. Reposition squares, if necessary, until you achieve a balanced color combination. When squares are to your liking, sew, weave, or crochet squares together.

Border: Along short edges of afghan, work nine rows of single crochet, using a different color of yarn for each edge. Work nine rows of single crochet along long sides, including the edges of crocheted border.

Weave in yarn ends. To block, dampen afghan and pull out to size on a blocking surface. Allow to dry. ■

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Mushroom Rice

3 cups hot cooked rice, cooked in chicken broth
1 can (4 ounces) sliced mushrooms, drained
1 cup cooked green peas
2 tablespoons butter or margarine, melted
¼ teaspoon onion powder
Salt and pepper to taste
2 tablespoons diced pimiento

Combine rice, mushrooms, peas, butter, seasonings and pimiento. Heat until vegetables are hot, about 3 or 4 minutes. Toss lightly. Makes 6 servings.

For more easy-to-make rice recipes, write to:
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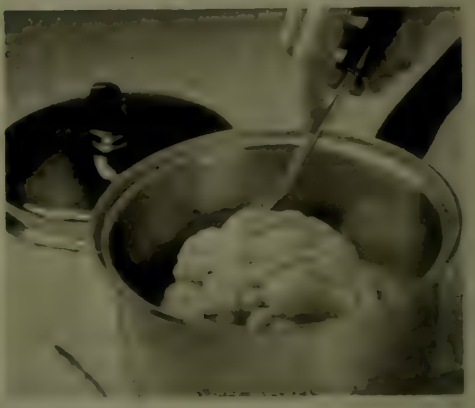
How to cook whole cauliflower

Chances are you're most familiar with cauliflower as small pieces called flowerets. But don't shy away from using the whole head. It's easy to fix if you follow these step-by-step directions.



Photographs: Dieter

1. Rinse 1 medium head *cauliflower* (about 1 pound) under cold water and remove the outer green leaves. Using a knife, cut out the woody stem.



2. Pour about 1 inch of water into a 3-quart saucepan. Add ¼ teaspoon *salt;* bring to boiling. Carefully lower cauliflower, stem side down, into pan. Cover saucepan; cook over low heat for 15 to 20 minutes. To test for doneness, insert a fork in a stalk portion. Cauliflower should still be slightly crisp, yet tender.

3. Turn cauliflower and cooking liquid into a colander placed in the sink. Drain well. Place cauliflower on a serving plate. Serve with a cheese sauce, lemon butter, buttered bread crumbs, or snipped parsley. Makes 4 servings. ■

Dole Pineapple in its own juice. No extra heavy syrup, no sugar added—just juice.



(Now think what it will taste like creamed in a crêpe!)



Autumn Wings from Better Homes and Garde

Autumn Wings Prints Any sportsman would love a room adorned with these three decorative waterfowl masterpieces by award winning artist John Bradley. These exquisite art prints make an absolutely smashing wall arrangement. Large focal print measures 6″x20″; accent prints come on 7″x16″ paper. Hardwood frames shown are offered in a money-saving combination or separately. Crisp morning air, tinged fall foliage, and brilliantly plumed waterfowl in breathtaking flight—the three are combined in the most stunning fashion possible! And all three art prints are lithographed on quality stock.

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BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

HOW TO MAKE YOUR FIREPLACE MORE HEAT EFFICIENT

Page 48: "Grate-O-Lator" blower-equipped tube heater—CEMI, P.O. Box 290, Ashland, Ohio 44805.
Page 51: "Thermograte" glass door/heater combination—Thermograte Enterprises, 51 Iona Lane, St. Paul, Minn. 55117. "Grate Heeter" grate-type blower—Yankee Distributors, Box 373, Dayton, Ohio 45449.

KNITTED PATCHWORK

Pages 72-75: Tan corduroy knickers—Scandinavian Ski and Sport Shops, 40 W. 57th St., N.Y., N.Y. 10019. Buchanan kilt skirt—Scottish Products, Inc., 24 E. 60th St., N.Y., N.Y. 10022. Picnic baskets—Amana General Store, Valley West Mall, West Des Moines, Iowa 50265. Stadium blanket—Harvard Coop, Cambridge, Mass. 02138.

FIREPLACES

Page 76: Rug—Karastan Rug Mills, 919 Third Ave., N.Y., N.Y. 10022. "Gatsby Look" sofa—Protégé Div., Bernhardt Industries, Box 388, Lenoir, N.C. 28645. Butler's table—Conant Ball Co., Gardner, Mass. 01440.
Page 77: Octa-Therm—Martin Industries, Building Products Div., P.O. Box 128, Florence, Ala. 35630. Heat Circulating Fireplace—Heatilator Div., Vega Industries, Mt. Pleasant, Iowa 52641. Energy Saving Fireplace—The Majestic Co., 245 Erie St., Huntington, Ind. 46750. Energy-Mizer—Preway, Wisconsin Rapids, Wis. 54494.
Page 78: The Efel—Southport Stoves Inc., 248 Tolland St., East Hartford, Conn. 06108. Lamp—Georgian Lighting Studios, 22-28 W. 19th St., N.Y., N.Y. 10011.
Page 79: The Provider—Preway (address above). Carousel—Malm Fireplaces Inc., 368 Yolanda Ave., Santa Rosa, Calif. 95404. Coronado—Martin Industries (address above).
Page 80: Morso 1B0—Southport Stoves (address above). AFS Fireplace—Arizona Forest Supply, P.O. Box 188, Flagstaff, Ariz. 86002. The Earth Stove—Earth Stoves, 19440 S.W. Boones Ferry Rd., Tualatin, Ore. 97062. Fisher Mama Bear—Fisher Stoves Inc. River Rd., Rt. 3, Bow, N.H. 03301. Columbia New America—Columbia Products Co., 205 W. Monroe St., Chicago, Ill. 60606. Riteway Wood and Coal Heater—Riteway Mfg. Co., P.O. Box 6, Harrisonburg, Va. 22801. Vermont DownDrafter—Vermont Woodstove Co., P.O. Box 1016, Bennington, Vt. 05201.
Page 81: Jotul No. 4 Combi-fire—Kristia Associates, P.O. Box 1118, Portland, Me. 04104.

INSTALLMENT DECORATING

Pages 110-111: Sofa—Simmons Company, 4411 E. Jones Bridge Rd., Norcross, Georgia 30092. Sofa and drapery fabric—Cyrus Clark Co., 267 Fifth Ave., N.Y., N.Y. 10016. Rug "Tradewinds"—Karastan Rug Mills, 919 Third Ave., N.Y., N.Y. 10022.
Page 112 (bottom): Table—Stanley Furniture Co., Stanleytown, Va. 24168. Chairs—The Hitchcock Chair Co., Riverton, Conn. 06065. Paint—Martin-Senour Co., Box 6939, Cleveland, Ohio 44101.
Page 113 (bottom): Chair fabric—Cyrus Clark Co. (address above). Desk lamp—Wildwood Lamp, 516 Paul St., Rocky Mount, N.C. 27801.
Pages 114-115: Coffee table—Ethan Allen, Inc., Ethan Allen Dr., Danbury, Conn. 06810. Table lamp—Wildwood (address above). Floor lamp—The Stiffel Co., 700 N. Kingsbury St., Chicago, Ill. 60610.

LIGHT UP YOUR KITCHEN

Page 120: Refrigerator—Whirlpool Corp., Benton Harbor, Mich., 49022. Counter top—The Formica Corp., 120 E. 4th St., Cincinnati, Ohio 45202. Cabinets—N-I-N-E, Inc., Midway Ind. Park, Odenton, Md. 21113. Quarry tile—American Olean Tile Co., 1000 Cannon Ave., Lansdale, Pa. 19446. Dishwasher—KitchenAid, Div. of the Hobart Mfg. Co., Troy, Ohio 45374.
Page 122 (left): Double corner sink—Elkay Mfg. Co., 2700 So. 17th Ave., Broadview, Ill. 60153. Range—Sears Kenmore, Sears Tower, Chicago, Ill. 60684. Spice jars—Copco, Inc., 11 E. 26th St., N.Y., N.Y. 10010. Dishes—Dansk Designs Ltd., Mount Kisco, N.Y. 10549.

COOKING WITHOUT A COOK BOOK

Page 127: Glass measuring cup and bowl "Pyrex"—Corning Glass Works, Corning, N.Y. 14830. Pie plate—Amnion Stoneware, 116 Carl St., San Francisco, Calif. 94117.

HE COOKS—RABBIT STEW

Page 132 (left): Soup bowl—Franciscan Table Top Fashions, Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Salt and pepper "Potters Wheel"—Denby Ltd. Inc., 41 Madison Ave., N.Y., N.Y. 10010. Small bowl "Sunrise Yellow"—H. Wittur & Co., 1024-26 Emerson St., Evanston, Ill. 60204.

POT ROAST POTPOURRI

Page 134: Wine decanter—Crate & Barrel, 1510 North Wells St., Chicago, Ill. 60610.
Page 135 (left): Dinner plate "Quadrille"—Fitz & Floyd, 1371 Round Table Dr., Dallas, Tex. 75427. Wine goblet "Antique Brown"—Lenox Inc., Prince & Meade Sts., Trenton, N.J. 08605. (Right): Platter "Potters Wheel"—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010. Gravy pitcher "Woodspice"—Lenox (address above).

PRIZE TESTED RECIPES

Page 141 (left): Coffee cup, saucer, plates "Strata"—H. Wittur & Co., 1024-1026 Emerson St., Evanston, Ill. 60204. (Right): Baking dish—Anchor Hocking Glass Corp., 5th and Pierce Sts., Lancaster, O. 43130. Plates "Spice"—Dansk Designs, Inc., Radio Circle Rd., Mt. Kisco, N.Y. 10549.
Page 142 (left): Soufflé dish—Arabia Inc., P.O. Box 12457, Kansas City, Mo. 64161. Plate, cup and saucer—Noritake Company, Inc., Cincinnati, Ohio 45215. (Center right): Small bowl—The Pfaltzgraff Company, 140 E. Market St., York, Pa. 17405. (Right): Slotted spoon—Ekco Housewares Co., 9234 W. Belmont Ave., Franklin Park, Ill. 60131.

FESTIVE FRENCH TOAST

Page 144 Plate—Arabia Inc., P.O. Box 12457, Kansas City, Mo. 64161. Bowl and saucer—Rosenthal USA Ltd., 411 E. 76 St., N.Y., N.Y. 10021. Glass "Country Garden"—Libbey Glass Company, Div. of Owens-Illinois Glass Co., Owens-Illinois Building, P.O. Box 919, Toledo, Ohio 43693.

DEVILED EGGS WITH A DIFFERENCE

Page 149 (left): Plate—H. Wittur & Co., 1024-1026 Emerson St., Evanston, Ill. 60204. (Top): Platter—Rosenthal USA Ltd., 411 E. 76 St., N.Y., N.Y. 10021.

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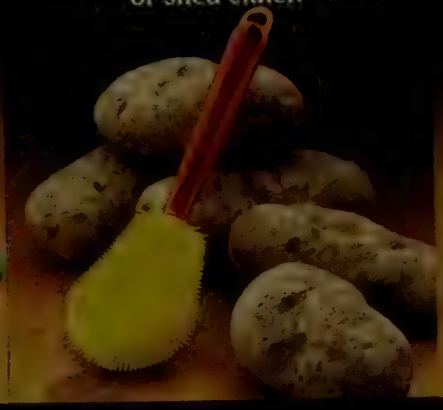
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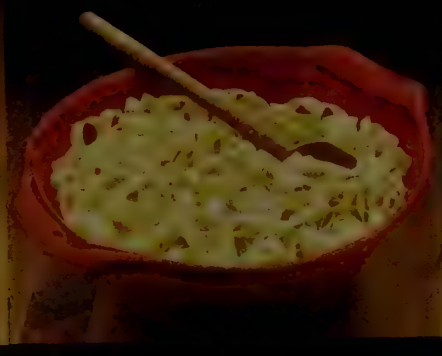
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LITTLE THINGS THAT HELP OUT IN A BIG WA

Rubbermaid

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begins on page 62

Save energy dollars

Keeping desirable conditioned air inside your house and unwanted outdoor air out is equally important in summer and winter. Any improvements that will make your house warmer and cozier in winter will also help keep you comfortable during the air conditioning season. And, beyond comfort, there's good news for the family budget. In a snug house the heating and cooling equipment has to cycle less often, and that means smaller utility bills.

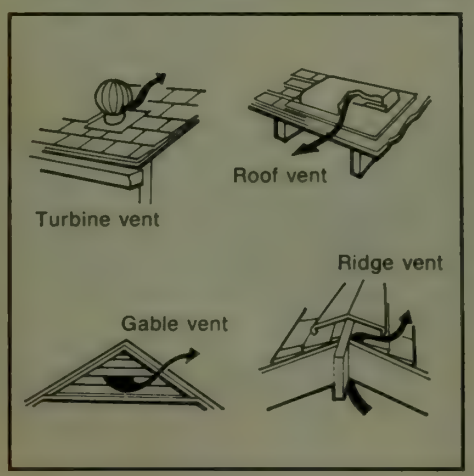
Here's the nitty-gritty on how to make your home more energy-efficient so you can start saving on utility bills. Some of these home improvements are more cost-effective than others. We've grouped them to indicate only their *relative* cost effectiveness.

Freebies

Many energy-saving moves won't cost you a penny. Just use properly the devices already in your house. Start with ventilation. Every house has ventilation possibilities built in—use them.

Ventilate the attic summer and winter. Proper attic ventilation not only removes moisture from the house but also helps it shed excessive summer heat. Turbine vents, gable and soffit louvers, or ridge and soffit louvers will do the job year-round if there's at least one square foot of vent area for every 150 square feet of attic area. (An attic with a vapor barrier in place requires one square foot of vent area for each 300 square feet of attic space.)

If you have a whole-house fan, take advantage of its cooling capabilities on warm summer evenings. By teaming the fan with your home's attic ventilation system, you can often avoid turning on the air conditioning. Use the fan to draw the cool night air in through opened lower level windows, then up and out through the attic vents. The circulation pattern will cool your house, and the fan will use less electricity to do the job than an air conditioner would require.



Keep soffit vents open. This is a must if the attic ventilation pattern is to work at peak efficiency. If you're insulating your attic, don't go overboard along the eaves. Stop short of blocking the vents with insulation.

Regulate crawl-space vents. If you've insulated the walls of your crawl space, be sure to close the vents in winter. Once insulated, the crawl space becomes part of the warmed house envelope. Closing the vents will keep out cold and damp air from the now-conditioned space.

If, however, your furnace gets its combustion air from the crawl-space area, you must allow for ventilation. Check with your furnace serviceman.

Here's a couple of ***fireplace energy savers*** that don't cost a cent, either:

Don't allow expensive furnace-heated air to go up your chimney. Remember to ***close the damper whenever the fireplace is not in use.***

Be careful, too, about where you locate a new fireplace in your home. If you ***expose the fireplace flue to living spaces,*** you'll be able to take advantage of the heat that radiates from the warmed flue—heat that otherwise would just be lost up the chimney.

Don't overlook still other cost-free ways to cut utility bills. Setting back the thermostats in your house is a painless way to save energy dollars. All it takes is a little follow-through.

In winter, set back the heating-system thermostat as far as comfort and your sweater supply will allow; the less the furnace runs, the more you'll save. If you have a central air system, ***increase the thermostat setting in summer*** and save on cooling bills.

Dial back the thermostat on the hot water heater, too. There's no sense in paying to heat water to 160 degrees when 120-degree water will suffice. If you're afraid the reduced water temperature might make your dishwasher less efficient, check the owner's manual for the minimum temperature setting.

Landscaping

Even the way you landscape your property contributes to the energy efficiency of your home.

You can reduce the amount of hot summer sun that reaches your windows by ***planting deciduous trees on the south and west sides of the house.*** In the summer, the leafy trees will provide shade, thus reducing the air conditioning load. Then in the fall they'll shed their leaves, allowing autumn and winter sunshine to penetrate glass areas and warm the house.

To ward off cold winter winds, ***plant a windbreak of evergreens on the north*** side of your property. Because they keep their needles all year around, evergreens can cut the force of the wind before it gets to your house.

$100 investments

If you have just $100 to invest in making your home energy-tight, check this list of cost-effective ways to spend your dollars. You can carry out any one of these measures for less than $100.

Weather-strip all windows and doors, including storms. Conditioned air—and the money you pay to heat and cool it—can escape through even the tiniest gaps around windows and doors. By filling gaps with weather stripping, you can keep drafts outside and expensive heated or cooled air where it belongs—inside your house.

If you have removable storm windows and doors, be sure to weatherstrip around their edges, too. Combination storm/screen units can't accommodate weather stripping, but you can keep out drafts by sealing the movable panels with waterproof tape.

Caulk all joints and cracks and around window and door frames. While weather stripping can stop drafts around the movable parts of doors and windows, you'll need to use caulking to plug the leaks where door or window frames meet exterior walls.

The general rule for applying caulking is to caulk wherever two different materials or parts of a house meet. Don't overlook the openings where wiring, ductwork, or pipes penetrate the exterior walls. Conditioned air can

continued

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Wagon Stop

continued

Save energy dollars

seep out of those kinds of cracks, too.



Seal the threshold to control air infiltration. Don't let breezes sneak in under entry doors. When it's time to replace a worn threshold, embed the new threshold in caulking to seal out unwanted outdoor air.

Whoever heard of heating a room with a hot-water heater? You may be doing just that if your unit does not have extra insulation on the top, bottom, and sides. But you can contain the heat that radiates from the unit by ***wrapping the hot-water heater with an insulating blanket.*** Easy-to-install kits are widely available.

Service your heating and cooling equipment annually. A once-a-year cleaning and adjustment will keep the system performing at peak efficiency—and you'll get the most for every fuel dollar. Throughout the year, help keep your heating/cooling system humming by changing or cleaning filters regularly. More sophisticated adjustments should be made by a serviceman.

Install an automatic clock thermostat and you won't have to remember to adjust the thermostat morning and night. When the built-in clock reaches a preset time, the device automatically tells the heating/cooling system to adjust to a preselected temperature. Shop around for the best unit for your needs, though; some units do not accommodate setback temperatures of less than 54 degrees.

Don't let your fireplace waste energy by drawing indoor air for combustion. ***Vent the firebox to use outdoor air for combustion*** so the indoor air you've paid to heat won't just go up the chimney. (Remember, the location of your fireplace and the logistics necessary to reach outside air can affect the cost of this energy-saving improvement.)

Spend more but save more

Depending on the size of your house, other energy-saving home improvements can cost you more than $100. But, with rising fuel costs, the additional investment may be worthwhile. Remember, energy saved translates to dollars you *won't* have to spend on utility bills. So, if you're willing to invest more than $100, consider these additional ways to make your home more energy-efficient.

Wrap heating and cooling ducts with insulation wherever they pass through unheated spaces. The unnecessary exchange of heat between an unheated attic, basement, or garage area and bared duct runs can cost you extra dollars. Your heating and cooling equipment must work harder to replace the heat or cold that's lost from exposed ductwork. Be sure to wrap both supply and return ducts. Wrap them so the vapor barrier is exposed to the room, then tape the joints.



Outfit the fireplace with tempered glass doors. The glass doors allow the fire's heat to radiate into the room but reduce the draw of expensive, furnace-heated indoor air for the fire's combustion. When it's time to extinguish the fire at bedtime, just leave the fireplace damper open and close the glass doors and their air shutter. With the fireplace thus tightly sealed, the fire can burn itself out without smoking up living areas, and household heat can't be drawn out through the chimney during the night.

Insulate between the attic and adjacent heated spaces. Much of the heat lost from a house goes up and out via the attic. Adequate attic insulation can help keep winter heat (and summertime air conditioning) inside your house. If your home needs more insulation, you should make the attic your first priority.

Installing batts, blankets, or loose fill insulation in an unfinished attic is an easy do-it-yourself project. It's a different story in a finished attic. Many areas may be difficult for a do-it-yourselfer to reach. To be assured of a thorough job, you may have to call in an insulation contractor. With specialized equipment, the contractor will be able to reach the rafter, joist, and stud spaces behind the finished attic's knee walls.

A couple of cautions for do-it-yourselfers: Don't let the insulation block attic vents; and be sure to keep attic insulation three inches away from heat-producing equipment, such as recessed light fixtures that protrude into attic floor areas from the story below. If you're using loose-fill insulation, install a baffle to separate the insulation and the vents along the eaves; also construct a framework around a light fixture to keep the insulation at a safe distance from the heat source. If you're installing batts or blankets of insulation, cut them short of these problem areas in the attic.



Install a storm door. The storm door cuts air infiltration by establishing an insulative air space between the outdoors and the entry door. A storm door not only keeps out winter winds;

continued

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continued

Save energy dollars

it's a valuable insulator all year around. If you live in a region where air conditioning is a must, you'll want to use a storm door in summer, too, to protect your air-conditioned house from blasts of hot, humid air.

An important part of any insulation job is the installation of a vapor barrier. Some batt and blanket types of insulation come with a barrier of specially treated kraft paper or foil already attached. But if you're using loose-fill insulation, or unfaced batts or blankets, you can place your own vapor barrier of polyethylene. ***Install the vapor barrier toward the warm-in-winter side of walls, floors, and ceilings.*** The vapor barrier prevents moisture in the household air from entering the insulation, condensing there, and destroying the insulation's value as a reducer of heat loss/gain. Carefully tape any tears in the vapor barrier so it can do the job it was designed to perform in your home.

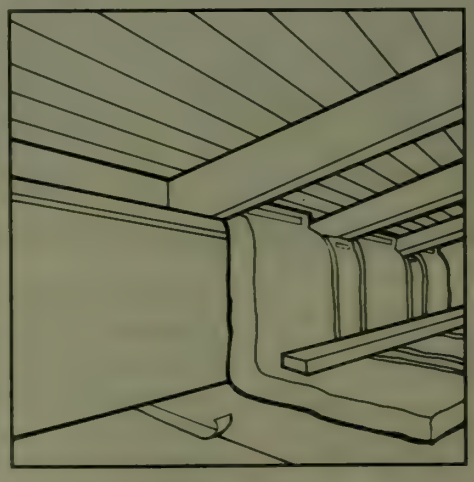


Insulate basement or crawl-space walls, including the band joist. If you're planning to finish a basement area, don't overlook the insulation. One basement insulation method is to fur out from the basement walls and fill the established stud spaces with batt or blanket insulation. Tuck small pieces of insulation above the furring so the insulation covers the area along the band joist and against the sill plate. (The vapor barrier should face the interior basement area.) Then install wall-finish material over the insulation and furring.



An alternative way to insulate basement walls is to install nailers, then attach rigid insulation boards. For fire safety, you must cover the insulation board with at least ½-inch-thick drywall. (No vapor barrier is needed with this type of installation since insulation board is impervious to moisture.)

You can control expensive heat loss/gain through crawl-space areas, too, by installing batt or blanket insulation on crawl-space walls. Fit the batts snugly against each other, and let them extend two feet into the floor area all around the perimeter of the crawl space. Then ***install a polyethylene vapor barrier over the entire dirt floor of the crawl space,*** tucking the barrier under the insulation batts. Tape the joints of the vapor barrier or overlap them at least six inches. Along the foundation wall perimeter, hold the insulation in place by weighting it with 2x4s.



Caution: Insulation experts warn against insulating the crawl space in this way if you live in a very cold climatic region. The extreme frost penetration during a typical winter in such areas as Alaska, Maine, and Minnesota makes the foundation heave if the crawl-space walls have been insulated. Rather, insulate the floor area over the crawl space.

Take yet another swat at big utility bills by reducing the amount of heat that is lost or gained through floor areas. ***Insulate floors, especially over unheated basements or crawl spaces.*** Batt or blanket insulation is easy for the do-it-yourselfer to install between the floor joists. Staple wire mesh or chicken wire to the underside of the joists, then slide in the insulation so it rests on the wire. (The vapor barrier should face up, toward the warm-in-winter area of the house.)



Use double-glazed windows, or install storm windows. In a double-glazed window the space between the two panes of glass slows the transfer of heat through the window area. In especially cold regions, triple glazing is becoming a popular way to cut window heat loss/gain even more.

Installing storm windows is a common way to establish an insulative space between the outside air and the inside windowpane. If you don't mind obscuring the view somewhat, you can make your own storm windows from six-mil-thick polyethylene. It's not a costly project, but plastic storms must be reinstalled every year or so because they're not very durable. Commercially manufactured storm window units —permanent or removable ones— represent a bigger investment, but one that really pays off in lower utility bills. Storm windows can save energy in summer as well as in winter. Leave the storm windows on all year around

continued



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continued

Save energy dollars

to keep warm summer air out and to help save on air conditioning bills.

Insulate exterior walls. This is the most expensive insulation job of all to perform on existing houses, and it's too difficult for most do-it-yourselfers. Have an experienced insulation contractor and his crew blow insulation into the stud spaces of exterior walls.



Tips for new construction

Many energy-saving (and dollar-saving) techniques are possible only during construction.

Insulate slab-on-grade floors along the edge of the slab and for two feet horizontally under the slab. This cellular foam insulation technique locks out outside air and moisture.

Insulate between the sill plate and the foundation. Insulation at this junction can help control air infiltration. Then seal the sill with caulk.

Use six-inch studs and ten-inch rafters when framing an addition or a new house. The wider framing members allow more space for insulation.

Insulate around and behind all electrical outlets. These areas are often overlooked. Insulating every nook and cranny while the house is being framed will keep energy-wasting air convection currents from forming later when the structure is closed in.

Insulate flat or modified vault ceilings. Installing batt, blown-in-place, or rigid foam insulation in the ceiling areas of your house or addition is most easily done during construction.

Revive the old-fashioned vestibule. By creating an air lock area at the entry, a vestibule keeps outdoor drafts away from indoor living areas.

If you're replacing an entry door or outfitting the entry to an addition, ***install an insulated entry door.*** It will reduce the heat loss/gain through the entry. (You can get a similar insulative effect by installing storm doors on the entries to your present house.)

When building a new home or addition, make sure the largest glass area faces south. Let the sun help heat your house. Site your home to take advantage of the sun's position in winter and save on heating bills.

Shade large glass areas with overhangs. This technique helps control the amount of sun that your windows absorb. Generous overhangs will shade windows and interior spaces from the harsh midday rays and help keep cooling bills under control, too.

If you're building a new home, consider including a wall mass for thermal storage. Used in conjunction with south-facing glass, interior masonry can absorb the sun's heat during the day, then give off that heat to the living area in the evening. ■

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HEALTH UPDATE

ON THE RUN TO BEAT THE BLUES

Jogging three or more times a week can help banish the blues, says a University of Wisconsin psychiatrist.

"People who are able to stick with a regular jogging routine, 30 or 45 minutes a session, get a sense of success and mastery from it," says Dr. John H. Greist. "When people find they're able to do something they didn't know they could do, they begin to realize they also can make other changes in their lives for the better."

In a two-year study, jogging surpassed psychotherapy in treating moderate depression, the type experienced by three out of four depressed patients.

Dr. Greist says there are physical benefits, too: After patients take up jogging, they sleep better and minor bodily complaints seem to disappear. "When depressed people are jogging or running, they lose that characteristic anxious, crestfallen, angry look," says Dr. Greist.

NEW EPILEPSY DRUG

Valproic acid (Depakene) is a prescription drug used to manage certain seizures in persons with epilepsy who haven't responded to other drugs. The drug has recently become available in the United States. Valproic acid has been used in Europe since 1967 and is licensed in 23 countries worldwide.

According to the Epilepsy Foundation of America, about a half-million patients in the U.S. may benefit from the new drug, particularly children who might otherwise experience several daily seizures characterized by staring episodes, inattentiveness, or momentary loss of consciousness.

HOW TO ESCAPE MONTEZUMA'S REVENGE

Traveler's diarrhea—Montezuma's revenge, *turista,* Delhi belly—can ruin a trip to a foreign country.

And the malady is hard for travelers to avoid because the bacterium *(Escherichia coli)* that causes the diarrhea is transmitted in food and water.

Now there is a way for travelers to *prevent* the disorder. The treatment consists of a single, daily dose of the antibiotic doxycycline (available by prescription only), beginning the day before the traveler arrives in a country where the problem is known to exist. Such places include Mexico, most of South America, Africa, India, and other developing countries.

Researchers at the Division of Geographic Medicine of the Baltimore City Hospitals stress that the drug is recommended only for use of one month or less since it hasn't been tried for longer periods of time. Moreover doxycycline is not recommended for children or for women who are pregnant because it may cause permanent stains on developing teeth. The drug is not likely to be effective on other kinds of diarrhea such as dysentery.

After six or seven weeks' exposure to the organisms that cause the diarrhea, most persons will develop immunity. Hence, the drug's prime use will be to enable a short-term traveler to avoid the problem.

VACCINE FOR PNEUMONIA NOW AVAILABLE

More than three million cases of pneumonia occur every year in the U.S., according to the National Center for Health Statistics.

Now there's a vaccine (Pneumovax) that's highly effective against *pneumococcal* pneumonia. This virulent type of pneumonia accounts for about one-third of the cases and causes an estimated 25,000 deaths a year in the U.S.

The new vaccine is recommended for anyone over age two who may have an increased risk of pneumococcal pneumonia because of diabetes, or chronic heart, lung, or kidney disease. It's also recommended for all persons age 50 or older, for persons in chronic care facilities, and those convalescing from severe disease. The few reported side effects have been mild and temporary.

The vaccine's protective effect is expected to last at least three years.

OLDER PERSONS NEED WARMER ROOMS

Persons over 60 may need living quarters warmer than the recommended daytime temperature of 65 degrees F. and 55 degrees F. at night.

The body becomes less efficient with age at adapting to temperature changes, reports an editorial in the *Journal of the American Medical Association* (JAMA). When exposed to cold, older persons are less able than younger ones to increase body heat production. And older persons are not able to control their heat loss as effectively or sense the cold as well as younger persons are. An elderly person's body temperature may drop to a dangerous level in a room that would be quite comfortable for a younger person.

Warming up with blankets and hot drinks is the recommended treatment, says the JAMA. Applying hot water bottles or heating blankets is not recommended because it may further reduce "core" body temperature.

WORTHWHILE HEALTH BOOKLETS

- For the blind or visually impaired cook, request a Braille or large-type edition of a free booklet that features rice, *Easy 'N Thrifty Recipes for 2.* Write the Rice Council of America, P.O. Box 22802, Houston, Texas 77027.
- Because cancer detected in an early stage is the most easily treated and cured, *Cancer Facts for Women* and *Cancer Facts for Men* both stress self-examination, including new do-it-yourself tests for colon-rectum cancer. Both leaflets are available in English and Spanish from your local American Cancer Society office.
- *Your Body and How it Works* is for you and your elementary-school-age child to read together; the booklet by the American Medical Association features large type and cartoon-like drawings. It's $1.50 from the AMA's Order Department, OP 176, P.O. Box 821, Monroe, Wisconsin 53566. ■

(Produced by Lynne Lamberg)



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BIRDS THAT MAKE GOOD FAMILY PETS

Although dogs and cats are the conventional candidates for family pets, birds are well worth considering, too. These sociable little creatures offer affection, entertainment, and companionship. And with proper care and attention, they can be beautiful to look at and delightful to listen to. What's more, though birds may not be cheap to buy (from about $15 for parakeets, $60 for canaries, up to $4,000 or more for rare parrots), they're relatively inexpensive to keep and usually less trouble than the average dog or cat.

Picking a bird that suits

Before you buy any bird, asking yourself a few simple questions can help you zero in on a compatible feathered pet. Are you looking for a bird to fill your home with song? Or is a quiet pet more your style? Do you want a feathered friend that can learn tricks, even talk back to you? How much space do you have to house your pet? How much time and attention are you willing to give him?

Canaries are among the most common feathered pets, primarily because of their delightful song. Only male canaries are singers, however, so be sure you buy a "guaranteed" male if it's song you want. Chances are inexpensive "unsexed" canaries that can only chirp and twitter are older female birds once used for breeding. Canaries can live up to 15 years.

There are three types of singing canaries to choose from: choppers, with a loud, brisk, clear, repetitious song; rollers, with a soft varied repertoire; and American singers, with a pleasing song somewhere in between. Before you buy, take time to listen to the songs of different birds and pick one that pleases you. Canaries caged alone are the most enthusiastic singers, but your bird may need a week or two to get used to his new surroundings before bursting loose in song.

Canaries come in white and assorted colors—red, orange, cinnamon, yellow, etc. Some even sport colorful topknots. Color differences, however, shouldn't have much influence on price.

Small finches, like the zebra finch and the weaver, are relatives of canaries, but only about half the commonly available finches sing (green singing finches and colorful cordon bleus have charming melodious songs). Finches' bold beauty and lively—sometimes even feisty—dispositions are their prime assets. These tiny creatures should never be caged alone; always buy at least a pair.

Though finches don't demand much attention, they do need roomy cages with plenty of space to exercise. Be sure the cage wires are spaced closely enough to keep these small birds inside. Healthy finches are likely to live five years or more.

Parakeets (more accurately known as budgerigars or budgies) are small Australian members of the parrot family. The birds are particularly popular pets. Some parakeet fanciers claim the males are friendlier pets and better talkers than the females. But what's really important is the age at which the parakeet is removed from the nest.

These charming, brightly colored birds are especially affectionate. They're usually easy to tame and eager to become members of the family. If given some patient and persevering coaching, your parakeet can develop an extensive vocabulary. Parakeets are available in assorted colors and can be expected to live up to 15 years with good care.

Half-moons, beebee parrots, and cockatiels are four middle-sized parrots (from eight to 12 inches long) in the medium-price range ($40 to $150 each). You'll be entertained by the antics of any of these sprightly, somewhat flashy, fellows but they can be noisy and somewhat aggressive, too. Patient handling is required to turn them into affectionate pets. You probably will be able to teach these birds a few tricks or a word or two. Males and females learn equally well. These hardy birds can live up to 20 years.

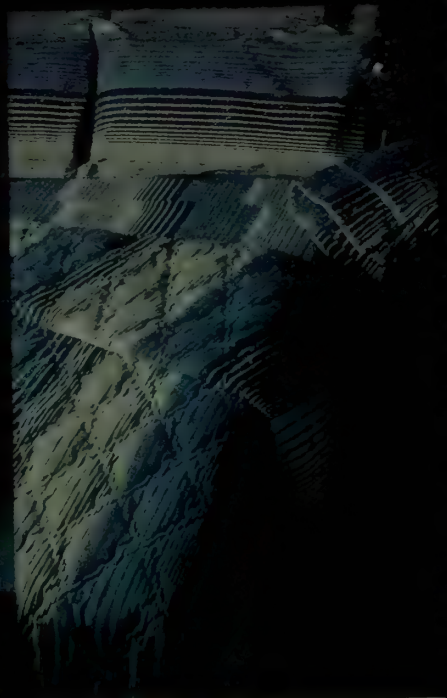
Macaws, cockatóos, and other larger parrots probably aren't good choices for families looking for their first feathered pet. These large birds are very mischievous; some are extremely noisy, and require considerable attention.

continued

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continued

Birds

With good care they can live 50 years or more! Before you invest in one of these usually high-priced birds, talk with people who own them and know about them.

Mynahs are among the best talkers and whistlers in the bird world. They have a terrific sense of humor, too. Not only can these perky, sleek black birds mimic words, but they can duplicate voice patterns and reproduce nearly any sound they hear. Unlike the other feathered creatures mentioned, soft-billed mynahs aren't seed-eaters. They prefer meat, insects, fruit, even dog food, and their mealtime manners often leave much to be desired. Because of their diet, mynahs require a bit more attention when it comes to feeding, and cage cleaning is usually a messy chore.

Mynahs belong to the starling family, though they're similar to the middle range of parrots in size (about 11 inches long). They sell in the $200 price range and can live up to 20 years.

Buying right

Most pet stores stock canaries, finches, and budgies. For other feathered pets you may have to locate a private breeder or a large shop specializing in birds. Look in the Yellow Pages and in newspaper advertisements, or check with your local pet store. Generally, private breeders sell better quality birds than pet shops. Breeders also can provide excellent advice to bird fanciers just starting out.

Wherever you shop, make sure the bird you buy is healthy. Good indications are clear eyes; clean, bright, and glossy feathers; and a lively, active, alert attitude. Don't invest in a bird with ruffled-up feathers. They may look cute, but they're a sign of poor health. Also avoid birds with bald spots, crooked toenails, and overgrown beaks, and birds with any dirt or droppings clinging to the area beneath the tail. Birds with matted or soiled feathers at the base of the bill (especially in the forehead region) or on the cheeks also should be avoided.

Younger birds are the easiest to tame and train. Of course, if you want to breed birds, get a pair (determining the sex usually calls for an expert). But if you just want an affectionate, responsive pet, buy only one bird (with the exception of finches). Keep in mind, though, that a single bird—a parrot in particular—requires daily attention. Bored birds chew their cage furnishings, even their own feathers.

All birds molt (shed their feathers to make room for new ones) at least once a year. Birds kept as pets may molt at any time, depending on their exposure to light. The process occurs gradually in some birds, all at once in others. While birds are molting, they may look shabby and seem listless. They also are more susceptible to illness and shouldn't be brought into new surroundings or subjected to unnecessary stress during that time.

Shopping for essentials

A cage is the primary accessory you'll need for your feathered pet. And generally speaking, the bigger the cage the better. Birds need plenty of room to exercise and stretch their wings. Finches, which do best in groups, should be housed in an aviary that can be as small as two feet square by three feet tall (for a couple of pairs) or as large as a whole room. One pair of finches can live comfortably, even breed, in a smaller cage.

When shopping for a cage, make sure your bird can't get his head between the bars and that he has room to fly from perch to perch. Also check with your pet store about what the cage is made of. Some materials simply aren't stout enough for particularly large birds or birds that are prone to chewing.

Most birds—especially members of the parrot family—thrive on regular exercise outside their cages (in a room where the doors and windows are closed and the drapes drawn, of course). If your bird won't return to his cage, don't panic. When he gets tired, he'll want the security of his house; when he gets hungry, he'll want his food dish.

The cage should come with a removable drawer-like bottom for thorough and easy cleaning. Cover the bottom of the cage with newspaper (beware of pre-graveled paper liners and sandpaper-covered perches; they can rub your pet's feet raw). If your pet is a parrot, putting cedar shavings on the bottom of his cage makes cleaning up easier and helps eliminate odor.

The cage should include dowel perches of different sizes (so the bird can exercise his feet and leg muscles) and unbreakable, chew-proof food cups and water dispenser. Store-bought dowels can be replaced with nontoxic hardwood branches (fruit tree branches are especially good, but avoid any kind of evergreen). Before putting the branches in your pet's cage, wash and rinse them several times to destroy the remains of pesticides. Some bird fanciers bevel off the rounded top sides of perches so the birds' feet can rest on flat surfaces. Also place a piece of cuttlebone in the cage to supply calcium and help keep your bird's beak from becoming overgrown. (Bill trimming is an unpleasant chore best left to an expert.) Your bird will need a small food cup for grit, too. He eats it to aid digestion.

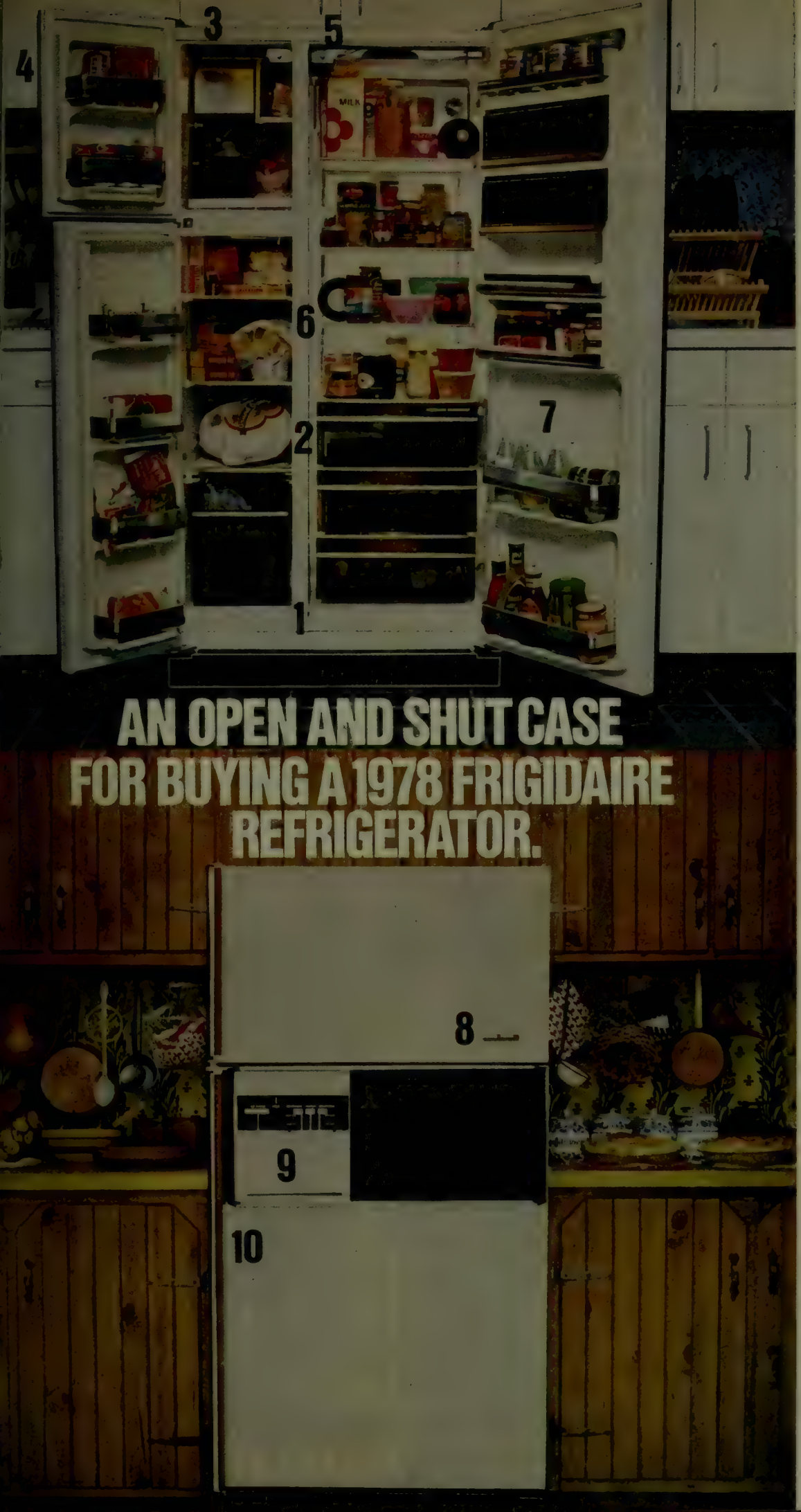
Toys are optional, but many birds —particularly parakeets—enjoy them. Make sure toys you choose aren't breakable. Weaver finches do lovely things with bits of string and yarn (avoid nylon thread that can get wrapped around the bird's toes and feet). Bells, mirrors, ladders, etc., can provide hours of amusement. But if you notice your bird soiling any toy or other object in his cage with food, remove the object. Plastic panels around the bottom of the cage minimize seed scattering.

All the feathered pets mentioned will do well at normal home temperatures. Just be sure to maintain a constant temperature and keep your bird's cage out of drafts and direct sunlight. If you use a cage cover (available from pet shops), establish a regular schedule of daylight and dark hours for your pet (lengthening the hours of daylight somewhat during spring and summer months). If you have other pets or children that might harm or alarm your bird, place his cage in a safe spot in a quiet room. Never spray insecticides or disinfectants in the room where your bird is caged.

Caring for your pet

Though care for most birds is relatively simple, regular attention is critical. Your pet may get sick or die if you leave him without food or fresh water for just one day. Pet shops carry boxed

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The Genius (NE-7910) did the rest. It automatically set the power, calculated moisture content, decided cooking time, cooked the roast, beeped to tell Carolyn it was done. And then shut itself off.

Carolyn, the other kids and the teacher were really impressed when they saw the new Panasonic Cook-A-Round™ magnetic turntable. It keeps rotating continuously so food cooks evenly and thoroughly, without your touching it.

Charlie's red snapper, Erin's chicken, Zachary's ziti, Michele's vegetables and Judy's cupcakes were all cooked by The Genius. The kids just tapped the auto sensor control. Everything was delicious and looked it. Even most meats brown naturally.

Its extra-large 1.32 cu. ft. capacity is large enough to hold almost anything you want to cook. And you'll want to cook just about everything, because for so many recipes, The Genius does the calculating so you can concentrate on the creating. Of course, you can also create manually by time, with six different power settings to choose from.

The Panasonic Genius. Because it makes you one in the kitchen.

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Ride horses and drive covered wagons. Capture banditos and dangerous desperados.

Little people who can be anyone, go anywhere and do anything your kids can possibly imagine.



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Playmobil sets come in: Cowboys, Indians, Cavalry, Doctors and Nurses, Knights, Construction Workers, Fire Fighters and Vacationers.

continued

Birds

commercial diets designed for most birds, including mynahs. Some bird fanciers, however, prefer to feed only fresh seed and other fresh rations. Boxed diets are more convenient, but supplement them regularly with fresh treats, like sprouted seeds or seed grasses, bits of green vegetables or fruit, and live mealworms. Be sure to wash fresh food thoroughly to get rid of herbicides, insecticides, etc. The treats you choose will depend on the bird you select. Check your pet's food dishes daily (a full dish may really be brimming with empty seed husks) and remove uneaten fresh food.

Change the paper in the bottom of your bird's cage daily and note the number and character of your bird's droppings. Any significant change may be the first sign that your pet is ill. Water dishes should be rinsed out and refilled every day, too. Scrub the whole cage, including food and water cups once a week with soap and water and a disinfectant. Rinse and dry them thoroughly. Perches should be scraped clean with a wire brush or sandpaper. If you wash your bird's perches, make sure they're completely dry before returning them to your pet's cage. Damp perches sometimes can cause arthritis. If your bird isn't accustomed to being loose outside his cage, you'll need a "holding" cage to house your pet during cage cleaning.

Most birds enjoy regular baths. Put a shallow container of water (or you can buy a pet shop birdbath) in the bottom of the cage. If your bird doesn't bathe, tempt him by floating bits of greens in the water. Parrots and parakeets may prefer to be misted (the way you mist houseplants).

Taming and training

Wing feather clipping, which can be done at a reputable pet shop or by a veterinarian, can be useful when you're hand training birds like parrots and parakeets. Training shouldn't begin, however, till your pet adjusts to his new surroundings. Leave him alone for a few days in a quiet place. Some birds may even need several weeks to get accustomed to their new surroundings.

To accustom your bird to your presence, stand near the cage and speak softly. Don't make sudden moves or noises. Your next step might be to lick your finger and then dip it into your bird's food cup. Then put your finger, with a bit of seed clinging to it, inside your pet's cage. In time, your pet should be calm enough to jump on your finger or shoulder, even take seeds from your hand or lips. But don't rush the taming process. A startled bird can deliver a painful bite. Training calls for patience and repetition.

An excellent book loaded with information about feathered pets is *The Penguin Book of Pets* by Emil Dolensek, D.V.M., and Barbara Burn (Viking, 1978). Bird fanciers also can subscribe to the *American Cage-Bird Magazine* (3449 North Western Avenue, Chicago, Illinois 60618). Among the magazine's features are the names and addresses of bird clubs and associations you can join and breeders who sell young birds. ■

Build-it-yourself birdcage

Move your feathered friends right into this classy birdcage. Its size and wood construction make it particularly suited to canaries and finches. Our parakeets made themselves right at home, too. But if your budgie is a "born chewer," stick with a metal cage or protect the interior wood with a thin lining of aluminum or plastic.



Cut the bottom and two top pieces of the cage first. Drill holes in the top pieces—¼ inch deep, ½ inch from the bottom edge, ½ inch apart. Cut the ¼x½-inch top strip and drill holes to match the holes in the top.

Cut the two ends of the cage. Drill four holes to indicate corners of the door opening. Then cut out the door and install the hinges and hook.

Attach the two ends of the cage to the bottom and one top. Install the strip to align with holes. Insert rods (8½ inches long). Add the remaining top section, inserting rods as you go.

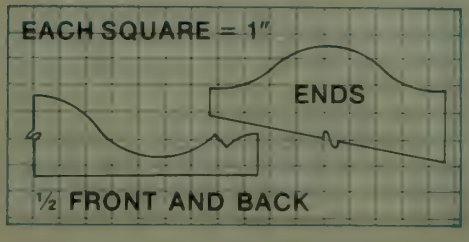
Cut four ½x½-inch pine strips. Drill holes ¼ inch deep in two strips; drill holes clear through the other two strips. Cut two ¼x½-inch center strips. Drill holes to match the ½x½-inch strips. Install strips and rods per drawing.

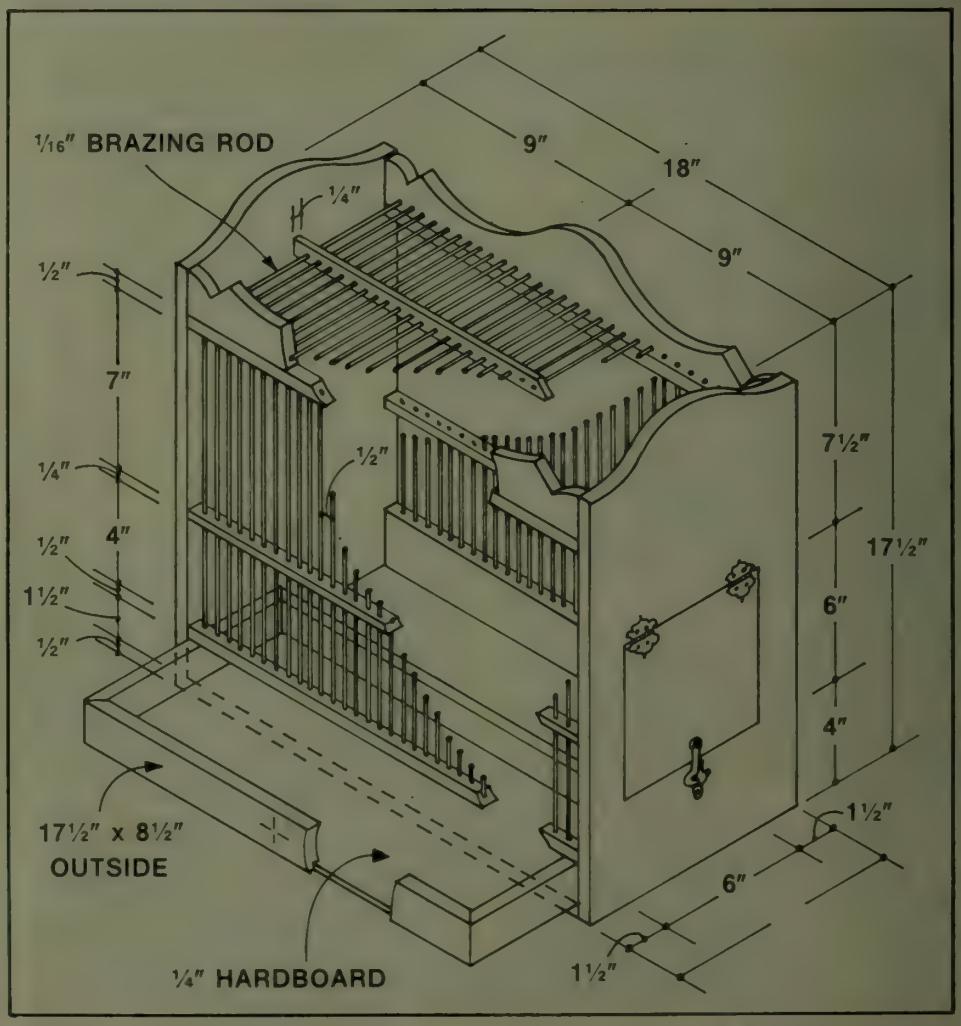
Build the drawer of 1½-inch strips of pine. Rabbet the ¼x¼-inch bottom edges. Assemble the sides; add the hardboard bottom. Attach drawer knob.

All pieces are joined with ¾-inch finishing nails and glue. Nailheads are countersunk, filled with putty, and sanded smooth. Finish the cage with polyurethane varnish. Dowels can be cut and notched for perches.

Materials

1 piece (8 foot)—½x9 inch pine
75—36 inch bronze brazing rods
1 piece (16½ inches)—¼x8 inch hardboard
1 pair ¾ inch surface-mount hinges
1 hook/latch
1—¾ inch knob ■





What do you give a dog who's over 7?

After 7, your dog's nutritional needs are changing. He may not show it on the outside. But he's changing inside.

His digestion may be more delicate. His metabolism could be slowing down.

That's the time to give him Cycle® 4. The only dog food specially formulated to meet his changing nutritional needs. And help keep him healthy and happy.

It's got highly digestible, high quality protein in an amount his kidneys can handle. And extra calcium for his bones.

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Gaines

Based on latest U.S. Government Report:



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have less tar than one pack of:

"LOW TAR" FILTERS

	Tar mg./cig	Nicotine mg./cig
Winston Lights	13	0.9
Doral	12	0.9
Marlboro Lights	12	0.8
Vantage	11	0.8
Parliament	9	0.6
Kent Golden Lights	8	0.7
Merit	8	0.6

"LOW TAR" MENTHOLS

	Tar mg./cig	Nicotine mg./cig
Kool Milds	14	0.9
Doral	12	0.8
Vantage	11	0.8
Salem Lights	10	0.8
Kent Golden Lights	9	0.7
Merit	8	0.6

Carlton is lowest.

Less than 1 mg. tar.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Of all brands, lowest...Carlton Box: less than 0.5 mg. tar and 0.05 mg. nicotine av. per cigarette, FTC Report May '78.

Box: Less than 0.5 mg."tar", 0.05 mg. nicotine; Soft Pack and Menthol: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette, FTC Report May '78.

What's new in recliners

For reading and relaxing, the put-up-your-feet comfort of an action lounge chair is hard to beat. And now recliners are available in styles to suit almost any room. Here are four of the popular new models.

With its soft lines and plush fabric, the Incline Chair offers luxurious seating. In one smooth motion, the back cushion dips, the seat glides forward, and the hidden ottoman appears. *By Burris.*



Here's plump-cushioned comfort in a contemporary package. Le Chair *by Barcalounger* features a smooth-finished back, adjustable headrest, and reversible cushion. The ottoman glides up with gentle forward pressure.





This handsome upholstered recliner combines traditional styling with up-to-date design features. Its scaled-down size and wall-hugging ability simplify furniture arrangement. *By Stratolounger.*



Photographs: Harry Hartman

You don't have to choose one type of chair over another with this Reclina-Rocker *by La-Z-Boy*. It's a three-in-one combination of stationary lounge chair, rocker, and full recliner. ■

A HOLIDAY

A



PUFFETS III Easy-to-sew Puffets kit has 10 ornaments printed on flame retardant fabric, yarn, fiberfill, trim, and directions. 3½"-6".

B



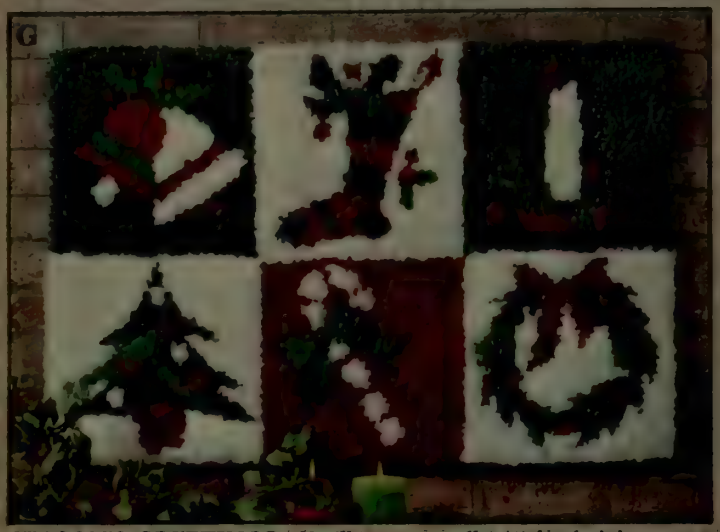
CHRISTMAS CHARMERS Create a gala touch with these 3 crocheted dolls. Kit has yarn, stuffing, crochet hook, directions. 9"-11".

C



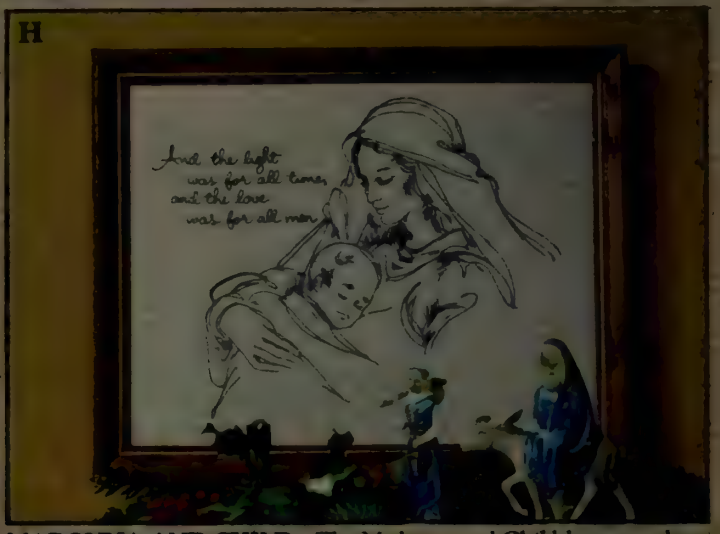
SLIDING SANTA You'll enjoy working this 16" needlepoint stocking. Kit has design on 12-mesh canvas, lining, yarn, needle, directions.

G



SEASON'S GREETINGS You'll want to roll out this holiday carpet (or wall hanging) year after year! Easy-to-do latch hook kit contains silk-screened color canvas, precut polyester rug yarns, and complete easy-to-follow instructions. Finished size is 24"x36".

H



MADONNA AND CHILD The Madonna and Child has never been more beautifully rendered than in this delicate embroidered etching. Kit has design on linen, floss, needle, directions. Fits our 14"x18" solid oak frame.

L



HOLLY WREATH TREE SKIRT A cheery latch hook tree skirt you'll use every Christmas. Kit has full color printed cotton canvas, acrylic yarn, and directions.



SNOW BABY & ST. NICK What a jolly pair in 3-D latch hook and cross-stitch! Each kit has design printed canvas, yarn, rya yarn, needle and instructions. 12"x30".

SAMPLER FROM Better Homes and Gardens®



GIFTS FROM SANTA Cross-stitch this 18" stocking. Kit has counted design on Herta cloth, yarn, needle, backing and directions.



SANTA STOCKING Knit or crochet this Night Before Santa Stocking. Kit includes yarn and instructions. Measures 18"-20" long.



BUSY STOCKING Teaches tots to zip, snap, and button. Kit has design on felt, yarn, trim, stuffing, 3 toys, and directions. 18" long.



HOLIDAY HOSTESS ENSEMBLE Set a festive scene with Poinsettia napkins, placemats, and apron. Kits have design stamped permanent press, washable rayon/cotton. Napkins and placemats (kit makes 4 napkins and 4 placemats) are prefinished, ready to embroider.



STAINED GLASS-LOOK ORNAMENTS Kit includes 42 printed, vinyl, die-cut ornaments, paint, brushes, hanging cord, instructions. 2½"-7".

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- ____ No. 00583 Puffets I (Not Shown) $5.99
- ____ No. 14977 Christmas Charmers (B) $11.99
- ____ No. 00505 Sliding Santa (C) $11.99
- ____ No. 14928 Santa Stocking (D) $4.99
- ____ No. 14049 Gifts From Santa (E) $7.99
- ____ No. 14922 Train Busy Stocking (F) $6.99
- ____ No. 00400 Season's Greetings (G) $31.99
- ____ No. 14383 Madonna & Child (H) $6.99
- ____ No. 14384 Madonna & Child & Frame $16.99
- ____ No. 14060 Poinsettia Apron (I) $6.99
- ____ No. 14059 Placemats & Napkins (J) $12.99
- ____ No. 11331 Ornaments (K) $4.99
- ____ No. 14819 Holly Tree Skirt 35" (L) $34.99
- ____ No. 14820 Holly Tree Skirt 45" $59.99
- ____ No. 14807 Snow Baby (M) $17.49
- ____ No. 14806 St. Nick (N) $17.49
- ____ No. 03029 Latch Hook $1.29
- ____ No. 13379 Christmas Past Gift Wrap FREE with purchase

Total of Merchandise $_____
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Postage and Handling Chart

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$5.01 to $10.00	$1.45
$10.01 to $25.00	$1.95
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There's even a separate **Chill Compartment** that chills gelatins, beverages or anything you want quickly and makes quick-cool desserts a snap. Just place the see-through door in its down position and "chilling" begins immediately. Slide the door up and chilling stops, leaving you with extra food storage space.



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GREAT VACATIONS IN AMERICA'S RESTORED CITIES

By
Margaret V. Daly

New life is stirring within many of America's cities. All over the country historic buildings are being snatched from the wrecking ball and restored. The result: revitalized neighborhoods where the past intermingles with the present and a great architectural heritage is preserved.

These rejuvenated cities are exciting places to visit. You'll see local restoration buffs enthusiastically sanding and scraping, and patching and painting their historic finds. Colonial row houses, elaborate Victorian homes, and great turn-of-the-century factories have been recycled into lively shops, restaurants, and night spots that welcome visitors. Enlightening museums and cultural centers also beckon, along with renewed offices, apartments, and private homes that are sometimes open for public tours. Often scenic walking routes, extensive waterfront restorations, and other special sight-seeing attractions blend into the scheme.

The country's renovation renaissance is gathering momentum, especially since local governments and financial institutions have gotten involved in some communities. The following sampling of nine of our favorite rejuvenated cities—Charleston, Savannah, Philadelphia, Pittsburgh, Louisville, Galveston, Seattle, Cincinnati, and Portland—could have included many more. Boston; Baltimore; Hartford, Connecticut; Lancaster, Pennsylvania; Norfolk, Virginia; San Francisco; and St. Louis—along with several others—easily could have joined the roster. If none of our choices is within your vacation range, there's undoubtedly a city or town close by participating in the restoration "boom."

Rebirth of these urban areas hasn't come easy. Often it's taken true pioneer grit to persevere against the bureaucratic tendency to value a massive new concrete parking lot over an enchanting Queen Anne home.

You'll see varying degrees of success during your visits. In some rehabilitated districts, acres of buildings are fully restored and brimming with new life; in others, just one or two blocks have been completely transformed. Deteriorating boarded-up houses sometimes flank a single home that's been brilliantly renewed.

All the areas in the pages to come offer good entertainment, dining, and shopping to help make your visit a memorable experience. Though honky-tonk has crept into a few spots, creativity and craftsmanship prevail overall. One admonition, however: Most restored districts lie in the oldest parts of town, and less fortunate neighborhoods may be nearby. That contrast itself underscores what can be done to revitalize an area, especially when citizens, business, and government all join hands.

On your travels to restored cities, don't just stick to the tourist stops. Stroll along side streets and chat with restoration enthusiasts at work. You may be invited in to admire an authentic marble mantelpiece just discovered under ten coats of paint, or to hear about the latest success against the "bulldozer of progress."

continued

Illustrations: Gary Kelly, Hellman Design Associates



CHARLESTON

soft beauty of an historic seaport

It's hard to imagine the soft beauty of historic Charleston ever falling into disrepair. Yet back in the '20s and '30s, it took some serious citizen action to halt deterioration of this 308-year-old South Carolina seaport.

Restoration has been in full swing ever since. Today, buildings in the oldest part of town sell for premium prices, and adjacent areas like Ansonborough are awakening to the values of historic reclamation. Amidst all the history, life in Charleston continues at a gracious pace. You'll never tire of viewing the 18th- and 19th-century homes—some modest, others grand—in the 3½-square-mile historic district on the peninsula between the Ashley and Cooper Rivers.

Charleston is a city suited to strolling. Colorful gardens beckon through wrought-iron gates. Surprise boutiques wait in cobblestone alleys. Church spires poke through the treetops, and carillon bells herald the dusk. Wisteria and magnolia sweeten the air.

Start your Charleston tour at the visitors center in the Arch Building (85 Calhoun Street), once a Colonial tavern. Then drive down East Bay to White Point Garden at the Battery. You can walk from either place or tour via one of the horse-drawn carriages waiting nearby (adults $4, children $3).

Mansions line the harbor along the Battery—testaments to the city's wealthy seagoing days. Fort Sumter, target of the first shots of the Civil War, lies out in the harbor. You'll spot several architectural styles. Most prominent are "single houses," with wooden piazzas along the sides.

Tours of private homes are offered during spring and fall, but several homes turned museums welcome visitors year-round. Among the best are the Nathaniel Russell House (51 Meeting Street) and the Heyward-Washington House (87 Church Street). You'll also want to visit the Provost Dungeon in the Exchange Building on East Bay Street, where the British held American Revolution patriots.

In The Market (Meeting and Market Streets), crafts people, antiquers, and others sell their wares (10 a.m. to 5:30 p.m.). One building there houses a veritable smorgasbord of international short-order food shops.

For good food—At The Market Place, you can dine on elegant continental fare in a restored Episcopal Seamen's Chapel, and Henry's offers scrumptious and inexpensive seafood. The Colony House features good Low Country cooking in a refurbished warehouse. Perdita's serves fine continental cuisine.

Where to stay—The Mills Hyatt House on Meeting Street is a detailed reconstruction of the original mid-19th-century hotel in the historic district. The Golden Eagle Motel is comfortable and easier on the pocketbook.

While you're in the area—Take the two-hour boat ride to Fort Sumter ($3.50), and visit the Yorktown aircraft carrier ($2.50). Drive to Boone Hall ($3.50), Middleton Gardens ($4; $2 for the house tour), and Magnolia Gardens ($3; $1 to visit the house).

Charles Towne Landing, a 663-acre park four miles west, is the site of the state's first permanent English settlement. There's a replica of a 17th-century trading vessel plus lots of picnic spots (adults $1.50; children 75 cents).

For more information—Contact Martin R. Lee, Charleston Trident Chamber of Commerce, Visitors Information Center, Box 975, Charleston, South Carolina 29402.

continued

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Tar/Taste Gap Bridged.



Smokers rate taste of low tar MERIT equal to—or better than—leading high tar brands.

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Results Endorse MERIT Breakthrough

Confirmed: Majority of high tar smokers rate MERIT taste equal to—or better than—leading high tar cigarettes tested! *Cigarettes having up to twice the tar.*

Confirmed: Majority of high tar smokers confirm taste satisfaction of low tar MERIT.

Detailed interviews were also conducted with current MERIT smokers.

Confirmed: 85% of MERIT smokers say it was an "easy switch" from high tar brands.

Confirmed: Overwhelming majority of MERIT smokers say their former high tar brands weren't missed!

Confirmed: 9 out of 10 MERIT smokers not considering other brands.

First Major Alternative To High Tar Smoking

MERIT has proven conclusively that it not only delivers the flavor of high tar brands—but *continues* to satisfy!

This ability to satisfy over long periods of time could be the most important evidence to date that MERIT is what it claims to be: The first major alternative to high tar smoking.

Kings: 8 mg "tar," 0.6 mg nicotine—
100's: 11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report May '78

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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MERIT

Kings & 100's

Make way for the Fisher-Price Lift & Load Railroad.



The wind-up locomotive clicks along 8 feet of track. And when you push the switch, it stops at its own bustling freight dock. Or anywhere.

There's a tall gantry crane that shifts cargo from the platform to the flatcar and back again.

There's a forklift truck to move things along, a moveable ramp, two-man crew, two crates, two barrels and four skids. The flatcar tilts to unload. And the track snaps apart.

In all there are 24 rugged pieces to the Lift & Load Railroad. To give the most restless preschoolers skillions of things to do.



SAVANNAH

charming and spirited belle of the South

If Charleston is the "Grande Dame of the South," Savannah seems like her saucy kid sister—a true Southern belle. You'll find this Georgia city's homes and tree-lined streets quietly charming, but with an undercurrent of excitement—as though pirates were hiding out nearby.

In 1733, city founder James Oglethorpe laid out Savannah's unique plan of public squares. Today, that original pattern creates a marvelous system of tiny neighborhoods. Residents often gather in the squares to chat at day's end, as the sun's last light filters down behind canopied live oak trees and rooftops of 18th- and 19th-century homes.

Savannah's feistiness surfaces along her waterfront on the Savannah River. Ground floors of five-story-high cotton warehouses have been transformed into unusual shops, taverns, restaurants, and bars. The area's River Street "jumps" day and night. Outside the fine Ships of the Sea museum, the paddle-wheeler *Harbor Queen* makes excursions up the River (adults $5.50, $2.50 for kids under 12).

Stone walls made from ships' ballast guard cobblestone ramps that lead up from River Street to Factor's Walk. Narrow bridges link the Walk to the top floors of the warehouses—refurbished into apartments and offices.

Get your bearings at the visitors center, situated in a renovated 1860 railroad station on West Broad Street. You can obtain maps and tapes for walking or driving tours there, as well as find out about escorted tours.

The city's renaissance in the 1950s was inspired by a few Savannah ladies, who—in true renegade spirit—lined up in front of a bulldozer about to demolish the delapidated Davenport House (Habersham and State Streets). That Georgian structure has been restored.

Other historic rescues followed, and before long alert citizens were joining with city government to encourage purchase and restoration of historic homes and other buildings as private residences and businesses. To date, more than 1,000 structures have been rejuvenated—row houses with fine wrought-iron porches and rails, large brick and stucco mansions, and simple clapboard dwellings. A few structures have been converted to museums. Among the most distinctive are the Owens-Thomas House (124 Abercorn Street); the Juliette Gordon Low home (142 Bull Street); and Scarbrough House (41 West Broad Street).

Just south of the major historic district around Forsythe Park are both modest and grand old Victorian homes recalling a later period in Savannah's growth. Through private and public aid, one section of the district is being renovated with special attention to maintaining the neighborhood's economic and social mix—a precedent that's expected to guide urban restorers everywhere.

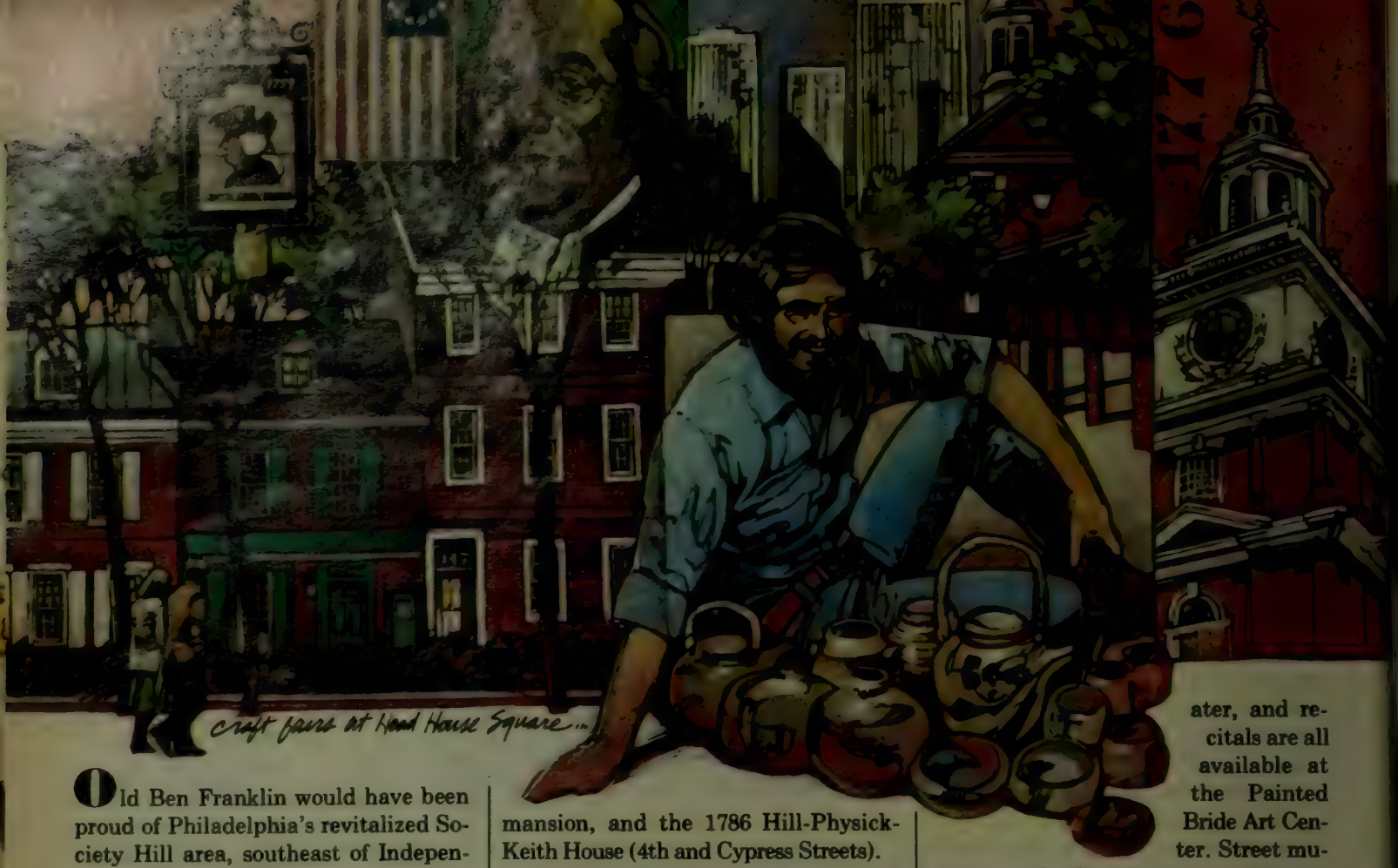
For good food—There are lots of soup-and-sandwich and fancy burger joints along River Street. Hearn's and the Exchange Tavern are two of the most popular. The kids will enjoy the inviting and authentic 1754 Pirate's House. Mrs. Wilkes' Boarding House serves up hearty all-you-can-eat meals. For fine stuffed flounder, try the elegant 17 Hundred 90 Restaurant.

Where to stay—The DeSoto Hilton (Bull and Liberty Streets) is a new hotel that blends into the historic surroundings. Less expensive, but with good family hospitality, is the old John Wesley Hotel on Reynolds Square.

While you're in the area—Visit Fort Pulaski, where young Robert E. Lee once served; the picturesque fishing village of Thunderbolt on the Intracoastal Waterway; and Fort McAllister, with authentic Confederate earthwork fortifications.

For more information—Contact Beth Glass, Savannah Area Convention and Visitors Bureau, Box 530, Savannah, Georgia 31402.

continued



PHILADELPHIA

stunning mother lode of 18th-century architecture

Old Ben Franklin would have been proud of Philadelphia's revitalized Society Hill area, southeast of Independence Square. The joint success of private citizens and local government in restoring this 25-block area, a stunning mother lode of mostly 18th-century homes, has served as a prototype for restorations across the nation.

Today, Society Hill thrives as a residential and commercial (mostly for tourists) community. Hundreds of rescued town houses and other buildings grace the tree-lined streets. Fantail glass windows top lustrous wooden doors. Greek columns and pilasters accent red brick facades. Commercial areas testify to intelligent planning and architectural controls.

The Society Hill area was the center of Philadelphia commerce in the 18th century, and Head House Square there (Second and Pine Streets) dates back to that earlier era. Ground-floor shops and restaurants border the Square in restored buildings, with private apartments above. From June through August, a top-notch craft show convenes in market stalls on the Square.

Visit the Man Full of Trouble museum in a restored tavern nearby (127 Spruce Street); the Perelman Antique Toy Museum (270 South Second Street); and the Maritime Museum (321 Chestnut Street). Historic homes open for tour include the Powel House (244 South 3rd Street), a 1765 Georgian mansion, and the 1786 Hill-Physick-Keith House (4th and Cypress Streets).

Between Head House Square and the Delaware River is the sprawling NewMarket complex. Its several levels offer an intriguing interplay of spaces, with closed-in shops and restaurants (some restored, some new), a grand Glass Palace, and a fountain plaza where people gather for folk concerts.

Beyond the Front Street entrance to NewMarket, river traffic flows briskly along on the Delaware. Just to the north is Penn's Landing, an elaborate riverside network of walkways, fountains, parks, and tourist attractions. Several historic ships are moored at or near Penn's Landing. You also can take cruises aboard the paddle-wheeler *Showboat* or the motorized *Good Ship Lollypop* ($2 to $3.50).

South Street from First to Sixth Streets (just below Society Hill) flourishes with artists' shops, offbeat restaurants, and varied entertainment. Some spots are great fun; others are run-of-the-mill bohemian. Jazz, ballet, theater, and recitals are all available at the Painted Bride Art Center. Street musicians and other performers often entertain passersby, too.

Take time to walk or drive just south again, where Queen Village is awakening to the sounds of hammers and saws—another Society Hill in the making.

For good eating—Le Champignon, in a restored 18th-century house, features excellent omelets and other fare. The Monk's Inn resembles an English monastery. Lickety Split is warm and funky, with a nifty bar upstairs.

Where to stay—The Holiday Inn Independence Hall (4th and Arch Streets) is the closest family-style hotel to the Society Hill area.

While you're in town—Visit the Philadelphia Museum of Art, one of the country's finest. Independence Hall, the Liberty Bell, and the homes of Betsy Ross and Ben Franklin all are at or near Independence Square and Elfreth's Alley, the country's oldest street of occupied homes. The observation deck of the Penn Mutual Company overlooks Independence Square, Society Hill, and the River.

For more information—Contact Bea Plummer, Philadelphia Convention and Visitors Bureau, 1525 John F. Kennedy Boulevard, Philadelphia, Pennsylvania 19102.

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PITTSBURGH

fascinating revival of a great river city

Pittsburgh is a great river city blessed with many hills. It's also a legend in urban renewal annals, thanks to the fantastic revival of this Pennsylvania city's commercial district in the Golden Triangle, where the Allegheny and Monongahela Rivers join to form the mighty Ohio.

Revitalization has been under way in Pittsburgh on a neighborhood scale as well. On the North Side, a new project and an old restoration paved the way: construction of the Allegheny Center complex of shops and apartment buildings; and restoration of the Old Post Office, an 1890s monument that now houses the Pittsburgh History and Landmarks Museum.

Five minutes away in the Mexican War Streets area, renovation is in full swing on an assortment of simple attached houses built between the 1840s and 1890s. Due largely to efforts of the Pittsburgh History and Landmarks Foundation, houses in the poorest condition were restored in the 1960s. The move inspired old residents to fix up their homes and new residents to do the same. (Pro gridiron star Franco Harris was among the pioneers.) Some houses still need work, but the neighborhood bustles with new purpose.

You'll see some award-winning results of restoration of late 19th-century homes as you drive along hilly side streets in Birmingham, the South Side's working-class neighborhood. The main street of East Carson offers some shops for the crafts-minded, but many stores have a kind of ersatz historic air. Do stop to admire the onion-shaped domes of St. John the Baptist Ukrainian Church.

The entire South Side should benefit from another revival in the offing—development of Station Square just across Smithfield Bridge from the Golden Triangle. The elegant, 500-seat Grand Concourse Restaurant is in a handsomely restored old railroad station featuring ornamentation from the late 19th century. Due to open next spring are boutiques and restaurants in the Freight House next door. A motor inn is scheduled for 1980.

For good food—In addition to visiting the Grand Concourse Restaurant, plan to dine one evening up on Mt. Washington on the South Side, high above the Golden Triangle. Le Mont serves delicious (and expensive) French cuisine; Cliffside offers American and German food at a bit more moderate prices. In the Golden Triangle area, Old Allegheny features jazz entertainment along with your food from 9 p.m. on Wednesdays, Fridays, and Saturdays.

Where to stay—The William Penn Hotel and the Pittsburgh Hilton are both centrally located in the Golden Triangle, within walking distance of restoration areas.

While you're in the area—Stop in at the Carnegie Institution, one of the country's great cultural centers. Visit the University of Pittsburgh's Cathedral of Learning, a unique Gothic tower 42 stories high. Browse through The Bank Center downtown, five restored buildings housing shops, theaters, restaurants, and offices. Ride on either of two funiculars to the top of Mt. Washington (25 cents). The Steelers and the Pirates professional sports teams do their thing each year at Three Rivers Stadium. Hartwood Acres, a re-creation of an English country estate, is within a 35-minute drive (tours mid-April through mid-September). Fallingwater, a famous house designed by Frank Lloyd Wright, is 90 minutes away in Mill Run.

For further information—Contact John W. Besanceney, Pittsburgh Convention and Visitors Bureau, 200 Roosevelt Building, Pittsburgh, Pennsylvania 15222.

continued



LOUISVILLE

rich history of a revitalized riverboat town

Three distinct areas are enjoying revival in this Kentucky riverboat town —testimony to Louisville's rich history and to efforts of a nonprofit coalition called the Preservation Alliance.

Interest in Louisville's Ohio Riverfront area culminated in 1973, with development of the Riverfront Plaza and Belvedere, an open-air gathering spot. As a result, declining Main Street nearby began to attract interest, too.

Today, the four- and five-story warehouses along West Main Street, which boasts one of the country's finest collections of late Victorian cast-iron facades, are undergoing a marvelous metamorphosis. Among these structures, the old Carter Dry Goods Building (727 West Main Street) now houses the Museum of Natural History and Science. The exterior remains true to the Building's Italianate heritage, but the interior has been redone.

Across the street, the Hart Block (numbers 726 to 730) features many cast-iron pieces made right in Louisville at the Merz Architectural Iron Works in the 1880s.

The limestone buildings from 704 to 712 West Main used to house wholesalers in saddlery, hardware, and shoes. Today, 712 West Main is the headquarters of the Preservation Alliance. Stop by when you get to town and pick up a printed walking tour guide.

All along West Main, shops and restaurants are opening up at the ground-floor level. Loft apartments and offices are developing above. Artisans associated with architectural restoration also have taken up residence. Browse through their display areas to get an idea of what you might want in a restored abode.

In the mid-1800s, Butchertown was largely a residential neighborhood for workers in butcher shops and industries related to the local stockyards. But factories and warehouses began usurping the places of many long, narrow "shotgun" homes.

Despite the drastic decline of this area, its architectural heritage and low prices inspired a few hardy souls to move in during the 1960s. Restoration is still spotty, but the rejuvenation persists. The Bakery Square shopping area on Washington Street, developed within the walls of an old brick bakery, attracts visitors to its many boutiques. Across the courtyard, the Stable Restaurant serves soup and sandwiches in booths made from old horse stalls.

Old Louisville, directly south of downtown, is strictly residential. But its fine Victorian homes have undergone a revival in recent years. Near Central Park are St. James and Belgravia Courts. They suggest an English village green and make a scenic backdrop for summer art shows.

For good food—The Old House is a restored antebellum home offering soup and sandwiches for lunch and excellent French cuisine for dinner. In the Main Street area, there's old-world dining at the Normandy Inn and informal food and drink at the Hearthstone Tavern.

Where to stay—The Galt House is situated on the Ohio River just off Main Street and features delightful old-time riverboat decor.

While you're in the area—Don't miss Churchill Downs and the Kentucky Derby Museum. Also stop by Locust Grove, a restored Georgian plantation house built in 1790.

For more information—Contact Richard Carlin, Louisville Visitors Bureau, Founders Square, Louisville, Kentucky 40202.

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GALVESTON

fine old Victorian splendor by the sea

The sudden realization that an abundant architectural heritage surrounds you can be breathtaking. That's what you'll discover for yourself when you enter Galveston via the causeway connecting the mainland with 32-mile-long Galveston Island.

If you turn right on Rosenberg Avenue (25th Street) or left between 11th and 19th Streets, rather than going on to the beach, you're suddenly smack-dab in the middle of blocks of fine old Victorian homes and cottages. Some have been kept up over the years; some have been refurbished more recently; still others cry for a caring hand.

Thanks to a determined historical foundation and other community organizations, Galvestonians have begun to appreciate their heritage and to work to preserve it. Three major historical districts are on the upswing.

Start your tour with the eight-block Silk Stocking Historical Precinct, bounded by Avenues L and N, and 24th and 25th Streets. The grand 1859 Italianate mansion called Ashton Villa (24th and Broadway) was slated for demolition in 1968, till the Historical Foundation intervened. Now you can tour the mansion, get information there about other attractions in town, and watch a multi-media presentation.

Among noteworthy stops nearby are: a Greek Cottage Row (Avenue M) of four antebellum cottages; the Open Gates (2424 Broadway), a red-tile-roofed and tawny brick building designed in 1889; and the 1885 Sweeney-Royston House (2402 Avenue L).

Then take time to walk or drive through the 40-block East End Historical District (between 11th and 19th Streets and Broadway and Market). You'll see intricate latticework and other fine Victorian details on some houses. Especially noteworthy are the 1889 Walter Gresham Home, Bishop's Palace (1402 Broadway); the 1886 Sonnentheil House (1826 Sealy); and The Cottage (1517 Ball), built in 1882.

More than one city claims "the finest example of cast-iron facades West of New York," but surely Galveston's 12½-block Strand District deserves consideration. This area lies just two blocks from Pier 19, where the city's famous "Mosquito Fleet" of shrimp boats dock. Shops include the Occidental Trading Company, offering nautical fare; Dronet's Interior Landscape, with a Japanese water garden; The Parlour; and Keepsakes. The Stewart Building (Mechanic and Kemper) is a fine example of the area's restored architecture.

For good food—Try The Old Strand Emporium, which features sandwiches and other family fare. Café Torréfié specializes in omelets, crepes, and hot soups. There's excellent continental cuisine and a grand antique bar at Thorne's. The Junior League's 1882 Soup and Sandwich Shoppe is another good eating spot. Try seafood at Pier 22 and French cuisine at Louis XIV.

Where to stay—Galveston's hotels are mainly along the beach. All have a resort flavor. Two popular choices are The Flagship and Gaido's.

While you're in the area—Spend an evening at The Strand Street Theatre, which features Broadway-derived shows. The Balinese Room is good for dinner theater. The Lone Star Drama features live open-air drama (mid-April through mid-October). Drop by Sea-Arama Marine World and The Grand Opera House, under renovation.

For information—Contact Richard Marcantel, Galveston Convention and Visitors Bureau, 2106 Seawall Boulevard, Galveston, Texas 77550.

continued



SEATTLE

grand traditions of an exciting West Coast city

Pike Place Market sits high on a bluff next to downtown Seattle, Washington, overlooking Elliott Bay and the busy waterfront. This district hosts one of the few true farmer's markets in the U.S. today.

The atmosphere radiates excitement. Covered stalls brim with long rows of shiny vegetables and layers of just-caught salmon; seductive aromas weight the air; vendors hawk their wares in a fugue of foreign tongues.

The Market's vitality continues a grand old tradition dating back to 1907. Yet, just ten years ago, the area was threatened with demolition to make way for a parking garage and some high-rises.

Despite opposition from the newspapers, city council, and local businesses, a group called Friends of the Market forced official rehabilitation of the area. Now the Pike Place Market Historical District is in full bloom, bolstered by federal and city funds. Loft buildings are being converted into apartments. Specialty shops sell books, handicrafts, flowers, and art.

A favorite pastime is to stock up on exotic foods in the Market, then take a picnic ferryboat cruise across Puget Sound. It's a scenic one-hour ride to Bremerton ($1.70 round trip). From there, you can catch a bus to see the *U.S.S. Missouri,* aboard which MacArthur signed the Treaty of Japan.

Pioneer Square, site of the city's first sawmill, has enjoyed a lively revival, too. In the mid-'50s, the Square had deteriorated into a district of flea-bag hotels, missions, and empty warehouses—many of them great 19th-century commercial buildings of massive sandstone blocks with carved ornamentation. Then an architect and property owner restored one building, and other developers followed suit.

Quality craft shops, boutiques, galleries, and restaurants occupy ground-level stores, with offices above. Look especially for rare books and Eskimo relics and art at Shorey's, plus bargain knitted sweaters and other crafts at the American Indian Women's Service League Arts and Crafts Shop. Also take the narrated Pioneer Square Underground Tour to explore the assortment of abandoned storefronts of early Seattle ($2 for adults, $1.25 for kids; reservations are advised).

For good food—At Pike Place Market, try Bolivian dishes at the Copacabana; Near Eastern food at the Sabra; and Swedish fare at the Scandia Cafe. In Pioneer Square, The Breadline serves soup-kitchen-style meals. The Brasserie Pittsbourgh features great French cuisine, and F. X. McRory's Steak, Chop, and Oyster House has excellent fare at somewhat higher prices.

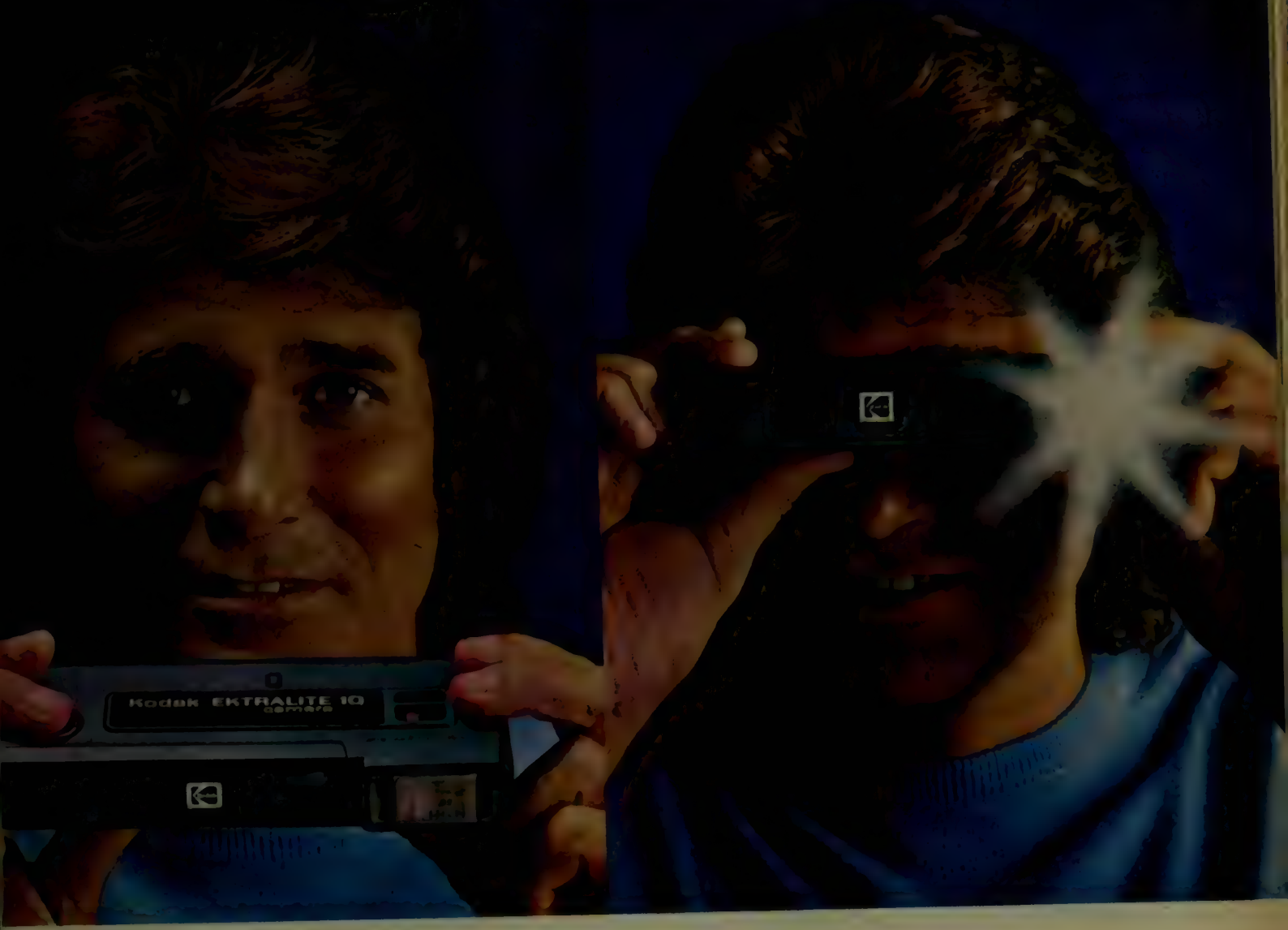
Where to stay—Three blocks from Pike Place Market, The Edgewater extends out over Elliott Bay. The Olympic is a massive old hotel of the 1920s within walking distance of both historic areas, as is the newly renovated Mayflower Park Hotel in the downtown shopping district.

While you're in town—Visit the waterfront, which is also undergoing some renewal these days; the new Seattle Aquarium; and the Seattle Center, site of the 1962 World's Fair (the 600-foot-high Space Needle has an observation tower and revolving restaurant). The Center also is home of many of the city's performing arts groups. For entertainment, try the Palace Theater in Pioneer Square or McGovern's Music Hall, an opulently restored dinner theater downtown.

For more information—Contact Hartley Kruger, Seattle-King County Convention and Visitors Bureau, Box C, 1815 Seventh Avenue, Seattle, Washington 98101.

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56-70	.43	.27	.28	.18	.18	.11	1.60	2.60
71-124	.43	.29	.27	.19	.17	.12	1.75	2.75
125-196	.44	.30	.28	.20	.17	.12	1.85	2.85
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293-430	.48	.34	.31	.23	.19	.14	2.00	3.05
431-925	.50	.34	.32	.23	.20	.14	2.05	3.15
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continued

Restored cities

CINCINNATI

fascinating story of neighborhood revival

Just a ten-minute drive from downtown Cincinnati, Ohio, the winding streets of Mt. Adams rise steeply to a spectacular view. Traffic flows on the Ohio River far below, with the Kentucky hills beyond and the city's downtown silhouetted not far away.

There's more than a hint of San Francisco on Mt. Adams. Turn-of-the century, working-class homes crowd the hillside. Little wonder the area attracted lots of artists in the 1950s, even though many of the homes there had fallen into disrepair.

Some hippies followed in the '60s, much to the regret of local Irish and German residents. But then the young middle class discovered Mt. Adams' great real estate values and choice views, and the restoration movement began in earnest. From that beginning, the neighborhood has developed into an enthusiastic mix of old-time residents, artists, and young professionals.

Restoration of Mt. Adams is more a story of neighborhood revival than architectural rescue. There just aren't that many real architectural treasures around, though those that exist have been restored with meticulous care. For the most part, individual tastes emerge in splashes of bright paint, or a rearranged roof line or dormer. Nevertheless, the neighborhood vigor and ethnic mix are fun to experience.

While you're on Mt. Adams, stop or eat at the Rockwood Pottery, a restaurant with dining rooms built right into the kilns of an historic pottery manufacturing company. Nearby is the 19th-century Immaculata Church, which played a prominent role in the Underground Railway of John Brown's days.

Mt. Adams is bordered by Eden Park, site of the city's famous Playhouse in the Park, the Art Museum, and the Historical Society building.

Restoration is also going on in the neighborhood of Auburn Avenue, along the crest of the next hill over toward downtown. Once the "Fifth Avenue" of Cincinnati, Auburn is lined with huge mansions between McMillan Avenue and Dorchester.

For good food—On Mt. Adams, the Rockwood Pottery features all sorts of hamburgers and innovative fare. Or try the Blind Lemon or Food for Thought—no fancy dining at either but plenty of atmosphere. Downtown Cincinnati is blessed with two of the country's top restaurants: The Maisonette and Pigall's. Make reservations weeks in advance, and bring plenty of money. Also downtown are The Last National Bank, housed in a former Federal Reserve bank, and Buster T. Browne's On The Riverfront, specializing in spaghetti (ten varieties). There's a disco downstairs, too.

Where to stay—Though Mt. Adams has no hotels, downtown is just a short drive away. Stouffer's Cincinnati Towers, the Netherland Hilton, and Terrace Hilton are centrally located.

While you're in the area—Visit Public Landing, in the riverfront development, departure point for the *Delta Queen* and *Mississippi Queen* riverboats and mooring for the showboat *Majestic* (performances $3.50 to $4). Riverfront Stadium is home of baseball's "Big Red Machine" and the football Bengals. The Cincinnati Zoo is the second oldest in the country. King's Island, a 1,600-acre entertainment whirlwind with rides, shows, wild animals, and cartoon characters designed by Hanna-Barbera, lies 20 miles northeast.

For information—Contact Lois E. Smith, Greater Cincinnati Convention and Visitors Bureau, 200 West Fifth Street, Cincinnati, Ohio 45202.

PORTLAND

two thriving historic districts downtown

Portland's 26-square-block Old Town area actually encompasses two historic districts in the city's downtown: Skidmore/Old Town, along both sides of West Burnside Avenue and fronting on the Willamette River; and Yamhill, six blocks to the south. These areas are noted for superb cast-iron architecture, cobblestone streets, and ornamented building facades.

Private initiative got restoration rolling in Portland. In 1962, two brothers bought the old Globe Hotel and converted it into an import house. Noting their success, other developers bought structures for recycling. Today, restoration buffs get help through Oregon's tax relief laws and local low-interest programs, evidence of one of the most enlightened public policies among the States.

Old Town offers a colorful mix of shops, galleries, and restaurants. At the Junior League Preservation Gallery on Southwest Couch Street, you'll get an inside look at the district's development. Nearby is an interesting Police Museum. The new Transportation and Logging Museum is in nearby historic Union Station.

Horse-drawn carriages make brief tours of the district in summer, leaving from Skidmore Fountain at the heart of the area (adults $2, children $1). On Saturdays and Sundays from April to mid-December, some 350 exhibitors and vendors sell crafts and a variety of foods under Burnside Bridge. Amateur performers also will delight your kids with magic, music, and mime.

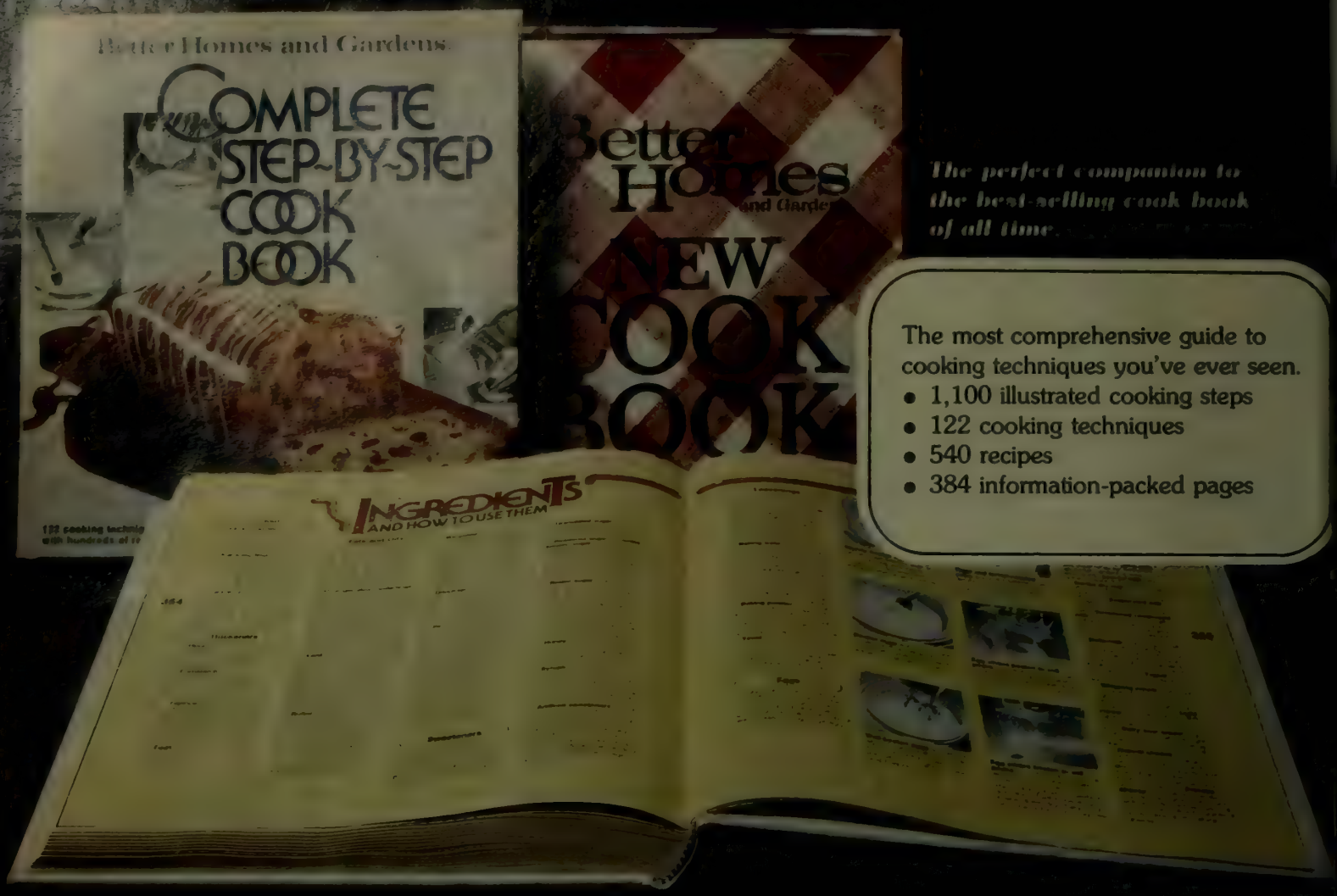
The Galleria near Old Town is an unusual restoration of a 66-year-old former department store, refurbished now with three block-square levels of shops surrounding an airy atrium.

For good food—One of the best seafood restaurants in the Northwest, Pier 101, is housed in The Galleria. In Old Town, Dan and Louis' Oyster Bar has been a Portland institution since 1907.

Where to stay—In keeping with the historical theme of your visit, try lodging at the Benson (309 Southwest Broadway). Several national hotel chains operate downtown, too.

While you're in town—Visit the Portland Art Museum, with extensive collections of Oriental art and artifacts of Northwest Coast Indians; the Oregon Historical Museum (just across the street); the Oregon Museum of Science and Industry; and the Pittock Mansion, standing 1,000 feet above the city.

For more information—Contact Tony Raiter, Portland Chamber of Commerce, 824 Southwest Fifth Avenue, Portland, Oregon 97204. ■



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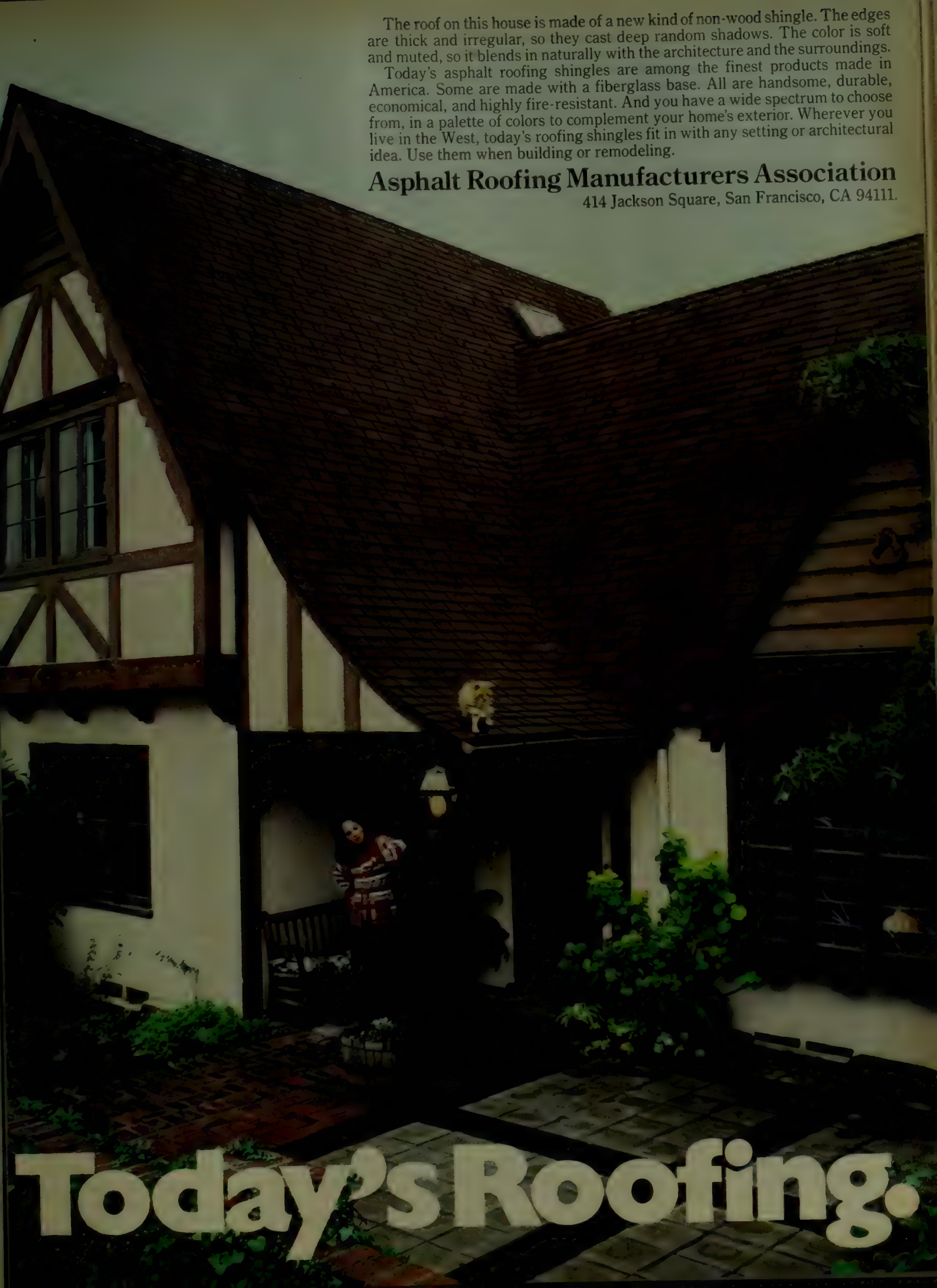
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Some more good advice for travelers comes free from the U.S. Travel Service in a series of brochures called the *Consumer's Guide to Travel Information.* Topics focused on in the booklets include: *How to Get an Air Fare Deal, Benefits of Using a Travel Agent, Tips for an Energy-Wise Vacation, Getting the Most For Your Vacation Dollar.* The pamphlets also list sources for more information. You can get all nine brochures in the series by writing to *Consumer's Guide to Travel Information,* U.S. Travel Service, Department of Commerce, Washington, D.C. 20230. ■



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One wall does it all

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This version divides a long, open living area with a family room on one side and a kitchen/dining area on the other. Measuring 19 feet wide and 36 inches deep, the wall rises to a height of 14 feet at the peak.

On the family room side, shown here, two bookcases flank a pass-through bar cut into the center of the wall. The high-rise library units display books on the upper shelves and store games in the cabinets below. The bar/serving counter includes its own sink. Ceiling spots highlight the rich wood tones of dark beams, white-washed cedar paneling, and walnut-stained cabinets. Tucked into the other side of the wall are a kitchen planning center, shelving, and a pantry. ■



Photographs: John Rogers. Designer: Barbara Sims. Source: Barbara Sims/Linda Magazzine

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Introducing Predictor. The in-home pregnancy test method with the highest proven rate of accuracy. The only test used in 3000 hospitals and 9 million laboratory tests.

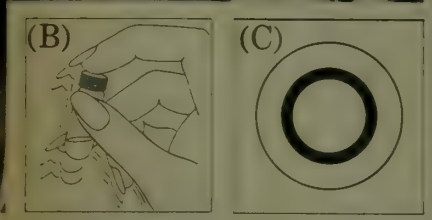
Doctors agree. The sooner you know whether you're pregnant, the better. The new Predictor personal pregnancy test gives you a scientific answer *in just two hours.* In your own home. So if you are pregnant, you can immediately take health precautions for proper fetal development during the critical first 60 days. With so much at stake, you owe yourself nothing less than Predictor.

Predictor is proven. Since 1970, the Predictor method has tested over 9 million possible pregnancies in laboratories all over the U.S. Today, over 3,000 hospitals and laboratories rely on the Predictor method. It's the *only* in-home pregnancy test currently used in hospitals or laboratories. (Chances are good your own doctor subscribes to it.)

Predictor is accurate. Predictor delivers the highest accuracy of any pregnancy test you can buy.*In clinical testing for thousands of pregnancies, this test was confirmed to be 98.9% accurate. Patients using Predictor at home achieved virtually identical results as laboratories.

COMPARE:	PREDICTOR	vs. e.p.t.
Safe	yes	yes
Fast	yes	yes
Used in 9 million laboratory tests	yes	no
Highest proven rate of accuracy*	yes	no
Used in U.S. hospitals	yes	no





Predictor is fast. You'll *know* in just two hours. And Predictor is accurate as early as nine days after your expected menstruation. That's when HCG—the pregnancy hormone—would first appear in your urine at detectable levels.

Predictor is easy as A.B.C. (See left). Put a measured amount of your first morning urine in the test tube (A). Add contents of the enclosed vial, and shake (B). Let stand 2 hours. A brown ring forms if you are pregnant (C). No ring, no pregnancy.

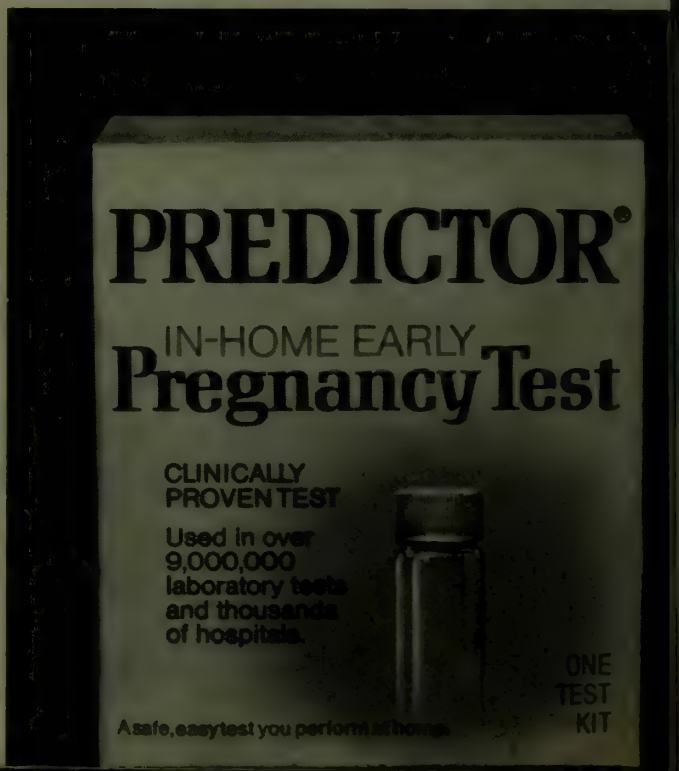
Predictor is safe. Only a urine specimen is required. No drugs or injections.

Predictor is inexpensive. Less than the cost of a doctor and a laboratory charge.

Predictor protects you. If the test is positive, see your doctor. Early detection is important. (Cigarettes, inadequate nutrition, even some household medications could be harmful.) A *negative* reading means you should begin to menstruate soon. If not, check Predictor's package booklet.

Remember: *No other test you can buy has the scientific and professional credentials of Predictor.* So, if you want to know whether or not you're pregnant, stop wondering. Predictor is here.

You owe yourself nothing less than Predictor.





Kohler fiberglass bathing modules. You can't put a price tag on excellence.

Kohler Fiberglass Bathing Modules defy comparison.

First, nobody reinforces them exactly like Kohler. Each module is treated with Kohler's exclusive Rigid-Wall process. This unique process applies honeycomb material to the sides, back and bottom of each module. As a result, they're stronger than fiberglass modules backed with ordinary foam.

Then, for extra overall durability, each and every wall column, drain and tub apron receives added reinforcing. The result is a bathing module that feels solid instead of hollow.

But a bathing module wouldn't be a Kohler unless it was attractive. They are. Kohler's Walls 'n All construction creates a smooth, seamless, easy-to-care-for surface. A surface with lustrous depth of color and deep-down gloss.

Kohler offers its fiberglass bathing modules in four styles and sizes, including the compact Bimini shower for your remodeling jobs. Kohler also offers a wide range of decorator colors to match or complement other Kohler fixtures.

Kohler fiberglass products are also available in Canada. For more information, look for your Kohler dealer in the Yellow Pages. Or send 50¢ to Box FF, KOHLER CO., KOHLER, WIS. 53044.

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By adding just the right accessories and lights...combining fabrics and colors in unique and clever ways, you will be able to change an ordinary room that has the basic pieces but not enough charm into the room you always wanted. One that will reflect your own taste and personality, and do it easily and inexpensively.

Mail the 30-day Free Membership Card today.

Your free preview issue of the Showcase will give you a good idea of the wonderful things you can expect from membership in the Armstrong Decorator's Guild. Before you decide to join, you will have 30 days to see if it isn't everything we say.

Three beautiful issues of the Showcase are yours (plus your preview issue).

Each issue of the Showcase will take you on an exciting room-by-room tour of beautiful homes and apartments decorated by Armstrong and featuring hundreds of lovely accessories such as paintings, wall-hangings, ashtrays, pottery, lamps, pedestals, plants, bedspreads, kitchen equipment, clocks and much, much more. Accessories which you can buy right from the rooms in which you see them. Along the way through kitchen, family room, children's room, dining room, guest room and living room you'll pick up idea after idea and say, "Ah, so that's how it's done!"

Know-how that can save you money and spare you endless experimentation.

Throughout the beautifully photographed Showcase you'll learn why the rooms are decorated as they are...how to use the accessories you now have in many new ways...and how to use other accessories to perk up your home even more. With just a few simple touches you'll see how you can make a tiny room seem larger, and a large, cold room seem cozier...more intimate. You'll find out how to create the dramatic effects you've always admired.

In the Showcase you'll also find valuable "how-to" articles, exciting home decorating tips and practical decorating advice...the kind you can put right to use.

Create the dramatic room effects you've seen and admired in magazines.



Muted colors add an aura of subdued elegance

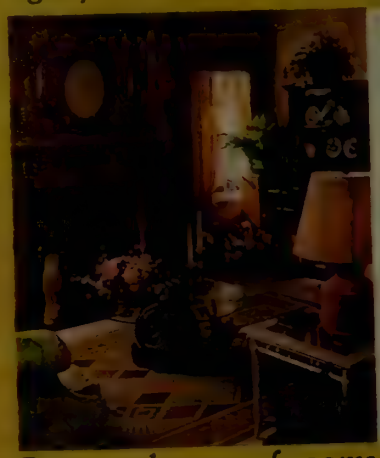
If you have an extra bedroom in your home and want to use it as a study/den, don't feel you have to decorate it like a ski chalet. This room, too, can be restrained and elegant. In the room below, we let the grasscloth of the wall dictate colors. The green in the weave is what we chose for the woodwork and carpet, then lightened it slightly to flank the to-the-floor shutters covering the window. By using lighter and darker hues of the main color, you avoid monotony in a room's coloration.

One subdued photo, framed and matted, decorates the wall over the sofa, and we chose a tailored floor lamp to furnish a soft light in the corner of the room. Plants add a natural beauty to all rooms, but the green of this room seemed to call for some really lush foliage. Then, to complement this natural, but elegant, feeling, we added accessories such as the beautiful feathered spheres on wood bases, the hunting dog print pillows and a pair of brass sculptures on the desk.



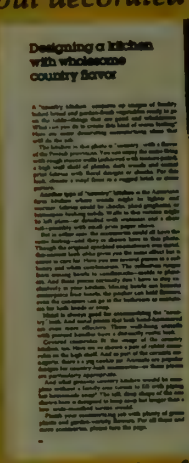


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FOOD

Homemade drink mixes

Making your own drink mixes is an easy way to save on the grocery bill. You can keep them on hand for unexpected company, stir them together for a snack, or pack them in attractive glass containers for gifts. Here are three versions you'll want to add to your pantry shelf staples.



Photograph: Dieter

MINT CHOCOLATE MALT MIX

2 cups chocolate-flavored malted milk powder
½ cup white butter mints
3 cups nonfat dry milk powder
½ cup presweetened cocoa mix

In blender container combine *1 cup* of the malted milk powder and the mints. Cover; blend 1 minute or till mints are finely chopped. Turn into mixing bowl. Add remaining malted milk powder, nonfat dry milk powder, and cocoa mix. Stir well. Store in an airtight container. Makes 6 cups mix.

For one serving: Stir ¼ cup *Mint Chocolate Malt Mix* into ¾ cup *boiling water* in a heatproof cup. Top with a *marshmallow.*

ORANGE JUPITER MIX

This mix makes a drink reminiscent of an orange-juice-stand shake—

1¾ cups nonfat dry milk powder
1 9-ounce jar (1¼ cups) orange-flavored breakfast drink powder
½ cup sugar
2 teaspoons vanilla

Stir together milk powder, breakfast drink powder, and sugar. Blend in vanilla. Store in an airtight container. Makes about 4 cups mix.

For one serving: Place ⅓ cup *Orange Jupiter Mix,* ½ cup *cold water,* and 2 *ice cubes* in a blender container. Cover; blend 30 to 45 seconds or till mixture is smooth.

For three servings: Place 1 cup *Orange Jupiter Mix* and 1½ cups *cold water* in a blender container. Cover; blend till smooth. Add 5 or 6 *ice cubes,* 1 cube at a time; blend till chopped after each addition. Garnish with orange slices, if desired.

CAFÉ AU LAIT MIX

This makes a perfect ending for company meals—

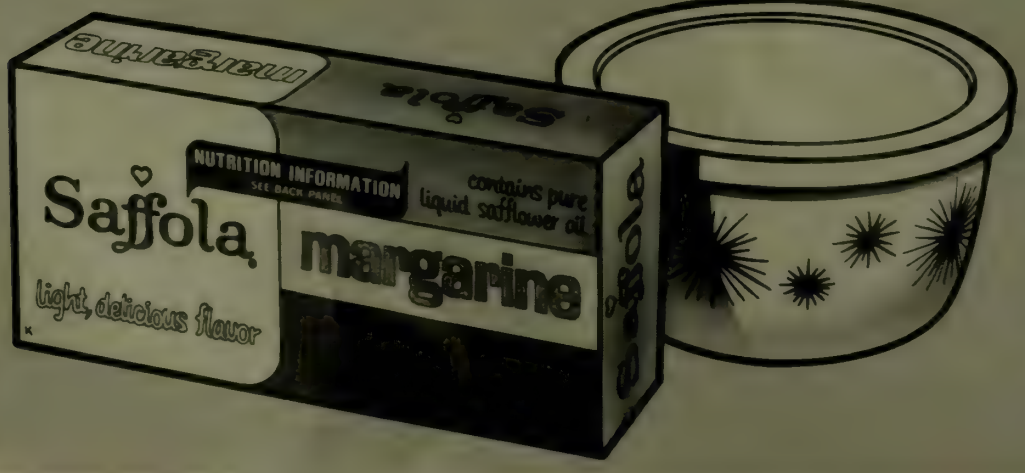
1 6-ounce jar (1½ cups) instant non-dairy creamer
¼ cup packed brown sugar
¼ cup instant coffee crystals
Dash salt

Combine non-dairy creamer, brown sugar, coffee crystals, and salt. Store in an airtight container. Makes 2 cups.

For one serving: Stir ¼ cup *Café au Lait Mix* into ⅔ cup *boiling water* in cup. Add a cinnamon stick stirrer. ■

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DeKuyper, that's entertain-mint!

Pep up a party with DeKuyper's lightest, brightest, mintiest mint ever:

Peppermint Schnapps

DeKuyper Peppermint Schnapps is the mint cordial with a difference... surprisingly dry, refreshingly crisp. And that makes it (like all the DeKuypers) more than just an after-dinner drink. Peppy DeKuyper Peppermint Schnapps makes Stingers more DeLicious, highballs more DeLightful, mists more DeLectable—and it's great straight any time. Now that's entertain-mint! DeKuyper Peppermint Schnapps. Just one of over 35 DeLicious, DeLightful DeKuyper flavors.

DeKuyper.
DeLicious any time.
DeLightful any way.



Club soda and Peppermint Schnapps over ice.

Peppermint Schnapps. 60 Proof. Product of U.S.A. © DeKuyper & Son, New York, N.Y.

Insulating basement walls

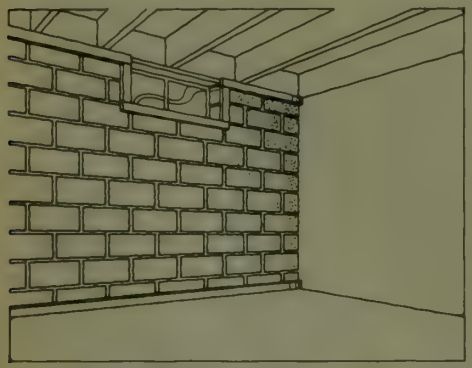
Are you finishing off your basement? Don't forget to insulate. Proper insulation of basement masonry walls will add to the comfort of the finished space while also cutting heating and air-conditioning costs.

Polystyrene foam board insulation is easy for the do-it-yourselfer to handle. Some brands of the lightweight insulation are available as tongue-and-groove boards that allow a good, tight fit on basement walls.

A word or so of caution: Although polystyrene foam simplifies insulation, the material is combustible. To be safe for home interiors, the insulation *must* be covered with ½-inch gypsum drywall. Also, you'll be using a special mastic to adhere the insulation board and the drywall. The mastic, which comes in cartridges that you use with a caulking gun, has flammable vapors. Carefully follow package directions when using the mastic. And, since some mastics dissolve polystyrene foam, let your insulation dealer steer you to the proper insulation-mastic team for your job.

Preparing the surface

Make sure the wall surfaces are structurally sound, clean, dry, and free of grease or loose paint. Then remove baseboards or moldings along the walls you're insulating.



Attach horizontal wood nailer strips along the top and bottom edges of the masonry walls and around window and door openings *(above)*. The nailers need to be about two inches wide and the thickness of the insulation you're using. In most areas of the country, using 1x2s as nailers and ¾-inch insulation board will suffice if the basement extends half above, half below ground level. However, if you live in a region where the winters are particularly harsh, or if you have a walk-out basement, you'll want to use one-inch-thick insulation. That will require ripping 2x4s to get nailers of the proper dimensions.

Attaching the nailers to the basement walls used to be a strenuous job. You had to pound masonry nails or drill to make the walls accept masonry screws or bolts. Now there's an easier way: You can fasten the nailers using one of the construction adhesives designed for joining wood and masonry surfaces. When properly applied, the adhesive provides a complete bond for the full length of the nailer strip.

Remember the electricity

Once the nailer strips are in place, you can install any additional electrical outlets you'll need in the finished basement space. While local codes vary, usually the new wiring can run on the surface of the old masonry wall; the new insulation and gypsum drywall will hide the wiring when the job is finished. Also, remember to extend old outlets so they'll match the level of the new wall.

Installation how-to

Now you're ready to install the insulation board. Work with just one board at a time. To cut the insulation to fit around projections (such as the nailer strips, windows, and electrical paraphernalia), score the insulation with a utility knife, then snap the board.

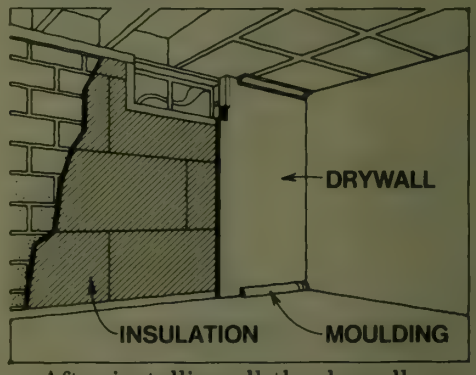
Next, apply ribbons of mastic to the insulation board. Then place the insulation against the masonry wall, uniformly pressing the insulation over the entire surface. The individual insulation boards may be placed horizontally or vertically, whichever is the more practical pattern for your wall area. Repeat the cutting, gluing, and pressing steps for each board of insulation until the wall area is covered.

What about pipes?

The main water valve and other pipes that require access should be left exposed. Simply butt the insulation up to the pipe, and, if possible, wedge some foam behind it. With this protection, the warm air from the interior of the room will keep the pipe from freezing and bursting in winter. When you encounter a pipe that needs no access, place a piece of foam behind it but don't cover it with insulation. Then just bridge over the pipe with the ½-inch drywall.

Drywall and finishing touches

Cut the ½-inch gypsum drywall to fit the entire height of the wall area. Cut out openings for outlets and switches. Then apply mastic to the drywall just as you did for the insulation board. Stand up the drywall sheet vertically and adhere it to the foam insulation board with firm, uniform pressure over each square foot of the drywall surface. Using drywall nails on six-inch centers, nail the drywall to the wood nailers at the top and the bottom of the wall area .



After installing all the drywall panels, you're ready to compound, tape, and sand the drywall joints. Finish the edges with a metal bead or a wood molding strip.

Paint, wallpaper, or otherwise finish the wall surfaces. Then reapply the baseboards or moldings, as shown above. Take a breath, stand back, and admire your handiwork. ■

Rustle up something wild with a California avocado.

Hot 'n cold. Smooth 'n crunchy. And zipping with flavor. The California Avocado Wild West Salad. A hearty main dish chuck full of ground beef and lusty California avocado. Cool, smooth avocado makes it the best dang salad this side of the Rio Grande. **California Avocado Wild West Salad** Chop 1 onion, 4 tomatoes, 1 head lettuce. Toss with 1 cup grated cheese, 1/2 cup French or 1000 Island dressing, hot sauce to taste. Crunch and add one 6 oz. bag of corn or tortilla chips. Slice and add 1 large California Avocado. Brown 1 lb. ground beef, add 1 can (15 oz.) drained kidney beans, 1/4 tsp. salt. Simmer 10 minutes and mix into cold salad. Decorate with extra chips, avocado and tomato. Serve six, pronto!



Love food from California

California Avocado Advisory Board



Enjoy smoking longer without smoking more.

Rich, full-flavored Saratoga 120's give you extra smoking time and extra smoking pleasure. And they cost no more than 100's.



Saratoga 120's

© Philip Morris Inc. 1978

Regular: 16 mg "tar," 1.0 mg nicotine—Menthol: 15 mg "tar," 1.0 mg nicotine av. per cigarette, FTC Report Aug.'77

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

A wet bar from a butler's pantry

If you acquired an older house that has a butler's pantry, chances are you've decided to add that space to your kitchen. But Hal Norris elected to keep the original butler's pantry off the kitchen and turn the area into a wet bar. Now when he entertains, guests can mix drinks and mingle in the pantry without slowing up the action in the kitchen.



Photographs: Harry Hartman. Design: Pat Wagman. Source: Ruth Grenci

▲ When Hal purchased this older home, the butler's pantry had been closed off from the kitchen. He decided to remove the barrier between the two rooms and transform the 6x6-foot space into a wet bar. To meld it with the rest of the house, Hal installed custom-made cabinets that were patterned after an original old cupboard. These same cabinets were also used in the kitchen.

The hardwood flooring was installed in the early 1890s when the house was built. But the wall-hung lighting fixtures are newcomers to the house. They're refinished antique fixtures that now work by electric power. Appropriately, the wall covering in the wet bar depicts women in old-fashioned dress. The counter tops are easy-care plastic laminate and the sink is stainless steel with a tall spigot to aid drink mixing.



▲ At the far end of the bar, Hal added built-in wine racks. The latticework front allows air to flow around the bottles and lends a wine cellar atmosphere to the room. Handily located next to the wine rack is a door equipped with closed-in shelves that keep glassware dust-free. The section next to the sink stores wine glasses in upside-down racks. An Oriental rug blends right into the scene. ■

NEW PURITAN OIL. THE DELICIOUS WAY...

...TO HELP FIGHT CHOLESTEROL.



A glance at new Puritan tells you how light it is. See how it looks next to the corn oil?

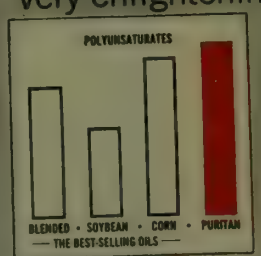
A taste of new Puritan tells you it sure tastes lighter than corn oil.

It's so light and delicate, it does wonderful things to crisp fried chicken, fresh salads and crunchy french fries.

That means that new Puritan Oil can be a delicious part of your total diet to fight cholesterol.



A look at the back label on new Puritan is very enlightening.



It tells you that Puritan is mostly sunflower oil.

So it's very high in polyunsaturates, even higher in polyunsaturates than corn oil.

That means that new Puritan Oil can be an important part of your total diet to fight cholesterol.

PURITAN OIL.

New from Procter & Gamble

HOW TO REMOVE UPHOLSTERY STAINS

Unless you seal your rooms off from human contact, stains on your upholstered furniture are nearly inevitable. The most important stain-removal technique is quick action—go after a food spill when it occurs, for example, or treat a greasy finger mark as soon as you notice it. The longer the spot is allowed to set, the more difficult removal will be. When using a commercial spot remover, be sure to read the instructions carefully and pretest on a concealed area before applying.

Spot-removal basics

The first step in successful spot removal is to remove the staining substance. Then, if the upholstery is washable, blot the stain with an absorbent cloth dampened in cool or lukewarm water. Never soak the fabric. Stroke lightly from the outer edge toward the center so as not to spread the stain. Follow with a water-base detergent if necessary. Use a solvent to remove spots from a nonwashable upholstery fabric. Never use carbon tetrachloride; deaths have resulted from using this highly toxic liquid.

Quick drying is important in order to avoid telltale rings. Dry the fabric with an absorbent cloth, tissues, or sponge, being careful not to let any liquid seep through to the filling material. Most solvents will have no residual effect on a filling such as down but are harmful to foam rubber. In the latter case, use only a foamy or liquid cleaner. Polyurethane, polyester, and other synthetic fillings are less likely to react unfavorably to solvents, but repeated use could also deteriorate these man-made fillings.

Use a small hair dryer or an electric fan to speed upholstery drying. You can also dust the wet area with pure talcum powder to absorb moisture. This treatment works well for removing water and grease spots.

Food stains

Hard candy is basically sugar and water and can usually be removed without a solvent. Scrape off the excess candy and sponge lightly with cool water. If this doesn't work, use a detergent and water solution.

Soft candy, including chocolate, requires the use of a solvent to remove the fatty stain. Lightly sponge the solution on, then blot with a clean cloth. Finish with a cool detergent solution.

Chewing gum should first be hardened with an ice cube, then worked off with the dull side of a table knife. If necessary, use a dry-cleaning fluid to remove the residue.

Sponge and blot *ice cream* stains with a dry-cleaning fluid, being careful to avoid contact with the unstained area. Where the spot persists, treat with a cool detergent solution. Finish with repeated applications of cool water, and blot dry.

Treat *egg* stains with a diluted solution of ammonia and cold water. Test the fabric first to make certain that the dyes will withstand the ammonia.

After you've scraped off any pulp, blot *fruit* stains with a clean cloth dampened in cool water. If this treatment does not remove the stain completely, sponge and blot with a solution of water and detergent, adding a little clear vinegar. Sponge lightly with water to remove any traces of vinegar.

For *liquor and wine* spills, blot with a clean cloth moistened in alcohol. Then use a cloth dampened in cool detergent solution. Finally, apply clear, cool water sparingly and blot dry. Soap and water are not recommended for a liquor or wine stain as a permanent discoloration may result.

Common household stains

Sponge *grease and oil* spots repeatedly with a dry-cleaning fluid. Always use a clean section of cloth so that the grease will not be returned to the fabric. If any discoloration remains, sponge lightly with a lukewarm detergent and water solution. Follow with a clean cloth dampened with cold water.

Scrape off excess *lipstick*, then sponge and blot the stain with a dry-cleaning fluid. Continue to treat with the dry-cleaning fluid as long as lipstick appears on the cloth. Sponge with a mild detergent and water solution, then blot dry. If the stain still remains, it's best to consult a dry-cleaning professional.

When dealing with *fresh oil* spots, first clean the area with turpentine, then sponge with a solution of cool water and detergent. If the paint is dry, moisten the stain slightly with a semisolid paint stripper and agitate the moistened area with the dull side of a knife. Scrape off the layer of paint after it has softened. Repeat this treatment as often as necessary. Next, sponge and blot the stain with a concentrated solution of detergent and cool water. Blot with a clean cloth well wrung out in clear, cold water.

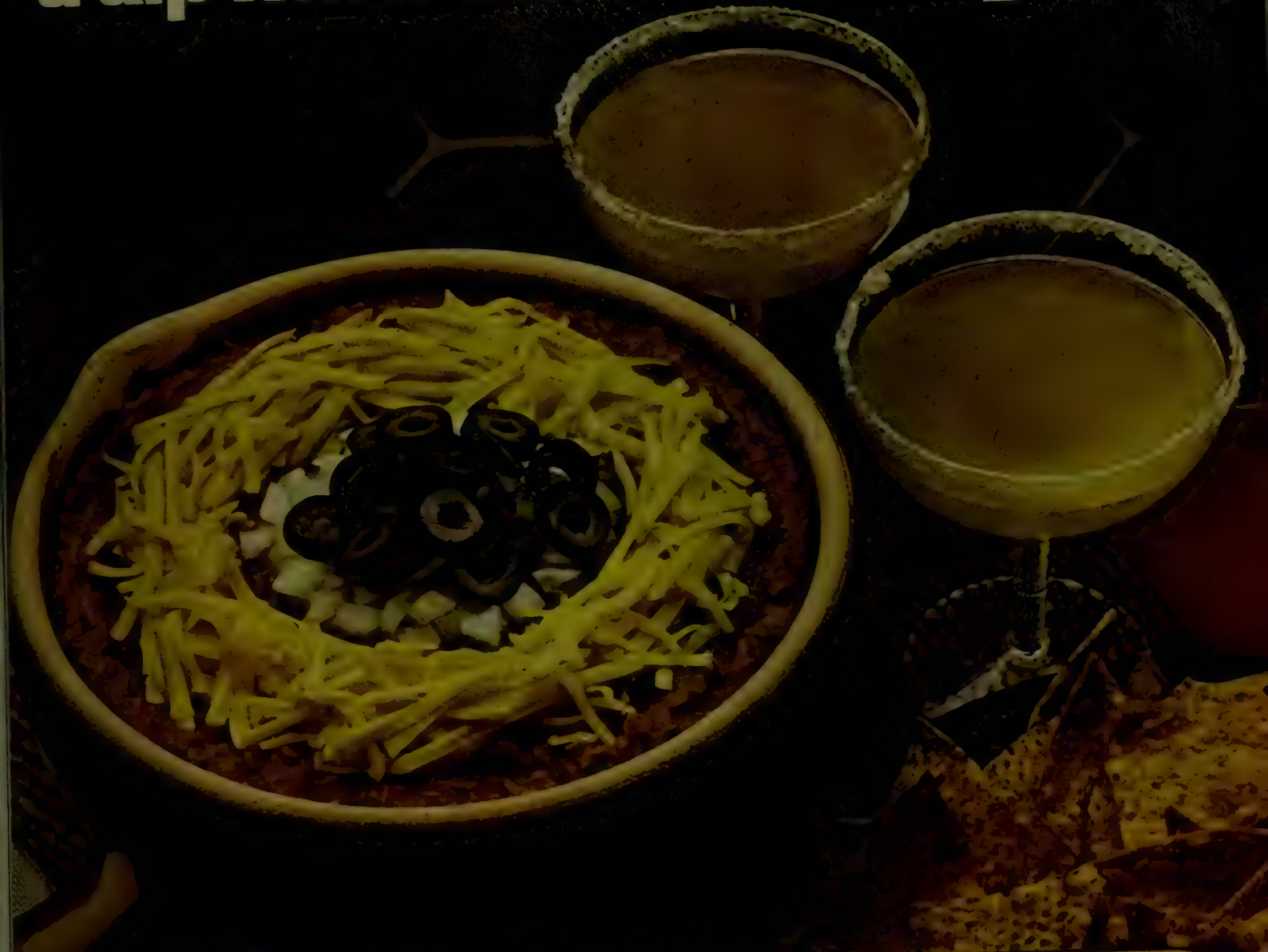
Shoe polish stain? Remove black or tan polish with a dry-cleaning fluid. Rotate the cloth so that excess polish is not transferred back to the fabric. Finish with a mild solution of detergent and warm water. To remove white shoe polish, allow the stain to dry, then brush it off. Wet with cold water, let dry, then brush once more. Repeat this process until all traces of the polish are gone.

Brush dry *mildew* spots with a soft brush, then sponge with a warm, sudsy solution. If the fabric is colorfast, sponge the stain with a gentle solution of water and household bleach. Dab with clear water and blot dry.

To remedy *water* spots, moisten the entire stained area with white vinegar. Leave it on for several minutes, then moisten the area with clear water and blot well. If it's a pile fabric, brush in the direction of the pile while the area is damp; brush against the pile when the fabric has thoroughly dried.

Treat *blood* spots with a weak solution of ammonia (three teaspoons to one quart of cold water). If the stain does not completely disappear, apply more ammonia solution directly on the stain and then sponge with clear, cold water. Be careful not to saturate the fabric. Never use hot water or soap on a blood stain. After a brief time, moisten the stain with vinegar and blot thoroughly. ■

Invite your friends to take a dip with a beautiful Margarita.



Whip up a dip with Ortega® Green Chile Salsa. Mix up a batch of Margaritas with Cuervo Gold Especial. Then stand back and watch 'em dive in!

Our dip gets its zip from our salsa. A tasty blend of fresh, tangy green chiles, tomatoes and onions. And the beautiful part of our Margaritas is Cuervo Gold Especial. The gold standard of tequilas since 1795.

So whether your next get-together is black tie or blue jeans, serve Margaritas and Ortega's Green Chile Salsa Dip. The quick and easy way to become famous for your drinks and appetizers.



Sombrero Dip

1 lb. ground beef
¼ c. chopped onion
1 medium clove garlic, minced
2 cans (7 oz.) or 2 c. Ortega Green Chile Salsa
1 can (17 oz.) Ortega Lightly Spicy Refried Beans
1 teas. salt
½ c. (2 oz.) grated Longhorn cheese

Garnish
¼ c. sliced ripe olives
¼ c. chopped onion
Tortilla chips

In a 10 inch skillet, brown beef until crumbly. Drain. Add onion and garlic. Cook until onion is soft. Add remaining ingredients. Cook until hot and bubbly. Spoon into chafing dish. Garnish with cheese, olives, and onion. Serve with tortilla chips.

Cuervo Margarita

1½ ozs. Jose Cuervo® Gold Especial Tequila
1½ ozs. Arrow® Triple Sec
1 oz. lemon juice (or lime juice)

Mix ingredients, shake with shaved ice and serve in salt-rimmed glass.
To prepare salt rim on glass, dip edge of glass ½" deep into lime juice, then into coarse salt. Let dry at room temperature.

Cuervo Gold Especial · Ortega Green Chile Salsa.

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"You don't buy a faucet every day. So when you do, make it a Moen."



"There are a lot of things you should consider before you buy a new faucet.

Like the way it's put together. Does it have a lot of complicated parts that will cause problems? How does it handle? Who makes it – is it a quality product?

That's why I say make it a Moen.

First off, everybody goes for Moen's smooth, good looks – no grooves to catch dirt.

Next, Moen's patented cartridge has no washers, grommets, seats or springs. So you can easily replace the cartridge, and your faucet is like new again.

Another thing: Moen's patented Flow-Rator™ saves water up to 25% over regular aerators on other single-handle faucets.

Moen has a different kind of convenience, too. You can choose the temperature *before* you turn it on – and save a lot of fiddling around for the right temperature after the water's on.

With all these things Moen offers, you can save thousands of gallons of water every year, and the energy it takes for the heated water that's wasted.

So when you're ready to make it a Moen, look me up."

Moen plumbers are listed in the Yellow Pages. Moen single-handle water appliances for kitchen, lavatory and bath.

Moen. a Division of Stanadyne, Elyria, Ohio 44035.

MOEN®

CRAFTS

Choosing fabrics for quilting

Hours of loving attention go into a handmade quilt, so you'll want to make sure its beauty will last through the years. That requires choosing the right fabrics for your project. Here are a few things to consider before you buy.

Quilt fabrics should be lightweight, soft, and firmly woven. Ideally, they should be dress or shirt weight. Quilters have always favored calico prints, but fabrics such as broadcloth, muslin, chambray, poplin, batiste, duck, and percale are also suitable.

Choose fabrics with very little sizing; they'll be easier on your hands when you're quilting the finished pieced top. A firm weave is best; then the quilt piece won't stretch out of shape when you cut them on the bias. Choose colorfast and preshrunk fabrics for safe laundering.

Here are several "tests" you can make at the store before buying:

- Clasp your hand around the loose end of the fabric bolt and hold on to it for a moment. Release the fabric. If you're left with a fistful of wrinkles, the fabric isn't resilient enough.
- Pull away several threads from the fabric's raw edge. If they slide away easily and leave long frayed edges, the fabric is too loosely woven.
- Study the thread quality. If threads are thick and rough, the fabric may be too bulky for quilting.
- See if the fabric's lengthwise threads are at right angles to the crosswise threads. Scan the entire piece before cutting to make sure there are no "waves" in the crosswise threads. This distortion is common at bolt ends.
- To avoid buying too few yards of that one-of-a-kind quilt fabric, double-check to make sure the fabric is really as wide as stated on the end of the bolt.

It's often smart to buy the backing fabric at the same time as the face fabric to ensure color compatibility. If you prefer a plain quilt back, unbleached muslin is an inexpensive choice. Or, buy a flat bed sheet for your backing. The sheet costs less than yard goods and saves piecing and seaming time. ■

What's brewing at Lipton? 5 exciting new flavored teas.





Orange & Spice: Fragrant orange flavor, sweet spice and a special blend of tea. It's relaxing hot. It's refreshing iced.



Lemon & Spice: Tangy lemon flavor, sweet spice and a special blend of select teas. It's a pick-me-up, hot or iced.



Mint: Delightfully fresh mint flavor and a special tea blend. It's lovely hot. It's lively iced.



Cinnamon: A slightly spicy combination of cinnamon flavor and specially blended tea. It's tasty hot. It's zesty iced.



Black Rum: A hearty mix of rum flavor and specially blended black tea. It'll lift your spirits, hot or iced.

SPECIAL OFFER

Try a sample of our exciting new flavored teas

To introduce you to the 5 exciting new flavors of Lipton® Flavored Tea Bags, just send 25¢ for postage and handling and we'll mail you a sample containing one tea bag of each flavor.



Send 25¢ for each sample to: Lipton Flavored Tea Offer, P.O. Box 9881C, Clinton, Iowa 52732. Send my tea to:

NAME _____
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ADDRESS _____ APT. _____

CITY _____ STATE _____ ZIP* _____

*Zip code must be included to guarantee delivery.

Limit—two requests per family, group or organization. Offer good only in U.S.A., its territories and Puerto Rico. Void where prohibited, taxed or restricted. U.S. Military Overseas, please include APO number. Please allow 6 to 8 weeks for delivery. Offer expires March 31, 1979

SPECIAL OFFER

A revamped entry creates new vistas



The Taylors were stuck with a dark, gloomy living room and a front door that opened smack into the middle of things. They considered moving to another house but, since the family liked their present location, they decided instead to remodel their home's problem areas. The whole Taylor crew pitched in and, with the help of an architect, transformed their previously drafty entry and lackluster living room into the handsome spaces shown at left and below.





Photographs: Bill Helms Architect: Robert Y.C. Hsiung. Source: Estelle Bond Guralnick

The Taylors' new entry incorporates an 8x20-foot front porch. The dramatic two-story entryway is packed with built-in storage areas and brightened by the natural light that floods through the fixed glass and skylights.

Although the Taylors had no prior remodeling experience, they decided that they could handle much of the grubby work and would only need professionals for the more specialized tasks. The Taylor crew demolished the existing front porch ("Our 12-year-old loved wielding a sledgehammer," volunteered Mrs. Taylor), dug the four-foot foundation for the new entry, and moved several tons of gravel. The family did all the insulation, wiring, and interior and exterior finish work themselves, too. Then, in a final burst of energy, they laid the new flagstone walk.

Books, collectibles, and plants find an attractive home among the open shelves and closed cupboards that line the walls of the new entry. Stock windows, placed high enough along the walls to maintain privacy, let in plenty of light yet free most of the wall area for the built-ins.

The original living room was totally closed off from the dark entry hall. By incorporating the porch space, the Taylors gave their living room an entirely different, and much more cheerful, vista. Removing portions of walls allowed the living room to share the sunlight which spills into the new entry. A low partition defines the two areas and acts as a buffer to wind and weather when the front door at the foot of the stairs is opened.

The Taylors have labeled their remodeling efforts a success. As Mrs. Taylor puts it, "Now there's something pretty to see in every direction. That makes living and entertaining in this house much more fun." ■



The Hiram Walker Black Angel.
If you never tried one, it would be a sin.

Being good has never been so easy. A Black Angel is almost wickedly delicious, with the richness of blackberry, the tartness of lime and just the right amount of sparkle. Yet flavor is only one of its virtues.

Here's how simple it is to make: Just pack a rocks glass with lots of ice and pour in 1½ ounces of Hiram Walker Blackberry Flavored Brandy, add the juice of a lime and a splash of club soda.

That sounds easy to take, doesn't it?

But remember to take it easy; you wouldn't want to lose your halo.



Blackberry Flavored Brandy. 70 Proof. Hiram Walker & Sons, Inc., Peoria, Ill., San Francisco, Calif.



I love to see my family healthy. That's why we're hurrying to the Hudson vitamin sale to save 25%!

"Everyone in our family takes Hudson Vitamins. I insist on Hudson because I'm sure of the quality and freshness of their vitamins. And their prices are right. Especially now, when Hudson has their annual sale. You can bet we won't miss it. We're going to save 25%!

"For instance, I always buy Duo-Kaps for my husband. Right now, during the sale, I can get a bonus pack of 125 tablets for the price of 100. The same goes for Vitamin C 500 mg with Rose Hips, Vitamin E, and most of the other popular Hudson supplements. And there's a way to save even more. If I buy two bonus packs of any kind, I can get a cash refund of $1 from the company.

"There's another reason we're hurrying to the Hudson Vitamin sale. We're going to enter the Hudson Vitamin Sweepstakes. If we win first prize, Harry and I could go to the Super Bowl Game this year, all expenses paid. Or the whole family—all four of us—could go to Hilton Head Island for a week's vacation.

"You can pick up a Sweepstakes entry blank at the same place you'll find all the super Hudson Vitamin values—at your local Hudson pharmacy, right now."

3 ways to win with Hudson vitamins

BONUS VITAMINS
Get 25% more vitamins for your money in Hudson Vitamins bonus packs. Available in Hudson Vitamins 18 most popular products.

$1 CASH REFUND
Send proof of purchase from 2 bonus packs to Hudson Vitamin Company and get a cash refund of $1.00!

SWEEPSTAKES!
Enter Hudson Vitamins Sweepstakes! First Prize: Trip for 2 to the Super Bowl Game, with transportation and 7-day stay, or 7-day holiday for 4 at Hilton Head Island. Plus 1,310 other family-sport prizes. No purchase necessary. Get your entry blank at your local Hudson pharmacy.



Full details of all offers at your local Hudson pharmacy. Sweepstakes offer void in Maryland, Missouri, Ohio, Utah and wherever else prohibited by law. Offer ends December 15, 1978.

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A limited offer from Lunt. Before you make an investment in full settings of beautifully crafted Lunt Sterling, make sure the pattern you like now is the one you'll enjoy living with forever.

It costs so little to prove your heart is right. That's why we're making this limited offer. Tell us which Lunt Sterling pattern you've chosen and pay only $10 for one teaspoon.

Try it on your table alongside your china and glassware. Sense its weight and balance in your hand. Show it to others. Decide at your leisure if you were right from the very first look. Then complete your settings at your favorite store.

Lunt Sterling

Sterling says it all. Lunt says it best.

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PLEASE SEND ME A LUNT STERLING TEASPOON FOR ONLY $10.

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Orders must be postmarked no later than December 10, 1978. Offer limited to one teaspoon per customer. Add $.75 for postage and handling. Mail check or money order for $10.75 to Lunt Silversmiths, 298 Federal Street, Greenfield, Mass. 01301. Dept. A13. Please allow six weeks for delivery.

NOW HOME FIRE DETECTORS WITH EXTRA PROTECTION.

From the company that's been protecting government and industry from fire for over 25 years.



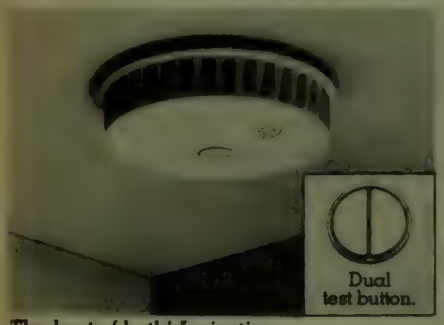
In Washington, building after building and the people in them are protected by fire detectors made by our company. And so is each of the 100 largest corporations in America.

In the two-and-a-half minutes it takes to read this ad, fire will break out in 25 households. Destroying property. Destroying lives.

In instance after instance, there will be no warning. None. No alarm at all.

It makes no sense.

With reliable and inexpensive fire detectors properly placed on each level of your house or apartment, you can increase your family's chances of escaping a blaze by a healthy 88%.



The best of both! Ionization and photoelectric systems in one unit.

You'd have to be unconcerned or uninformed not to get and install early warning fire detectors.

That's not you.

You're a thinking person, or else you wouldn't be reading this. The question for you is—which detectors should you buy?

The answer: ones that will clearly give you and your family extra protection.

Wells Fargo Protective Services offers you a choice of three such detectors that offer extra protection.

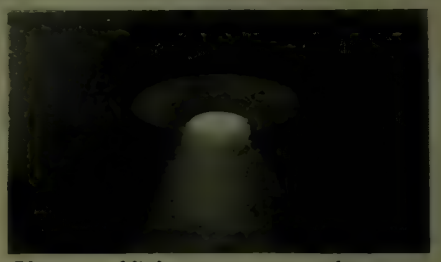
Each Wells Fargo model gives you a detection system with the earliest possible warning. To the widest variety of residential fire situations.



Each model is extra well made. So you can count on it. When you need it.

Each model has extra reliable, solid-state circuitry.

And there's more.



Alarms and lights your way to safety. Because 75% of fatal fires happen at night.

One model comes with an Automatic Safety Light. Because 75% of serious fires happen at night. When the alarm sounds, the light comes on instantly. Minimizing confusion, panic. It's so reassuring to children, the elderly, the hard of hearing.

Another model, the Extra Protection Combination Model, combines both types of detection systems (ionization and photoelectric) in one unit. So it gives fast response to every type of residential fire.

And even the basic Wells Fargo Extra Protection Model responds to the earliest stage of fire.

You will find Wells Fargo Extra Protection Fire & Smoke Detectors at leading stores. Or you can call toll free, **800-631-8124,** for the store nearest you that carries them.

You're intelligent enough to get fire detectors in the first place.

Now make the little extra effort to get the very best.

WELLS FARGO PROTECTION SYSTEMS®

EXTRA PROTECTION FIRE & SMOKE DETECTORS

A Baker Industries Product

Cuddle up with a turtle.

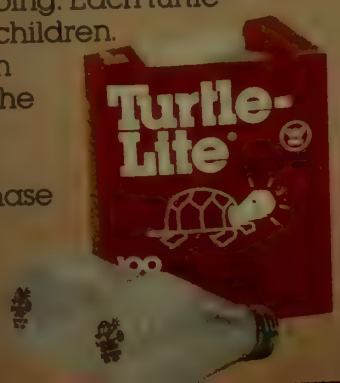
Actual Size:
11" long by 6" high.

Special Offer! Get this cuddly stuffed turtle for only $4.50 with your purchase of a package of 2 Westinghouse Turtle-Lite® bulbs.

Turn on the kids with a stuffed turtle. Get a head start on your Christmas shopping. Each turtle is hand-crafted and safe for children.

Use the convenient coupon included here, and look for the special Turtle-Lite display at your supermarket. For each turtle, send the Proof of Purchase seal from a Turtle-Lite bulb package, plus $4.50.

While you're stocking up on Christmas gifts, you'll also be stocking up on the amazing Westinghouse Turtle-Lite bulbs, the light bulbs that will last a full 2500 hours! That's more than 2 years in average household use of 3 hours a day.



Westinghouse

Send the Proof of Purchase seal from a Turtle-Lite® bulb package and $4.50 for each cuddly turtle you order. Make your check or money order payable to "Turtle-Lite Offer."

MAIL TO: Turtle-Lite Offer, P.O. Box 3948
San Francisco, Calif. 94119

Please send me_____turtles to cuddle up with. Enclosed is $_____

plus_____Turtle-Lite Proof of Purchase seals.

Name_____
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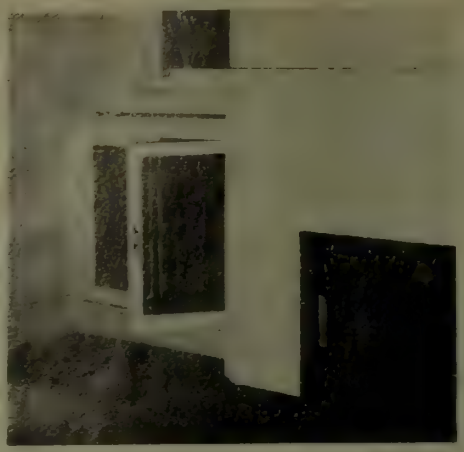
Address_____

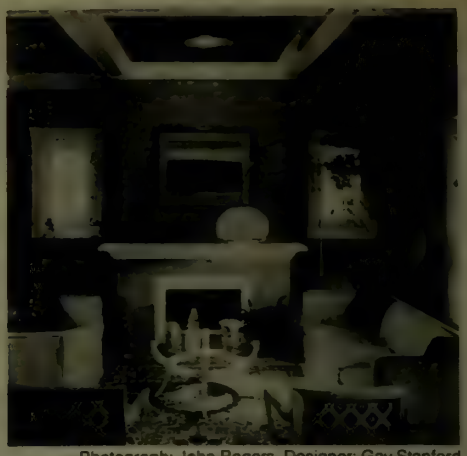
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Allow 4-6 weeks for delivery. Offer limited to continental U.S.A. Void where prohibited. Offer expires March 31, 1979. Add sales tax where applicable.

A FIREPLACE FACE-LIFT

When this homeowner set about reactivating her living room's shallow, inoperative fireplace, she decided to give the fireplace a dramatic face-lift, too. Here's how she did it:





Photograph: John Rogers. Designer: Gay Stanford
Source: Barbara Sims/Linda Magazzine

The clean lines of the fireplace wall, *right above,* are a far cry from the jumble of woodwork and tile that they replaced, *left, above.*

This fireplace project got its start because the old fireplace was not deep enough to burn properly. Extending the facing to accommodate a larger firebox solved that problem.

Then the homeowner redesigned the facade. Rather than give it the same sharply rectangular look of the old facade, she cut drywall so that two gentle curves flare out at the lower edges of the facade to meet the molding that substitutes for a mantel.

Below the mantel-like front moldings, the fireplace face was also bricked to make it match the new 21½-inch-deep hearth.

Six different kinds of standard decorative moldings were used to define the fireplace opening and the pseudo mantel. By gluing and nailing together the various profiles, the homeowner made the moldings echo the strong lines of the beams and large-profile ceiling moldings overhead.

The owner also removed the old cabinets on either side of the fireplace to unclutter the corner areas that flank the fireplace. But she decided the leaded-glass cabinet doors were too beautiful to scrap so she salvaged the glass sections and reused them as windows, framed by heavy moldings, on the face-lifted fireplace wall.

Once the structural changes had been made, the owner focused on surface treatments to capitalize on the clean, new look of the living room. The old carpet was stripped away to show off the room's hardwood floor. Walls and ceiling received matching color treatments, and the moldings were painted bright white for extra punch. ■

WHAT MAKES BONZ® BETTER THAN BONES?

They look like bones!
Bonz are the dog snack that look just like steak bones. Hard on the outside. Soft in the middle. The kind of bones dogs love to get their teeth into.

They crunch like bones!
Bonz have an outside that's hard and crunchy. So your dog can satisfy his natural desire to chew while Bonz help clean his teeth.

They taste terrific!
Bonz are filled with flavor. Each tender, marrow-like middle is loaded with the kind of tasty beef flavor your dog loves.

"He just loves Bonz!"

They're even more nutritious than bones!
Bonz are better than bones because they're nutritionally complete. In fact, Purina has made them so nourishing, your dog could live on Bonz and water alone.

BONZ

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See your veterinarian regularly

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America's largest kitchen selection just got larger.

With Cathedral Oak, shown here in new Autumn Gold finish, the number of our cabinet styles now stands at ten.

If you multiply this by our finish options, you get a total of 60 possible combinations.

More than any other stock kitchen manufacturer can offer.

Cathedral Oak is solid oak throughout. And like our other styles, it's available with plenty of convenience features.

Choices like lazy susans, swing-out storage units and many others.

If you'd like to know more about Cathedral Oak and our other cabinet styles, send in the coupon.

We'll also tell you who to contact locally. And with as many dealers as we have, that's a large order.

RIVIERA KITCHENS
A DIVISION OF EVANS PRODUCTS COMPANY













A kitchen for every family.

Dept. BHG-10, 5401 W. Kennedy Blvd.
Tampa, FL 33609

Please send information about new Cathedral Oak and your other cabinet styles.

Name _____

Address _____

City _____

State _____ Zip _____

Why do educated wine drinkers seek out Souverain?

They know a little knowledge can be delicious. They also know every word on the Souverain label points to quality. Take a look. Or better yet, seek it out and take a sip.

The vintage date means 95% of the grapes used had to be harvested in this year. All Souverain varietals are vintage dated.

Winery name. For decades, Souverain has meant quality wine. Located in California's premium wine country, they select only the choicest grapes from prime estates.

Varietal designation. The name of the noble grape that inspired the wine. By law, only 51% of this grape must be used. But many Souverain varietals are 100% —except where blending enhances quality as in this 96% Cabernet Sauvignon.

Appellation. California's North Coast is famous for little "microclimates" that produce the best grapes. That's where all Souverain grapes are grown.

The fine line. The key word is *produced*. It means Souverain winery made this wine from start to finish. No *other* word assures such care.



Julius WILE SOLE AGENTS

The Julius Wile seal has been a mark of quality since 1877. Souverain is the *only* California wine to bear it.

Discover the value of Souverain.



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Your Basic Sewing Guide

from Better Homes and Gardens.

Beginner or accomplished seamstress, this fully illustrated reference contains hundreds of practical ideas and professional tips to help you design and construct fashionable clothes for the entire family. This up-to-date edition features complete information on new techniques, materials, products and fashions. Tab-indexed and ringbound. 360 pages.

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Ideas that make a difference

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WHEREVER BOOKS ARE SOLD

Beautifying an aging bath

One way to deal with a vintage bath is to accentuate its age—especially if your budget doesn't allow for buying new plumbing fixtures. Here's a before-and-after example.



Photographs/Source: Jessie Walker Associates

A new coat of paint was the first step taken to give this stark bathroom a nostalgic look. The muddy-looking old walls were painted a crisp white, accented by snappy apple green woodwork.



A wicker rocker and chest of drawers play up the room's old-fashioned charm. Both pieces were sprayed black to harmonize with the color scheme. A quilted seat cushion brightens up the small rocker.

Green and white pillow ticking is used at the sink and window. The drawstring that gathers the skirt fabric is suspended from hooks fastened with epoxy to the sink's underside. An array of leafy houseplants and woven basketry completes the transformation. ■



The new gas ranges can cut your energy bills by as much as 200 meals every year.*

They're up to 30% more efficient than models offered just 5 years ago.

America's gas appliance manufacturers have a new recipe for saving money and energy...the new breed of gas ranges. Improvements such as pilotless ignition, programmed cooking control and more efficient burners have made cooking with gas clean and easy. And they cost, on the average, far less to operate.

*Based on the national average that families cook at least two meals at home per day.



Compared to electricity, gas cooks 2 meals to 1.*

Since gas is a direct energy, it will cook two meals with the same amount of primary energy it takes to cook one meal electrically. Plus, you get all the traditional advantages of cooking with gas: instant on and off, infinite temperature settings with precise control, smokeless, closed-door broiling and a clean, cool kitchen.

*Comparisons of gas to electricity are based on widely-accepted studies from both industry and government sources.

The new gas appliances are good for your economy.

Gama

Gas Appliance Manufacturers Association



Carol's illness prevented her from climbing these stairs like she used to. She could move to a one-story house, but she loves this house. A *Cheney Wecolator*™ solved Carol's problem by letting her ride from floor to floor quickly and comfortably. As the first stairway elevator to be UL-listed, it's virtually maintenance-free, and can be installed in just a matter of hours. For a colorful brochure on *Cheney Wecolators*, or *Wheelchair Lifts* and *Wheelchair Van Lifts*, contact your local Cheney Representative or write: The Cheney Company, Dept. BG, 3015 S. 163rd Street, New Berlin, WI 53151. (414) 782-1100.

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CHENEY Wecolators.



Yarner™ Polyurethane Yarner holds up to 2,160 pieces of precut rug yarn—6 yarn compartments and 2 for latch hook tools. Order No. 03048 $2.99 plus 95¢ postage and handling. Include state sales tax. **Better Homes and Gardens®**, Dept. 2LJ, Box 374, Des Moines, Iowa 50336

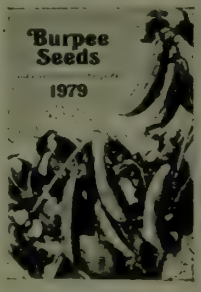
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If you ordered from Burpee last year, you will automatically receive your free Burpee catalog in 1979.

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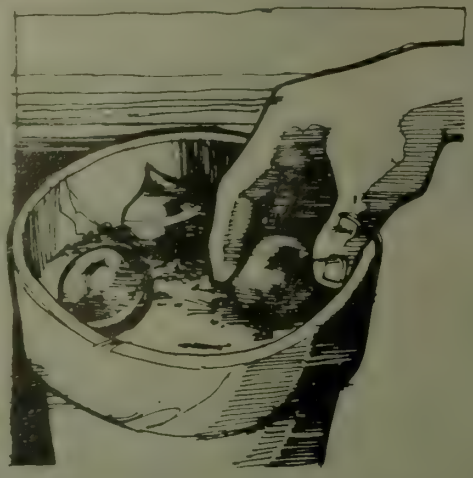
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begins on page 116

Early-bird bulbs





Place the bulbs on top of the soil with their tips reaching about ½ inch below the rim of the pot. Add as many bulbs as you can without letting them touch each other or the sides of the container. You can usually fit about six tulips, three daffodils, three hyacinths, or eight crocuses in a six-inch clay pot.

In about eight to ten weeks, check the pots for growth. If roots are visible through the drainage holes and the stems are two or three inches high, the bulbs are ready to be moved to a bright area that remains about 60 to 70 degrees. At this temperature, buds should form in about two weeks. Then you can move the plants to a warmer location. Many will bloom just a few days after that.





After the bulbs are in place, fill in the rest of the pot with soil. Tamp it down and water thoroughly. Always be sure to mark the pots with the date the bulbs were planted and their variety names.

Once the pot is planted, it's time to give the bulbs a period of rest. An unheated basement or root cellar is ideal. Make sure the temperature is in the 35 to 50 degree range and that it never dips below freezing. If you're forcing only a few pots and have no room in your basement, you can substitute a corner of your refrigerator. For best results cover the pots with several layers of moist newspaper or burlap. Water every few weeks to keep the soil evenly moist.

To prolong the bloom period, keep the plants away from direct sunlight and move them to a cooler location at night. Keep the pots continually moist and away from heat ducts and radiators. For continuous bloom, remove new pots of bulbs from the dark every week to ten days.

As the blooms fade, move the crocuses, daffodils, or hyacinths to a cool window and continue to water. Then, after the ground thaws in the spring, plant the bulbs in the garden for more flowers next year. Be sure to let the foliage completely ripen and turn yellow before you trim the plants back. Most tulip varieties will not bloom again after they have been forced and are best thrown away. ■

Wide open beauty for carefree living.



Andersen® Perma-Shield® Casement Windows are a beautiful way to make the most of a free-spirited lifestyle.

Their low maintenance makes them easy to enjoy.

For over their wood core lies an exterior sheath of long-life rigid vinyl. One that doesn't rust, pit or corrode. Doesn't chip, crack, peel or blister.



Perma-Shield Casement Windows are also easy on heating and cooling bills.

Because unlike the leaky, drafty kind, they're two times more weathertight than recognized air-infiltration standards.

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A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU

TIPS TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

PROBLEM

The partially used cans of stain in your workshop require lots of time-consuming stirring before you can use them.

SOLUTION

Next time you need to do some staining, drop a ½-inch nut into the can and shake it vigorously; the stain will mix quickly and easily.

H.H., Ballston Spa, N.Y.

PROBLEM

One of your projects requires chalk marks, but you can't find a piece of chalk anywhere.

SOLUTION

Save yourself a trip to the store by using an aspirin tablet to draw those lines. Throw it away when you're through with it, so it can't get into a child's hands.

R.A., Freeport, N.Y.

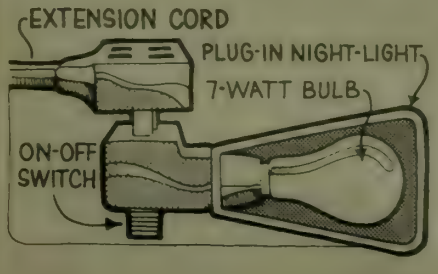
PROBLEM

You can't fit a trouble light or flashlight up into the recesses of your car's dashboard or into other dark, cramped places where you have to make repairs.

SOLUTION

Fit a small night-light onto the end of an extension cord, as shown. The unit is small enough to fit into most crowded spots, and the bulb won't radiate excessive heat.

W.M., Springfield, Ill.



PROBLEM

The sanding belt for your belt sander is caked solid with paint and sawdust.

SOLUTION

Flip the sander upside down and turn it on; then carefully hold a wire brush against the belt to dislodge the debris. Wear eye goggles.

M.I., Plymouth, Ind.

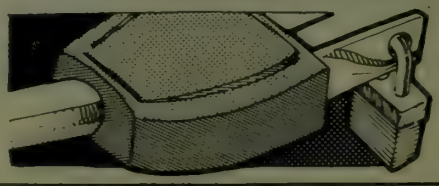
PROBLEM

Your wee ones have shown an interest in playing with some of your power tools.

SOLUTION

Buy some tiny padlocks and place one through one of the plug prongs of each tool.

J.A., Binghamton, N.Y.



Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.

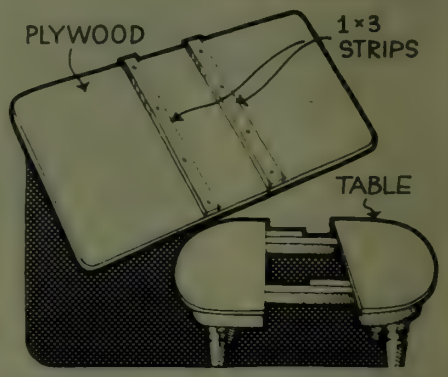
PROBLEM

Your dining table isn't long enough for guests, even after you've inserted the extra leaves that came with the table.

SOLUTION

Cut a piece of ¾-inch plywood to the size you want and round off the sharp corners. Then screw two 1x3 strips to the bottom of the plywood, as shown, so the strips will fit snugly in the space where the leaves are usually inserted.

J.F., Mt. Jackson, Va.



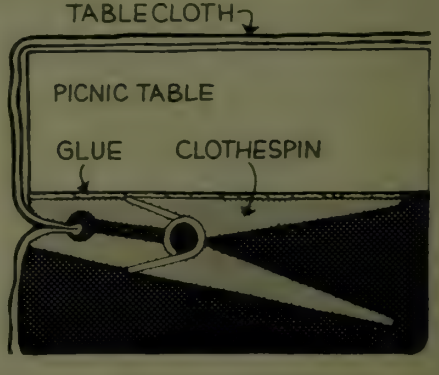
PROBLEM

Your attempts to anchor the tablecloth to your picnic table on windy days are seldom effective.

SOLUTION

Fasten clothespins to the bottom of the table with epoxy glue, as shown, then clamp the cloth securely in the jaws of each pin.

G.C., Endwell, N.Y.



The new look of clean.



When people think about getting clothes clean, Whirlpool washers and dryers have become a tradition . . . a standard for those who want their clothes really clean.

We believe people think of us because for years we've been thinking of them . . . and better ways to get clothes clean.

We knew laundry was becoming more complicated. New fabrics. Different temperature settings. It almost took a computer to figure it all out. With this in mind, we designed the Whirlpool Solid State Touch Control Washer.

When it comes time to wash, you simply "tell" it what to do by lightly touching a few places on the control panel. The washer does it all from there. It gives you the exact wash, rinse and spin at the precise time and temperature settings needed to treat different fabrics the way they are meant to be treated . . . and get them really clean in the Whirlpool tradition.

It's the new look of clean. The quality of Whirlpool washers. The reliability of solid state. They go together just beautifully to get clothes really clean.



Large capacity agitator. Its flexing and rollover action cares for your clothes beautifully.

Whirlpool
Home Appliances

We believe quality can be beautiful.

FEATURES Margaret McMahon

GOOD NEWS PLUS

Mail-order decorating



In decorating it's often the little things that count, and Armstrong Cork Company has come up with a program to help you find those "little things." Called the "Decorator's Guild," this new decorating service is yours for an annual membership fee of $10.95. Three times a year members receive the handsome, full-color "Showcase," a soft-cover, 96-page book that's a cross between a magazine and a catalog. Along with all kinds of decorating tips, it features rooms and vignettes designed by professional interior designers, and every accessory used in these rooms may be ordered right from the "Showcase." Members are also entitled to other special benefits, and the first "Showcase" is free! For information on how to join, write Armstrong Decorator's Guild, Lancaster, Pa. 17604.

Emergency money

No one wants to be caught penniless, but if it happens, the Western Union Charge Card Money Order (CCMO) can solve the problem fast. The DP (desperate person) just calls home or a friend with a Master Charge Card and that person calls Western Union's toll-free number (800/851-2300; in Illinois 800/642-2430), gives the operator his Master Charge number, and directs Western Union to send a Money Order to a Western Union office. The cardholder then tells the friend (who must have two IDs) where to pick up his money. The service costs $6.75 for amounts up to $50, to a maximum of $10.50 for a $300 Money Order. Everything is billed to the cardholder's Master Charge statement.

Craft wish book



For people who can't manage to get to at least six craft fairs a year, the next best thing is *The Goodfellow Catalog of Wonderful Things.* This intriguing catalog features the works and words of craftsmen from Brooklyn to Sacramento. Jewelry, baskets, leather jackets, chairs, dolls, and rag rugs are just some of the fascinating items described, illustrated, and priced. Nicest of all, you order direct from the artist and can ask for special designs or sizes. The catalog is available for $7.95 plus 85 cents for postage. Just write *The Goodfellow Catalog,* P.O. Box 4520, Berkeley, Calif. 94704.

Quick 'n easy platform

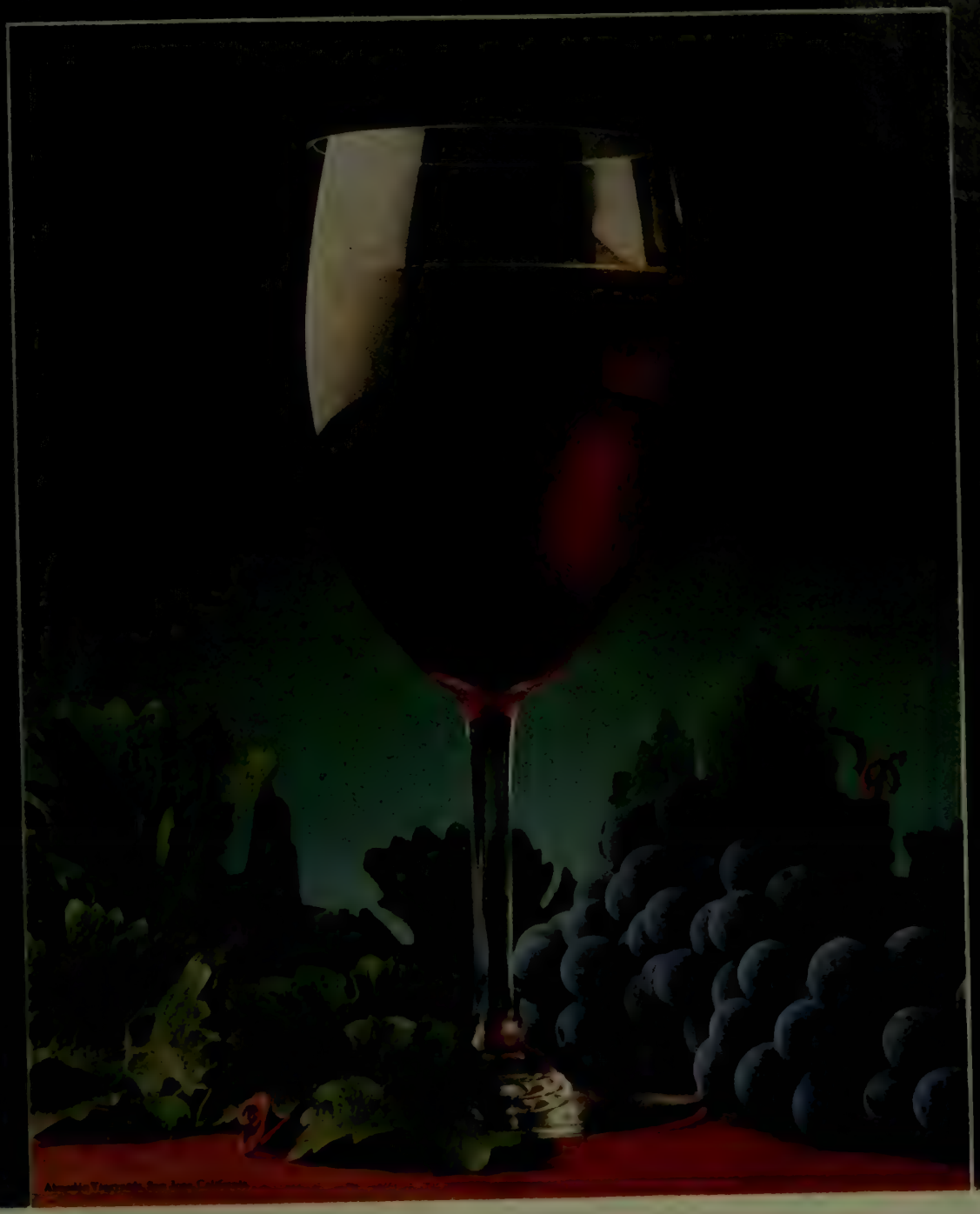


The people who brought you Bed-Sack, the formfitting mattress pad, have now introduced BedJacket and BedSkirt to give your routine mattress and box spring a platform look or make a bed look like a sofa. BedJacket goes on the mattress just like a fitted sheet but is roomy enough to go over sheets and a blanket. The box spring BedSkirt gives the appearance of a custom-designed tailored slipcover. A Pillow-Jacket converts a regular pillow into a sausage bolster. Pillow shams are also available. The entire ensemble is offered in six solid-color quilted polyester/cottons, synthetic fur in several colors, and a selection of prints. The total "fitting" for a single bed plus two pillows or bolster covers costs under $80. Write Perfect Fit, 303 Fifth Avenue, N.Y., N.Y. 10016 for stores in your area.

Dealing with energy

Two postcards can get you two free pamphlets about energy in your home. *104 Ways to Control Your Electric Bill* is available from the Edison Electric Institute, Dept. B, P.O. Box 2491, General Post Office, N.Y., N.Y. 10001. It explains what

continued on page 210



When you look for a fine red wine, here's what to look for.

Experience. It's essential in making a fine red wine. Because most fine red wines need years of careful aging in small oak barrels. That demands constant attention. And the experience to know the right moment to bottle.

This is why you should look for a well-established winery first. One that has demonstrated its dedication by consistently producing fine wines year after year.

When selecting a fine red wine, you'll find many to choose from. Pinot Noir, Gamay Beaujolais and Zinfandel—to name a few. In each you'll find something unique. Some will be delicate. And some robust. Like Cabernet Sauvignon—perhaps the most complex fine red wine.

What should you look for in a Cabernet Sauvignon? A clear, deep ruby-red color. A bouquet that is distinctive and assertive. And a rich, complex taste that fills your mouth.

To fully enjoy this complex taste uncork the bottle and let it "breathe" at least one hour before serving. This will help the flavor fully develop.

And finally, remember a fine Cabernet Sauvignon always begins with fine Cabernet Sauvignon grapes. This is why at Almadén we care for our grapes as if they were our children. And you'll taste this tradition of quality in every Almadén wine.

To learn more about wine, send a postcard for a free copy of "The grapes and wines of Almadén" to: Almadén, P. O. Box 24249 BH, San Jose, CA 95154.

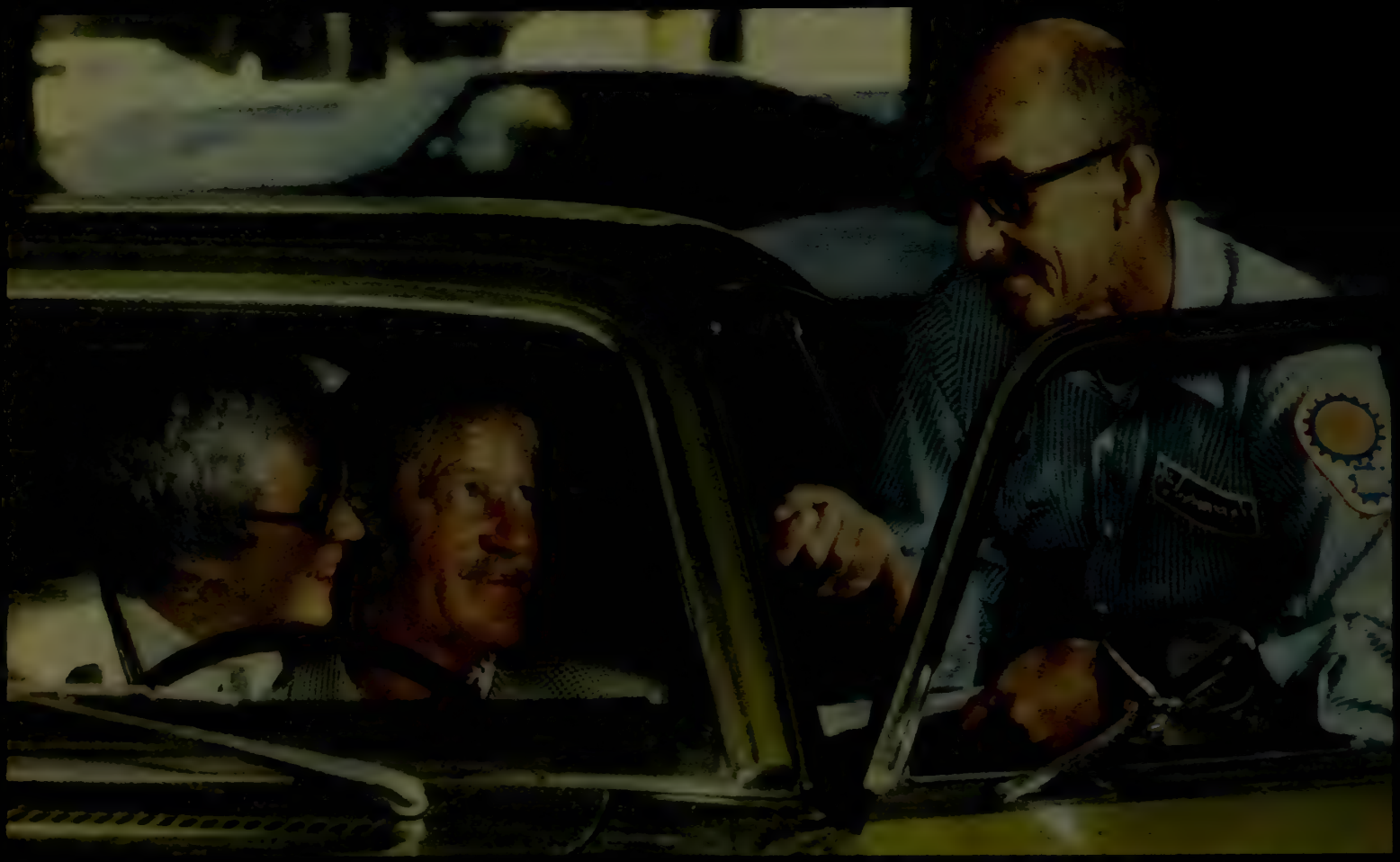
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WITHOUT BEING THE MOST EXPENSIVE.

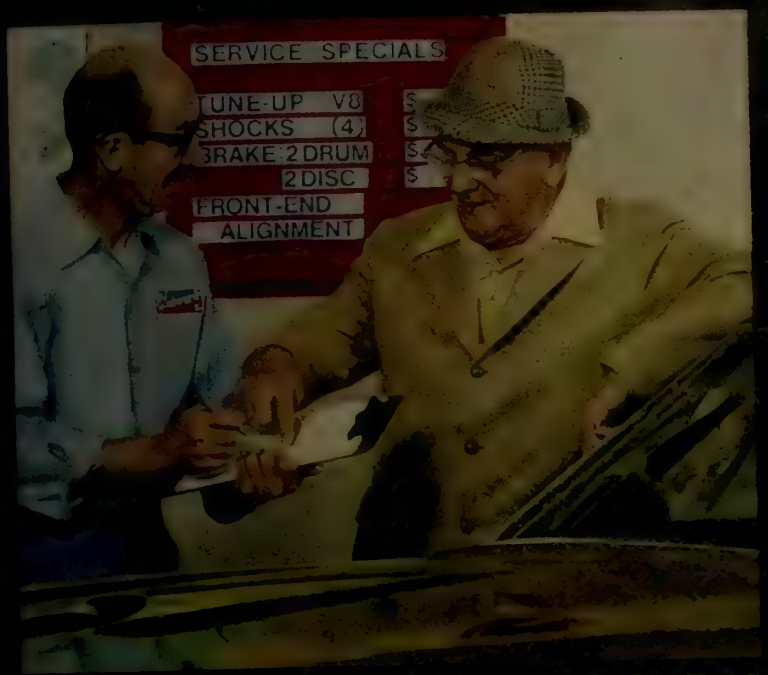


Mr. Goodwrench is the professional service technician who works for your participating General Motors dealer. You can tell he cares about your car by the way he cares for your car. He knows professional service can make an important difference to you even on such fast-service jobs as replacing brakes.

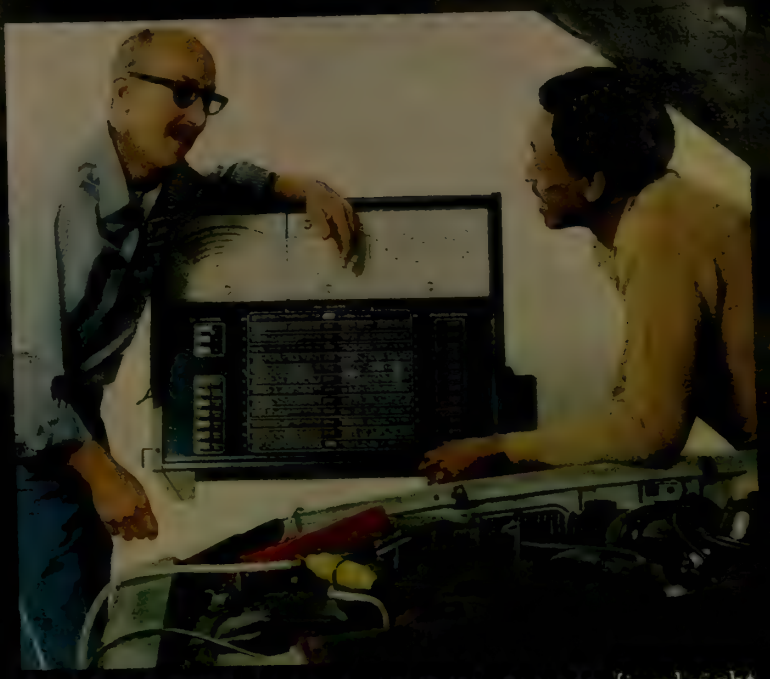
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GOOD NEWS PLUS

you should do to conserve energy in heating, cooling, cooking, etc. The second booklet, *Energy and Your Home,* is published by the York Division of Borg-Warner Corp., Dept. 14BHG, York, Pa. 17405. It also answers questions relating to energy in the home and offers tips for those building new homes. A more thorough coverage of the subject can be found in *Energy Conservation & You: A Housing Energy Primer.* This excellent book explains in detail how you can reduce energy costs in your present home or in a new one. To order send $2 to Energy Primer, Central Billing, United States League of Savings Associations, 111 E. Wacker Drive, Chicago, Ill. 60601. Illinois residents add 5 percent for sales tax. Delivery takes three to four weeks.

Your message to tomorrow

Here's your chance to support the ecological movement and leave a personal message for Americans of 2028! The People's Invitational Time Capsule will be buried at Big Basin Redwoods State Park at the end of the year to celebrate the 50th anniversary of the California state parks. In 2028 the stainless steel capsule will be raised, and your message revealed to the public, to commemorate the 100th anniversary of the parks. For a minimum $3 donation you can seal anything you fancy—a poem, letter, photograph, tape—in the special envelope provided and know that no one will see what's inside for another 50 years! All donations (which are tax deductible) will be used to build two new state parks in what is now damaged land. For your Time Capsule envelope, send $3 (or more) to Time Capsule, California State Parks Foundation, 1706 Broadway, Oakland, California 94612. The deadline for entries is December 30, 1978. ■



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Snug Cushions hold dentures comfortably tight for weeks

No more "fixings" every morning with messy powders or creams. Even if dentures need "fixing" after every meal, here's important news. Snug cushions restore dentures' holding power so dentures stay comfortably tight for weeks. Snug, the soft, effective temporary aid, forms a "comfort bond" between dentures and gums. Sticks to dentures, not to gums. Rinse, scrub or soak Snug fresh and clean. Easy to remove, but won't wash off or flake away. So, end daily "fixings"! Use Snug to hold dentures comfortably tight for weeks.

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Use it on all your mail.

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Gives prompt temporary relief from hemorrhoidal pain and itch in many cases.

Doctors have found a most effective medication that actually helps shrink painful swelling of hemorrhoidal tissues caused by inflammation. In many cases, the first applications give prompt relief for hours from such pain and burning itching.

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CRIME IS LOCKING UP AMERICA.



Making us more cautious. Less spontaneous. We at Commercial Union are very concerned about the impact crime is having on the quality of life in America.

Concerned also that crimes such as theft and vandalism to property increase insurance losses . . . as do other types of stealing. Padded auto collision claims, for example. And when losses increase, insurance rates go up. *Last year alone fraudulent claims may have increased the average insurance premium 15% or more.*

So who ends up paying for the false claims . . . the shoplifting? As well as the employee thefts?

We all do. Each year, because of crime, we pay more for insurance premiums, products and services. And we wind up with less personal freedom.

What can we do? We can start to take action.

At Commercial Union, we're taking action against insurance fraud which will help us keep down the cost of your insurance. For example, we've created a special investigative unit that is expected to save over a million dollars each year from being paid in false claims. This unit is currently a pilot project in a large, metropolitan area, but we plan to extend this concept to other cities as well.

But your help is vital, too. One reason certain crimes are rampant today is because of increasing social indifference. Changing the social attitudes of a nation, however, can begin in your neighborhood. Let people know *you* don't approve of any form of theft or vandalism. Discuss crime problems with your neighbors. Write your views to state legislators. For more suggestions, write for our free booklet.

Help Unlock America . . . take action against crime.

YOUR Independent AGENT

CU

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A NEW FACE FOR A FRUMPY HOUSE

When the new owners took possession of this house, they faced the colossal task of converting a jumble of shapes into a unified facade. The enterprise was a huge success, as our photos indicate.



Photograph: E. Alan McGee. Builder: Bill Lane. Architect: Eugene I. Lowry, A.I.A. Source: Ruth L. Grenci

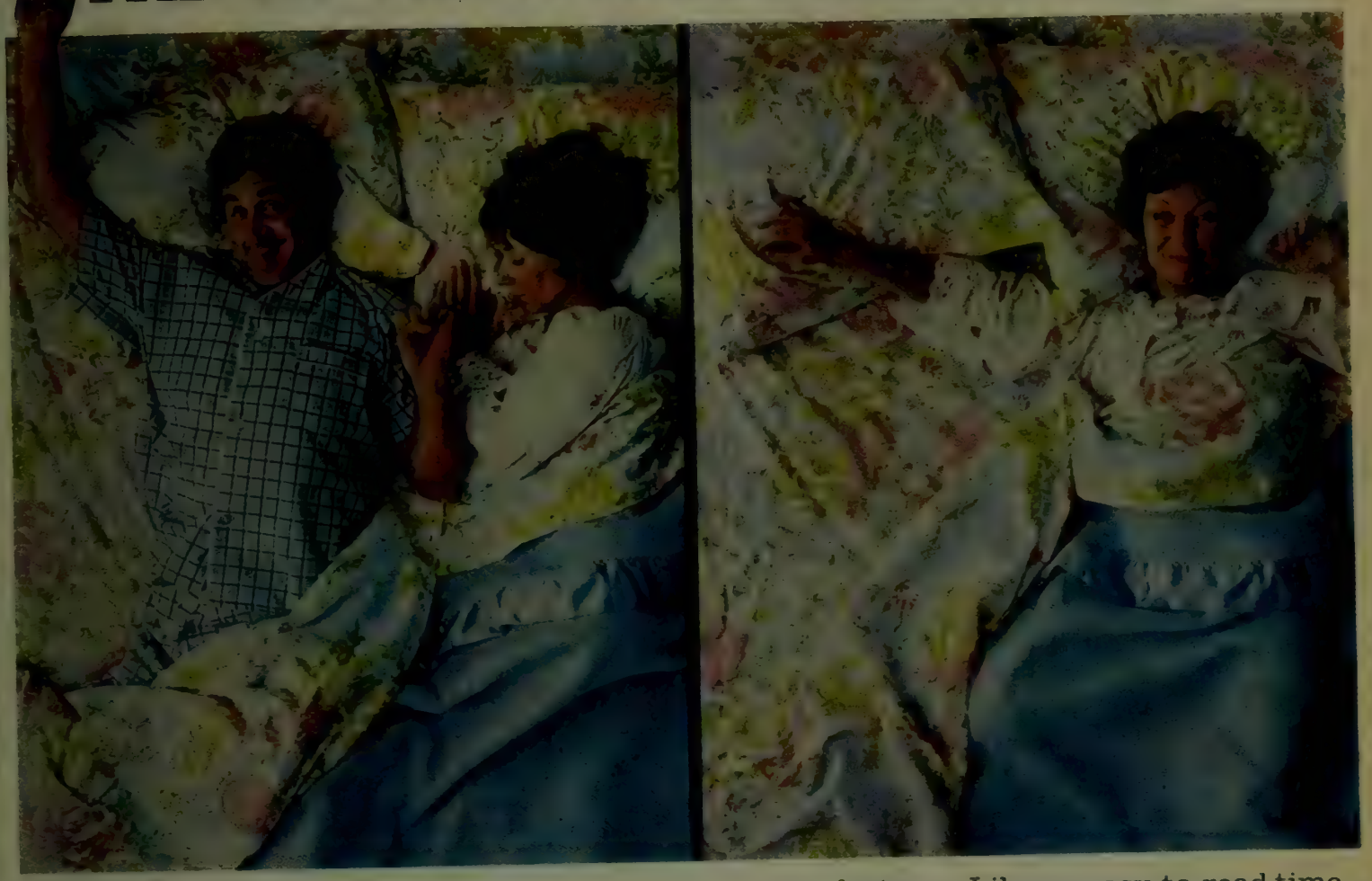
The "before" photo (*right*) shows that this older home was not only in poor repair but also had many eyesores. Two of the worst offenders were the upstairs dormers—one that was an original part of the house and a second that was tacked on later.

With the help of an architect and a builder, the owners simplified the facade (see photo *above*). Their first step was to knock out the lower level room at the left and extend the porch all the way across the front of the house. Then they joined the two conflicting dormers under one sloping roof. Both of these changes served to unify the exterior.



After the owners completed all of the structural modifications and tamed the overgrowth surrounding the house, they capped the remodeling with a snappy new paint job. The dark gray of the siding now matches the new charcoal-colored asphalt roof and is accented by the warm red of the front door. Crisp white paint sets off the porch columns and the airy new windows. ■

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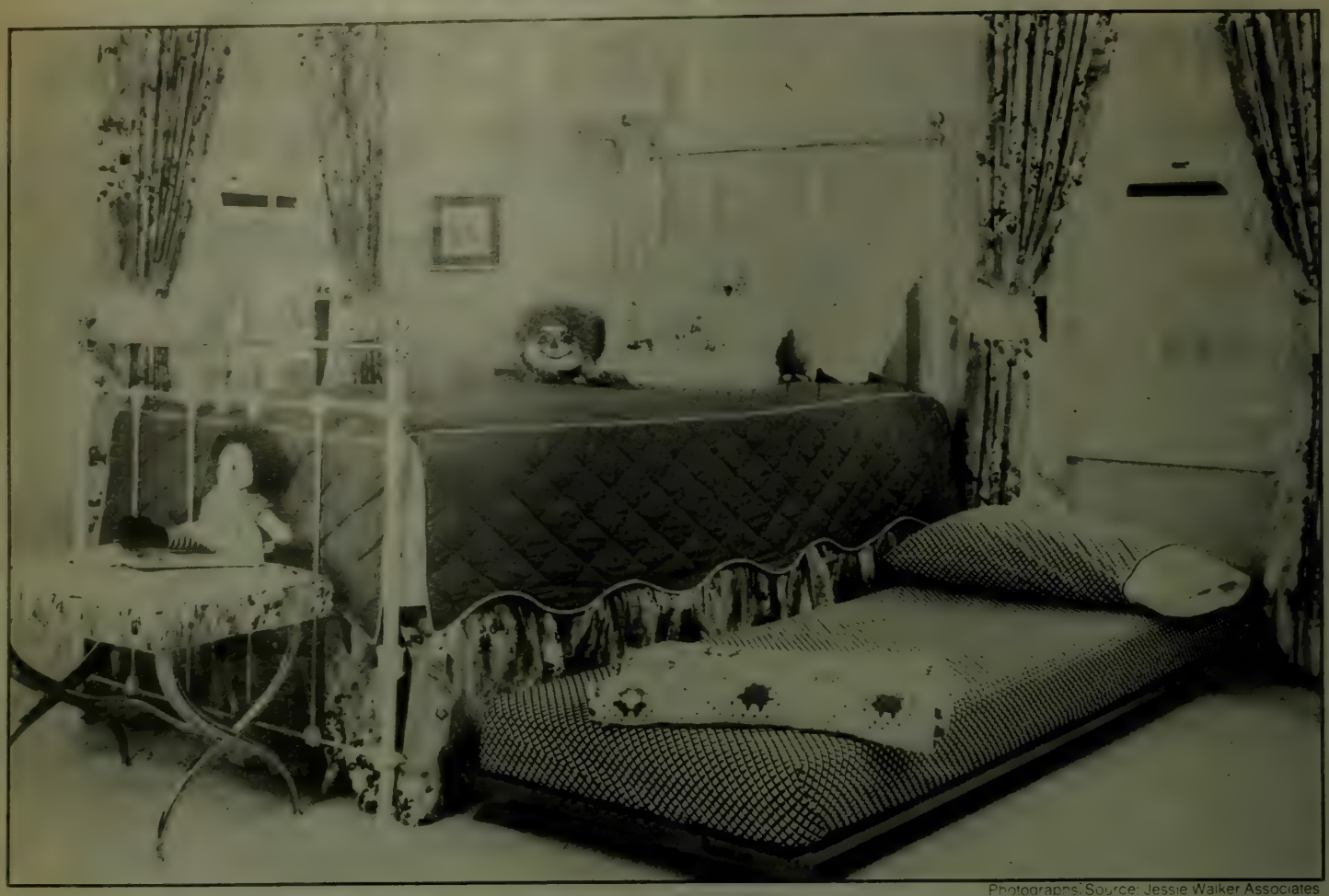
It even displays the month and date at the push of a button. And because it's electronic, it's accurate and quiet.

The GE 'His 'N Hers' Clock Radio. With two separate wake-up times.

Model 7-4685

GENERAL ELECTRIC

SPEND-THE-NIGHT SOLUTIONS



Design: Carly Walker Interiors

Photographs: Source: Jessie Walker Associates





Design: Arlene Semel, ASID

How can you make your youngster's pint-size bedroom accommodate an overnight guest? A handy hideaway bed like one of these is a space-saving and practical way to bunk a friend.

Top: Here's the generations-old trundle bed idea put to good use in a fresh and perky context. A flowered dust ruffle hides the trundle when it's tucked under the iron bed. The trundle pulls out whenever ten-year-old Leslie has a friend over to spend the night. Folding legs on the metal frame lock easily and securely into an upright position when the bed is in use.

Bottom, left and right: An extra guest bed just wouldn't fit into this teen-ager's bedroom. The solution: a sturdy, vinyl-covered lounge chair that unrolls sleeping-bag-style to become a single bed. When opened up as shown, the back cushion lifts forward and down to become the foot of the bed. Another two-in-one idea: the teen-ager's own twin bed doubles as a soft, cushioned-back sofa during the day. Curved painted lambrequins and vertical blinds were used to make the odd-sized windows appear uniform. ■

Save on Sears sunny Country American dining room.

SALE
October 1 through 21, 1978



Sale $219.00
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Sale $269.00
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Save $100 when you buy the complete set!

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All pieces are constructed from hardwood solids and veneers, with solid hardwood turned table and chair legs. Choose from warm maple (shown) or rich honey pine color finishes.

The 42-inch round table comes with one 12-inch leaf. Tabletop is easy care Formica® laminate to resist marring, scratches and stains. Buffet and glass door hutch measure 40 inches wide. Authentic, brass-plated flying eagle hardware graces the drawers.

Stop in and save on these and many other Country American furnishings, on sale from October 1 through 21, 1978 in most larger Sears retail stores.

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Look for these and other Gillespie Furniture Care products in the do-it-yourself department of hardware, paint and home centers.

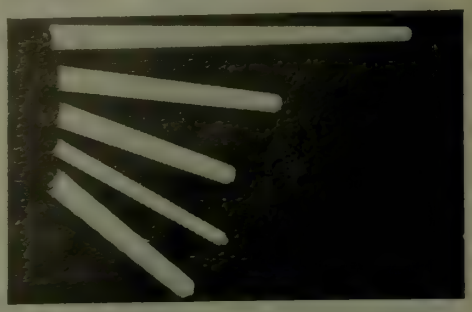
Free "How-To" Booklet upon request. Write Gillespie Booklet (B) Box 1879, Memphis, TN.38101

GILLESPIE
SINCE 1824

begins on page 120

Light up your kitchen

A good lighting store can be your best source of information when you're planning overall and task lighting. To familiarize you with the kinds of lights available, here's a rundown on some of the lights pictured in our color story.



Fluorescent tubes

Fluorescent tubes are available in many lengths, ranging from six inches to four feet or more. Deluxe Warm Whites (the type of fluorescent bulb whose quality of light approaches that of incandescent bulbs) last much longer than incandescent bulbs. But unless the bulbs are cleaned regularly to remove dirt, dust, and grease, you'll notice a loss of brightness.



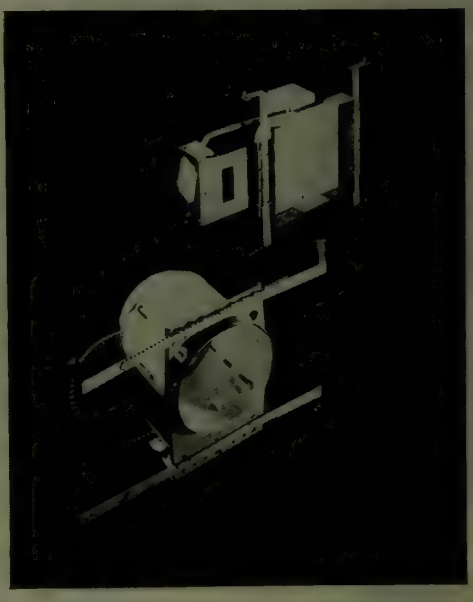
Track lights

The cost and performance of track lights vary widely, depending on what materials they're made of. You can mount track lights in hallways to light favorite pictures, on the kitchen ceiling to direct light onto work centers, or in the center of rooms for overall illumination. Some tracks must be connected to your home's electrical network; others can simply be plugged in.



Grow-lights

Grow-lights come in both incandescent bulbs and fluorescent tubes. Use the tubes, shielded with a valance, in a planter box. The bulbs will encourage even large houseplants to grow when light is directed from above or below. Fluorescent tubes will cost you less to operate.



Recessed spots

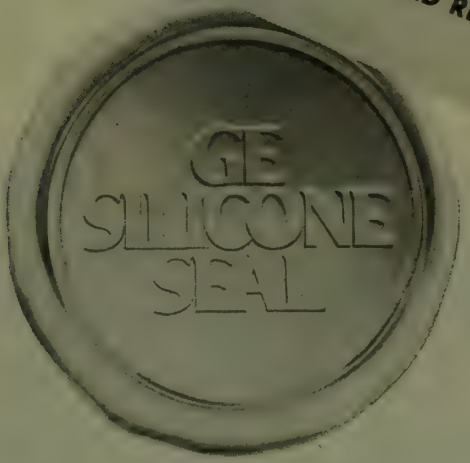
These recessed spotlights may look unattractive in our photograph, but you'll only see the pretty portion once the lights are installed in a soffit, bulkhead, or upper kitchen cabinets. Adjustable mounting brackets, which attach to ceiling joists, make installation relatively easy. These lights work best over kitchen sinks or above counter tops to brighten up work surfaces. ■

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by Ann Lively

"Memory Pockets" calendar



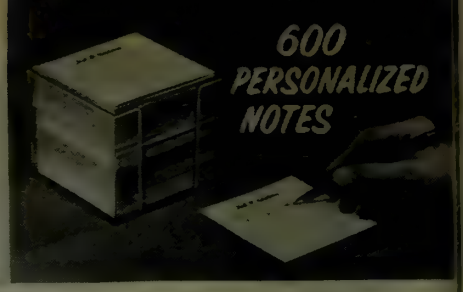
Perpetual calendar holds each month's "have-to's" day by day in a 30" x 36" wall space. See-thru pockets hold show tickets, bills, appointments, etc. Vinyl, $5.95 + 75¢ post. (PA res. add tax.) American Consumer, Dept. JMM-42, Caroline Rd., Phila., PA 19176.

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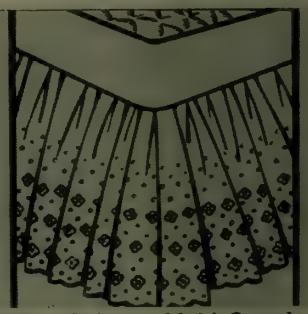
Any breed of Dog, Cat or Horse. T-shirts: (Wht, $5.95), (Gold or Lt. Blue, $6.95). Jerseys: Natural body/colored sleeves, $7.95. Sweat Shirts: L.SL (wht), $8.95. Sizes: Mens S,M,L,XL. Childrens: S(6-8), M(10-12), L(14-16), XL(18). 75¢ ea. shirt post. All-Breed Shirt Co. Dept. BH10, 400 First Ave. North, Mpls, MN 55401.

Memos in stack-up box



With your name smartly printed in black letters. Clear cube stores layers of yellow, pink, green notes; opening lets you slip out one at a time. Cube 3⅞" x 3⅞" x 3½"H. 600 sheets, $3.99 postpaid. Walter Drake, BH12 Drake Bldg., Colorad Springs, CO 80940.

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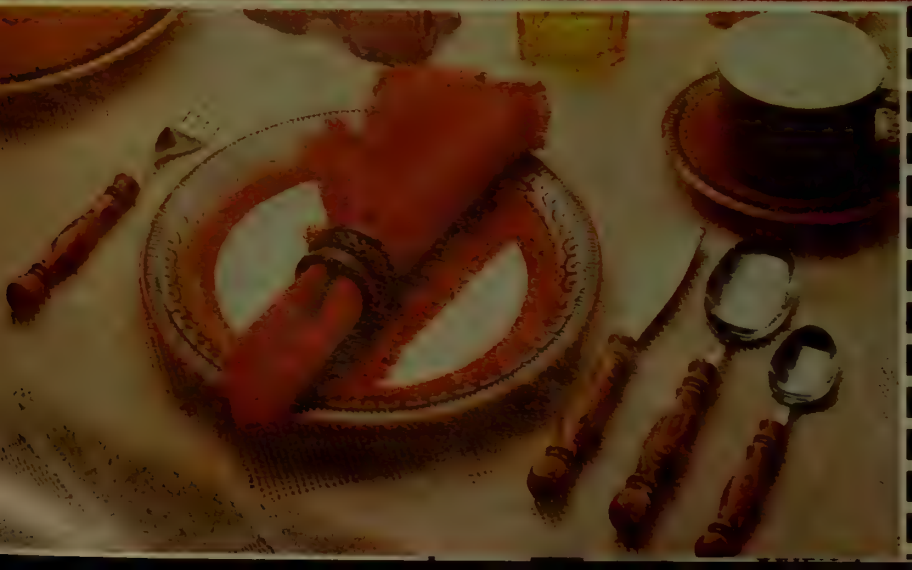
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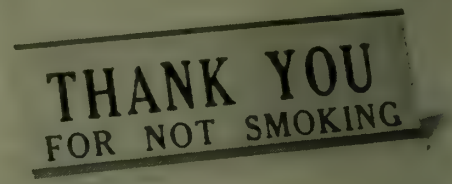
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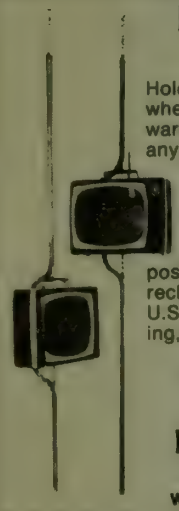
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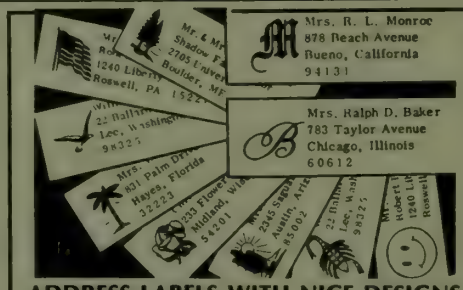
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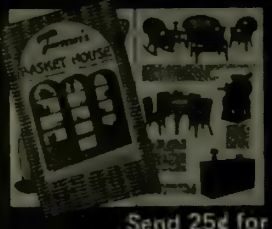
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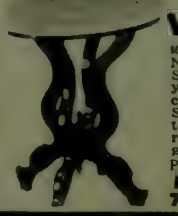


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Posture Maker



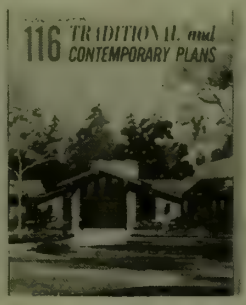
Helps men and women correct slouch and slump. Also helpful in holding body straight, shoulders back and head high. One size fits all; $3.98 + 50¢ postage. (PA residents please add 6% tax.) American Consumer, Dept. PM-224, Caroline Road, Philadelphia, PA 19176.

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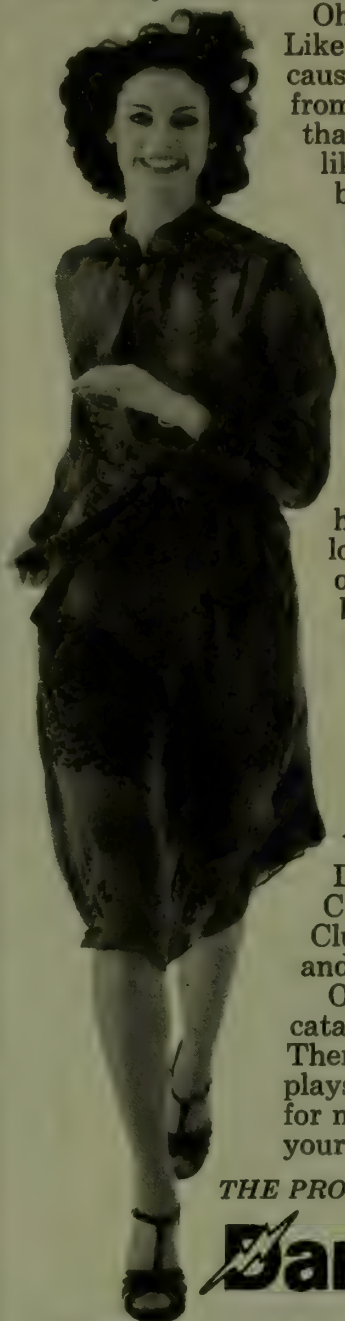


Features large numbers and hour hands. Has separate seconds dial; picture of locomotive on dial plus embossed locomotive design on back plate. Gold tone 2" diameter with 12½" chain. English import, $18.95 + $1 post. Holst, Inc., Dept. BH108, 1864 E. US 23, East Tawas, MI 48730.

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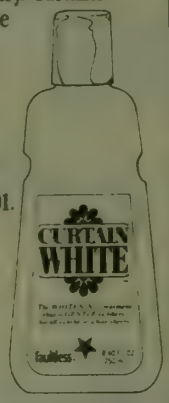
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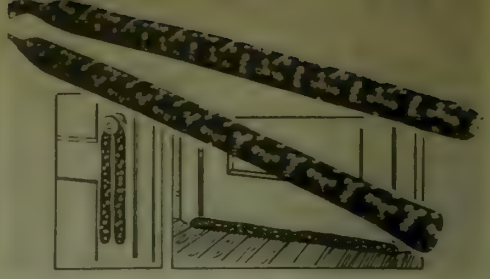


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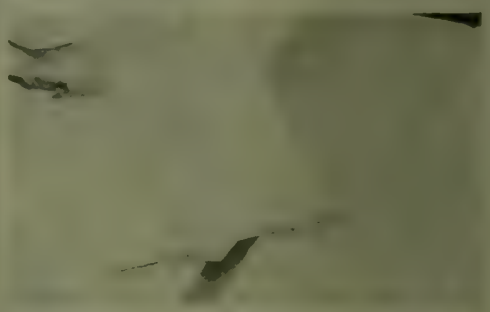
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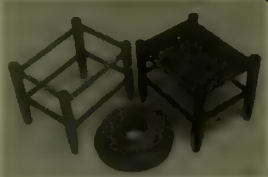
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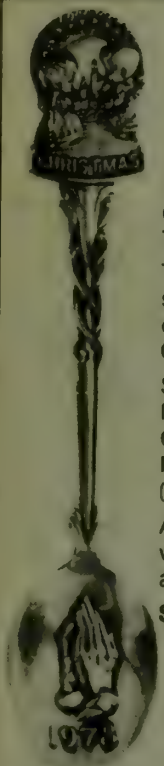
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Invented 1859
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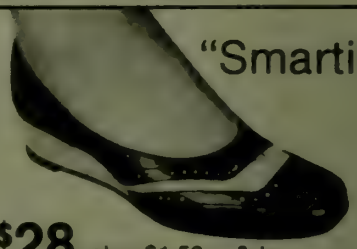
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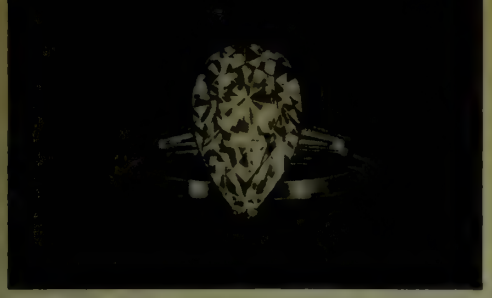
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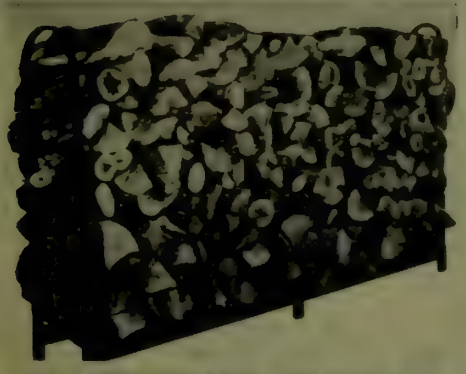
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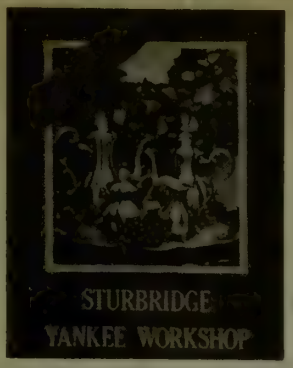


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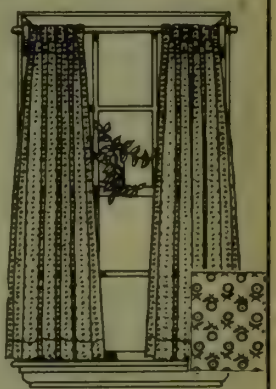
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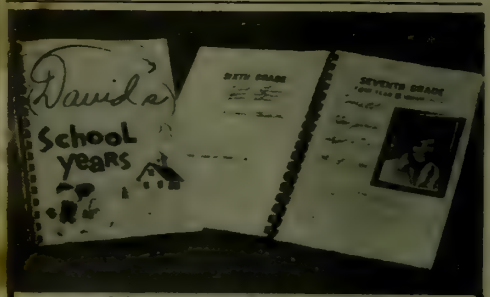
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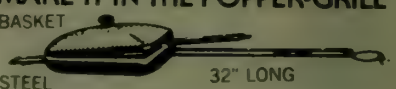
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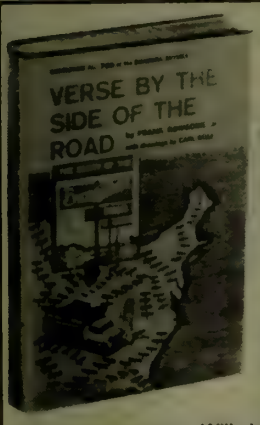
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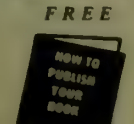
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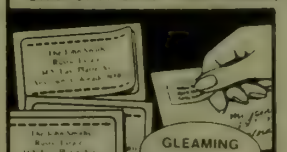
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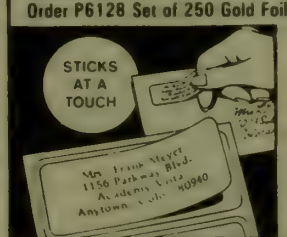
Order S717 Set of 1000 Economy Labels (boxed) $1.00



250 Self-Stick GOLD FOIL LABELS **$1.98**

Gleaming gold foil labels stick to any clean, dry surface – need no moistening. Rich black printing, classic border.

Order P6128 Set of 250 Gold Foil Labels (boxed) $1.98



250 Self-Stick WHITE GLOSS LABELS **$1.98**

Glossy white self-stick labels cling to any smooth surface – no moistening. Sharp black printing up to 4 lines.

Order P6030 Set of 250 White Gloss Labels (boxed) $1.98

Walter Drake 3050 Drake Bldg. Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
___S717 1000 Labels @ $1 each $ _____
___P6128 Gold Foil Labels @ $1.98 each $ _____
___P6030 White Gloss Labels @ $1.98 ea $ _____
Add 20¢ per set for postage & handling $ _____
SATISFACTION GUARANTEED Total $ _____

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it's a fence that blooms!



A brand new hybrid from J&P rose research — with bred-in vigor, free-blooming quality, low maintenance needs. With "Simplicity" (Plant Patent No. 4089) it's easy to beautify an old fence, define a property line, create an inexpensive, *gorgeous* hedge that blooms 6 to 8 weeks after planting! Gives you a great view PLUS armloads of bright pink roses for cutting.

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Picture . . .

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Early American Appliances

. . . and You

AUTOMATIC ELECTRIC RANGE . . .

. . . authentic **CAST IRON** reproduction from original patterns. Combined with the Early American charm of this handsome antique is the convenience of fully automatic oven and burner controls, and an easy-care porcelain top. Coffee mill uniquely houses clock, oven timer and minute minder. Fits modern range space. Prices start at **$875.00**, plus freight charges.

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Quality Backed by 35 Years of Skilled Craftsmanship.

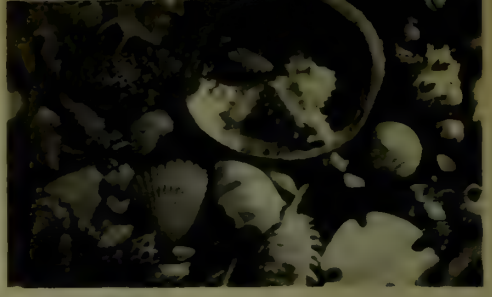
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Send 25¢ for your "COUNTRY CHARM" Appliance Folder and Gift Catalog.



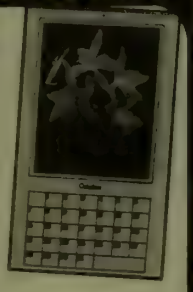
A rare gift

Over 150 shells: some four, five and even six inches long. Great for tabletops, aquariums, etc. All shells pictured and more, $12.95 + $3 post.; 250 collection $19.95 + $4 post. Catalog $1. Tropical Shell Institute, Dept. BH-10, Box 21490, Ft. Lauderdale, FL 33335.

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These 8"x10" color photo reproductions will bring lasting enjoyment. At year's end, add your own frames and let them decorate your walls.



A PERFECT GIFT FOR EVERY FLOWER LOVER

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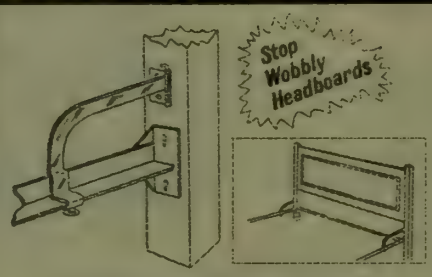
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PRICE: UNFRAMED ..... $9.95 ppd.
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Order shoes size Full sizes only Medium width
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$3.00 Shearline insoles

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Porchlight
Santa, Snowman or Pumpkin **$6.95**

Yardlight (2 faces)
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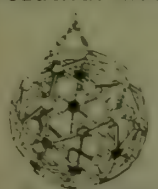
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34 for 1.74 • 51 for 2.60

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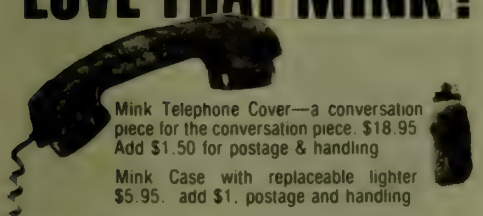


(A) Western design. White, Brown, Black, on Natural Wood.
(B) Animal design. Black Print on White.
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Size ¾ x 3¼ x 20". **$5.95** plus $1.00 Postage. Or buy any two and save. Only **$12.00** ppd.

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Hand screened contemporary graphics on heavy weight cotton. Comes with wood stretcher bars and assembly instructions for quick easy hanging. SHELL 2x2 feet in beiges. **$19.00** Postage and handling $2.00

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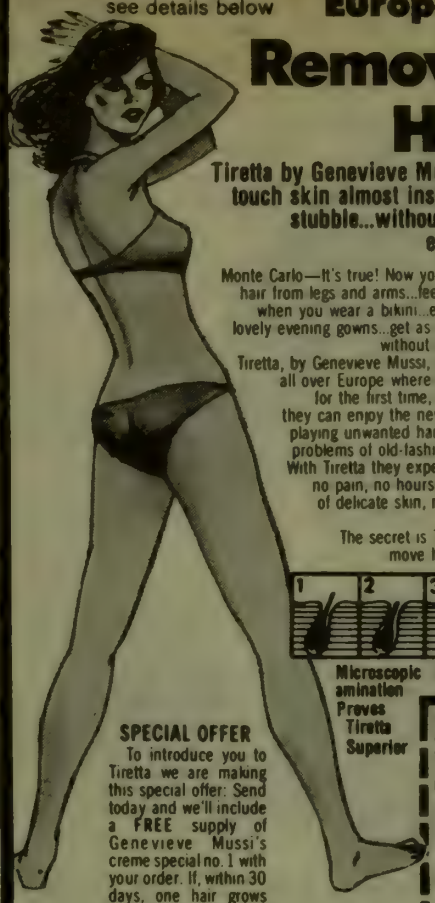
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see details below

European Secret Of Lovely Skin...

Removes Embarrassing Hair Forever!

Tiretta by Genevieve Mussi of Monte Carlo gives you soft, hairless, beautiful to touch skin almost instantly—without painful, stinging shaves...without ugly stubble...without hot wax, harsh or messy creams...without expensive electrolysis—thanks to an incredible beauty discovery!



Monte Carlo—It's true! Now you can remove embarrassing hair from legs and arms...feel confident and glamourous when you wear a bikini...enjoy sleeveless dresses and lovely evening gowns...get as close to him as you want—without one trace of unwanted hair!

Tiretta, by Genevieve Mussi, is causing quite a sensation all over Europe where it was first introduced. Now for the first time, women are discovering that they can enjoy the new bare fashions without displaying unwanted hair. And without the pain and problems of old-fashioned hair removal methods. With Tiretta they experience no unpleasant smell, no pain, no hours of effort, no harsh abrasion of delicate skin, no stubble visible just under the skin.

The secret is Tiretta's special ability to remove hair, right down to the roots

Microscopic Examination Proves Tiretta Superior

1. Razor Cut
2. Ordinary Hair Removers
3. Tiretta Removes Hair Right Down To The Roots!



Removes Hair. Quickly, Gently



Leaves Skin Soft. Lovely

Thanks to a revolutionary collodion gum, Tiretta gives you the clean look of expensive salon electrolysis or waxing—without the cost, pain and effort!

Tiretta reaches below the skin's surface to keep away new hair for weeks. When hair finally does grow back, it's soft and feminine—not rough and stubby, the way it is when you shave

Tiretta is completely safe for all parts of the body. It leaves your skin smooth—lovelier than you dreamed possible! Find out what thousands of European women are raving about! Order on our incredible money back terms today!

SPECIAL OFFER

To introduce you to Tiretta we are making this special offer: Send today and we'll include a FREE supply of Genevieve Mussi's creme special no. 1 with your order. If, within 30 days, one hair grows back again, return the Tiretta package for your money back—the creme is yours to keep regardless.

MAIL YOUR ORDER TODAY!

Belgrave Products Ltd., Dept. C-48
40 Grand Boulevard, Brentwood, N.Y. 11717

Yes! I'll try Tiretta on your money back terms!

☐ One Tiretta (enough for both arms & legs) for just $4.95 plus 55¢ postage & handling—plus you get FREE supply of creme special no. 1

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N.Y. res. add tax

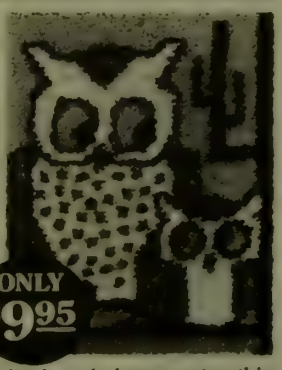
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Hook these "Hooters" for your home...



Quick, easy latch hook technique creates this mother and baby owl, looking at each other with wide owl eyes. Worked in beige and orange colors with silhouette of a desert cactus in the background. Remarkably inexpensive, ideal as rug or wall hanging. Kit includes cotton rug canvas with full color design, pre-cut rug yarn, complete instructions. 18" x 24", *latch hook not included.* Needlecrafter's Showcase, 1400 No. Fruitridge Ave., Box 1174, Terre Haute, IN 47811.

FREE *Needlecrafter's Showcase* Catalog with over 300 stitchery kits, crafts and books. Exciting new needlecraft ideas throughout.



Needlecrafter's Showcase
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WGA/WGB

Please send me _____ "Owl II" Kit(s) at $9.95 each plus 75¢ shipping. Payment enclosed.

☐ Please send me my free Needlecrafter's Showcase Catalog only. No obligation to buy a thing.

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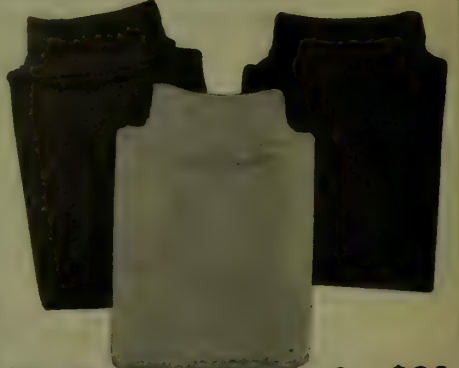
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$7.50 POSTPAID

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FOR HIM	S,M,L XL	FOR HER	S 30-34	M 36-40	L 42-46

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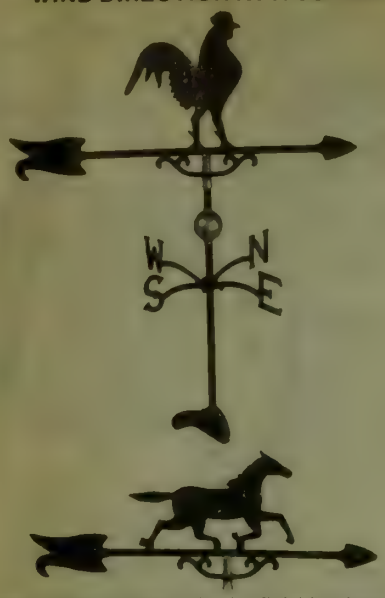
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Turtlenecks $7.50 each or 3 for $21.00 postpaid	SEX	QUANTITY	SIZE	COLOR

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Account Number

WIND DIRECTION AT A GLANCE



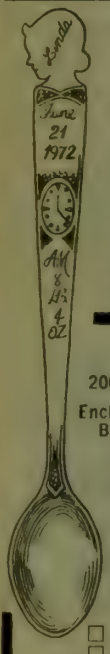
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Print first name (8 letters max.)

Month-Day-Year of Birth _____

Time ____ ☐ A.M. ☐ P.M. Weight ____ lb. ____ oz. (no fractions)

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SIZES up to 13
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Quilt World, Box 337-zs, Seabrook, N.H. 03874

TELEPHONE SOUND SWITCH



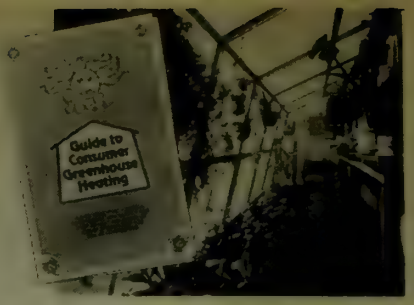
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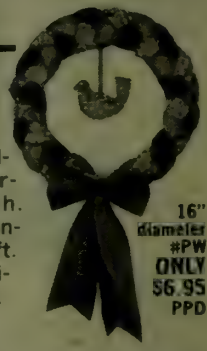
SLIM COLOR (3" x 7")
25 for only **$4.50** Add 50¢ for Handlg
Includes envelopes. Addtnl. cards 20¢ ea.

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Let's get acquainted
OFFER!!

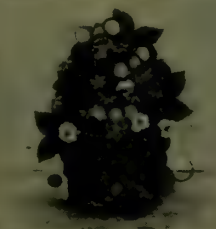


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the Muses
an eye for the unusual
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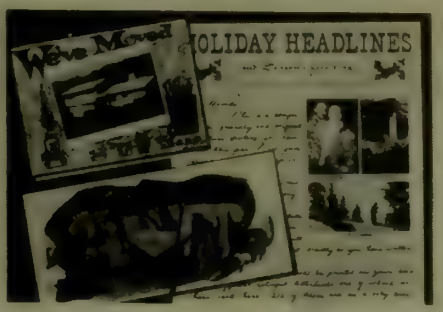
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Creative holiday fun messages



Personally written or typed message plus photos of family, home, etc. Reproduced on 30 Christmas letterheads, cards or French folds. 100 greetings/$23; with photos $28. Send 25¢ for kit and instructions. Order from Christmas Letters, 2924E, Pearl Street, Boulder, CO 80302.

Old-fashioned apple parer



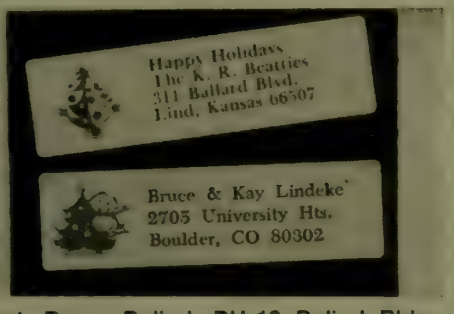
The fastest way to pare, core & slice apples. Mount in machine, turn crank to produce cored apple slices. Clamps to table or counter top. Made of cast iron, $16.95 + $1.50 postage. (NJ res. 5% tax.) K. Miller Specialties, Dept. BH-10, Box 186, Verona, NJ 07044.

New slide-a-matic Green Trak



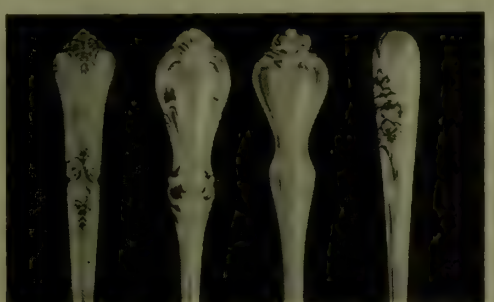
Ceiling mounted, 6 adjustable hooks. White enamel will not rust or peel. Hooks swivel for max. light. Add or remove hooks without taking Green trak off ceiling. 36" unit/$9 + $1 postage. 3 units/$25 ppd. Stands, Inc., Dept. B8, 425 Wagaraw Rd., Fair Lawn, NJ 07410.

Red & green holiday labels



Stick to foil, plastic, paper too. Red & green on white, 1¾" x ½". Any message, 20 letters per line, up to 4 lines. Specify "tree with people" or "tree." 225/$4; 450 (alike) $6; 1,000 (alike) $12 + 50¢ post. Bruce Bolind, BH-10 Bolind Bldg., Boulder, CO 80302.

Flatware patterns available



At 40-75% off manufacturer's suggested price; active, inactive & obsolete patterns. Send pattern name & mfg. or ask for free pattern identification booklet. No need to list pieces wanted. Drake Co. also buys silver. Walter Drake Silver Exchange.



Christmas Hurry Up or Wait Sale!

on name markers for mailboxes and lamp posts

HURRY UP—ORDER BEFORE NOV. 30th **SAVE $3.00**

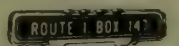
OR WAIT—ORDER BEFORE DEC. 25th **SAVE $1.00**

Spear DAY-n-NIGHT MARKERS

Mailbox Markers (fit any mailbox)



STYLE M $10.95



STYLE MF $12.95



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STYLE EOM $21.95 STYLE NOM $24.95



SPECIAL OFFER! Our best Mailbox, Marker, Post and brackets as shown Style KNM ONLY $39.95

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Here's How The Sale Works:

Do your Christmas shopping before Nov. 30th and treat yourself to a $3.00 savings per nameplate. Or wait—order before Dec. 25th and save $1.00 per marker. It's that easy to save on special gifts for your friends and relatives or to spruce up your home for the holiday season. Spear markers have been decorating America since 1949. If you hurry, you'll save more—but either way you'll save money.

- *Same wording both sides. Any wording you want, up to 17 letters & numbers on long 18" plate; 6 on short 7" plate.*
- *Raised white reflective letters on a tough black enamel coating—visible Day-n-Night!*
- *Solid rustproof aluminum plates, scrolls and frames.*
- *Easy to install. Meets U.S. Postal Regulations.*

hot line

You can order anytime, 24 hours a day. Call us at (303) 471-9850.

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THE MORE YOU GIVE, THE MORE YOU'LL SAVE!

48 hour shipment—satisfaction guaranteed or your money back.

Satisfaction Guaranteed or Your Money Back
SINCE 1949 We ship in 48 hours
Spear DAY-n-NIGHT MARKERS
Dept. 4992, Box 7025, Colorado Springs, Colo. 80933

STYLE	ANY WORDING YOU WANT

Ordered by

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City, State, Zip

☐ VISA ☐ master charge

Credit Card No.

Expiration Date Month/Year

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PRICE LESS $3.00 or $1.00 $

POSTAGE & HANDLING $1.65 PER SIGN

TOTAL $

Please list extra orders on another sheet.

TheMan NextDoor®

"We can be thankful that Moses didn't work for the government," the Rev. George Hall observed last Sunday, "or there would be at least 150,000 commandments accompanied by at least as many administrative interpretations and regulations for us to heed."

Burt, Jr., claims his favorite folk singer keeps getting richer these days just singing about how great it was to be poor.

Grumpy Ned Carter complains those repair shops that offer 24-hour service always fail to explain that it usually means three eight-hour days.

Uncle Dodd Buckner was surprised to see so many youngsters carrying those pocket calculators to school. "When I was going to school," he recalls, "kids got the answers off their shirt cuffs!"

A colleague confides he always felt insulted at the thought of being replaced by a big computer, but nowadays it's worse when you find out that just a tiny silicone chip could do the job.



"Oh, sure, your pleas seem logical to you, but I have to ask myself the question, 'How intelligent can a casserole be?'"

There may be something to the theory that certain types of nervous conditions "run in the family," reports Dr. Bob Hannelly. "Some people seem to get them from their children."

Congressman Nick Hanfli reports from Washington that the most important lesson to be learned in politics "is to be totally sincere, whether you mean it or not."



"I couldn't have finished it without federal matching funds."

Christine is a constant source of amazement (and pride). A few weeks ago she announced that she was going to take piano lessons.

"Imagine it, at my age," she said. "I never believed my mother when she said I'd regret it if I didn't keep practicing. But with Rosemary away at college, I find I miss the sound of a piano."

So now, after the supper dishes are put away, Chris practices for half an hour on our recently tuned piano.

At first Bud, Judy, and I had to repress our smiles at Chris's efforts, but she persevered. With practice her rusty fingers soon limbered up, and now—with only a few discordant exceptions—what emanates from the living room is music.

When we heard The Minute Waltz *played through for the first time without a mistake, we gave Chris a standing—and rousing—ovation. That made her beam and me think.*

How often the advice of parents is shrugged off by their children because of youthful ignorance. It would help, of course, if we parents could find a way to sort out the many pieces of advice that occur to us and then give our kids only the best.

We hope our kids will at least listen *to all of our advice (I hope most of it is good, too) and then follow those parts they feel are right. When they decide to ignore our advice, Chris and I will only wince a bit because we've certainly done the same thing.*

At best, a parent's advice can only be like a good road map—something to provide direction and some indication of what lies ahead. If our kids take a wrong turn, we hope we've prepared them to turn around, without embarrassment or too much difficulty, and try another route.

Sure, we all ignore the road map sometimes and our trips are delayed, but Chris's piano playing is proof that it's always possible to turn around and start over.

Burton Hillis

Congoleum

Exclusive seamless beauty up to 15 feet. Now you can make the rooms you love to live in—your eat-in kitchen, your family room, your dining area—look beautiful, wall-to-wall, without a single seam. Because Congoleum and only Congoleum offers you beautiful floorings from 6 to 15 feet wide, so professional or do-it-yourself installations can be easier *and* seamless in most areas of your home.

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More beautiful choices than any other. Come to Congoleum and select from over 300 different designs and colors—more designs and [illegible] colors in mo[illegible] than any othe[illegible] Flooring. Yo[illegible] to find just wha[illegible] have in min[illegible]

Simple sponge mopping usually kee[illegible] looking fresh. Congoleu[illegible] Dressing [illegible] a higher shine should a r[illegible]ion of glo[illegible] areas of heaviest use. For co[illegible]plete maint[illegible] warranty information, see yo[illegible]pical Co[illegible] tailer or write to [illegible]ongoleum Consumer [illegible] Belgrove Drive, Kearny, N.J. 0703[illegible]

Design shown #45[illegible] in 6' & 12' w[illegible]

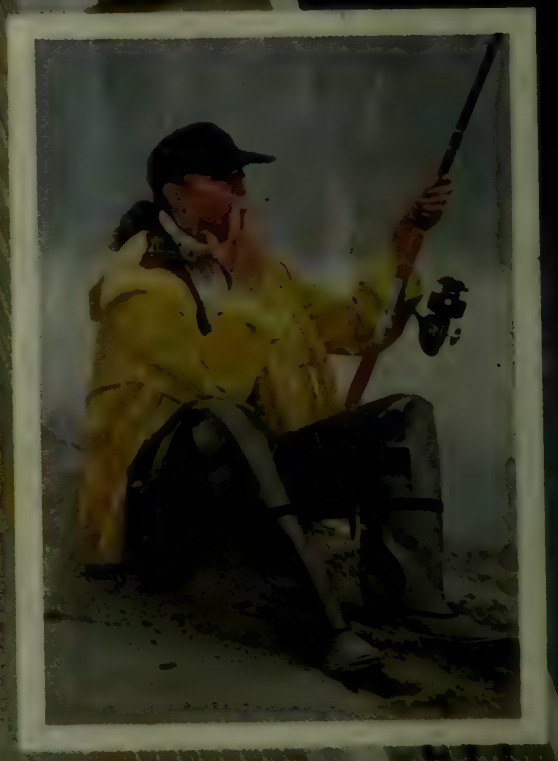
Only Congoleum® gives you seamless flooring in rooms up to 15 feet wide. Seamless flooring that stays prettier, cleaner and newer looking.



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Only 11 mg tar

"B&H, I like your style."



BENSON & HEDGES 100's

LIGHTS

BENSON & HEDGES Menthol 100's

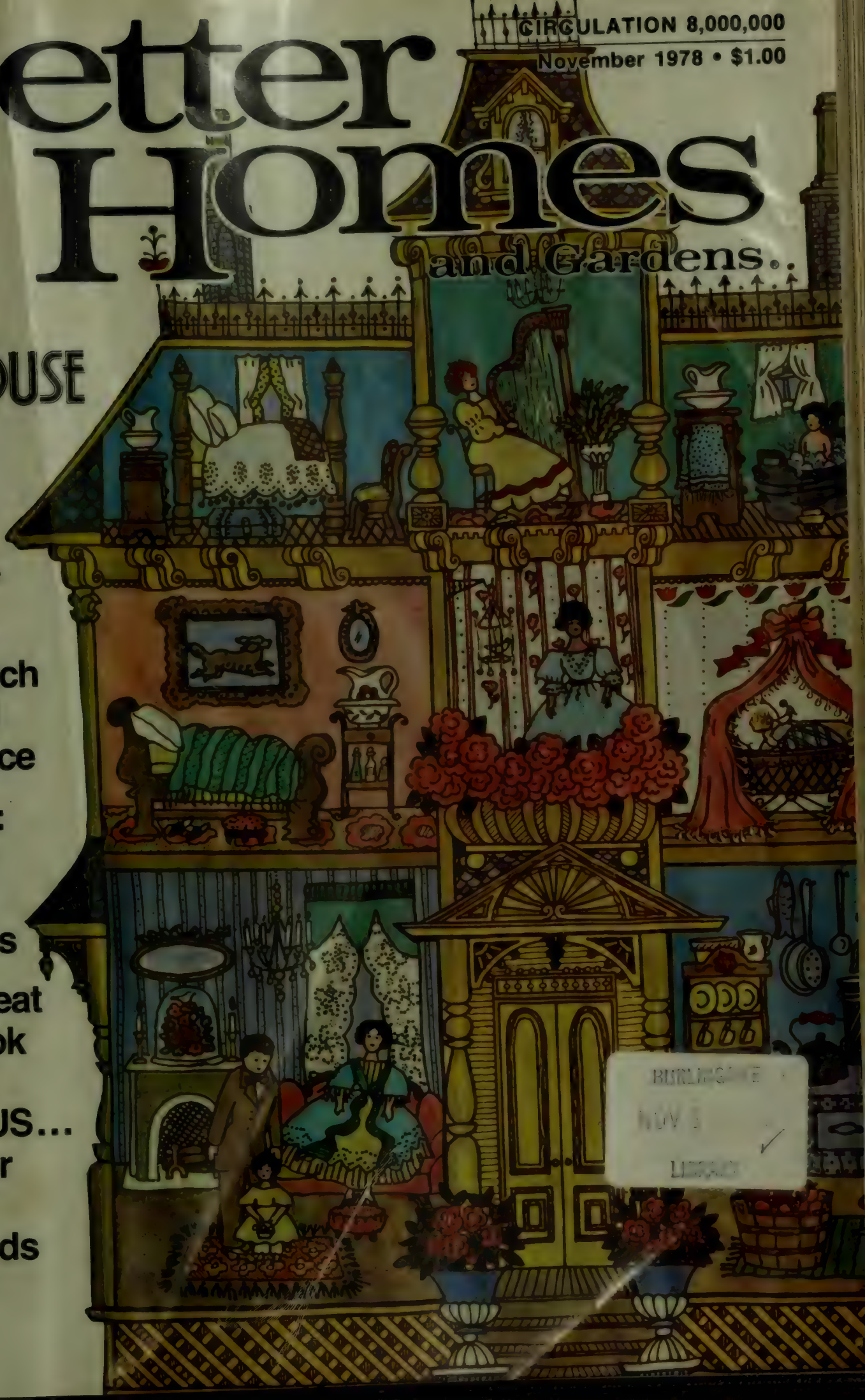
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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

11 mg "tar", 0.8 mg nicotine av. per cigarette, by FTC method.

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Better Homes and Gardens.



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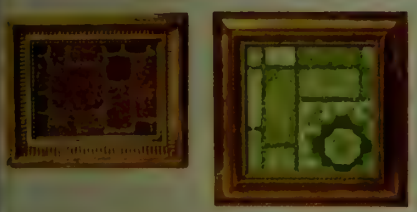
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Armstrong Designer Solarian® with the richness of Inlaid Color™







"The sunny floors that shine without waxing"

As different from other no-wax floors as an oil painting is from a print

No matter how fine a print is, it's still just a print. Only a reproduction of the original. But an oil painting is built up layer by layer, shade by shade, creating true depth and realism.

Armstrong's exclusive Inlaid Color process gives Designer Solarian that same depth of color and realism of design. It is a buildup of thousands of varicolored granules that forms a thick inner layer of color—deep, rich color with that unique quality of "an original" that no printed floor design can hope to achieve.

Visit your Armstrong retailer. And compare the unusual richness of Designer Solarian's deep-down Inlaid Color construction to the other no-wax sheet floors. You can't miss the difference.

Because of its Mirabond® wear surface, Solarian keeps its sunny shine without waxing far longer than ordinary vinyl floors. And the cleaner you keep it, the brighter it shines. Just sponge-mop with detergent, and rinse thoroughly; or ask your retailer for our new Once 'n Done™ *No-Rinse* Floor Cleaner. If heavy-traffic areas eventually show some reduction in gloss, your retailer can supply Armstrong Suncoat™ floor finish which can be applied occasionally to help maintain the shine.

To find a nearby Armstrong retailer, look in the Yellow Pages under "Floor Materials." Many are authorized Floor Fashion Center® dealers, offering the full selection of Armstrong floors. Or, use the coupon to get free Solarian literature, maintenance instructions, and names of your nearest Armstrong retailers. Pictured at left are just four of the more than 50 different color and design choices available in this fine-quality floor. Designer Solarian. It's like an original work of art.

Certain floor designs copyrighted by Armstrong

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One hundred colorful pages of professional tips and ideas four times a year from the designers of the beautiful Armstrong rooms. Close looks at decorating details you can use. Ingenious storage tricks. Questions and answers. Decorator's notebook. Clever effects with paints and patterns. Planning a decorating budget. Easy projects. Complete plans and instructions. And lots more. Subscribe now for yourself or a friend. Your money back if you are not pleased.



ARMSTRONG
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Whitinsville, MA 01588

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Street _____ Apt. # _____

City _____ State _____ Zip _____

Armstrong

CREATORS OF THE INDOOR WORLD®



Got a ceiling problem?

Cover it up! Dress it up! Light it up! Quiet it down! With a new Armstrong suspended ceiling.

Whatever your ceiling problem—covering up an old or damaged ceiling, adding a new room, or finishing off a basement—an Armstrong suspended ceiling is a problem solver with style. Beautiful. Washable. Fire-retardant for extra protection. Acoustical to help quiet down any room. Pre-engineered for energy-efficient fluorescent lights.

Best of all, with an Armstrong suspended ceiling, like Stratford shown above, solving your ceiling problem is a do-it-yourself project. There are no staples or glue to mess with, no plastering or sanding. The big 2′ x 4′ ceiling panels simply drop into the special color-matched grid.

See our new suspended ceilings now at your Armstrong retailer. He's listed under "Ceilings" in your Yellow Pages. Or write to us.

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P.O. Box 3900, Peoria, IL 61614
Please send me your new color brochure on suspended ceilings.

Name

Street Apt #

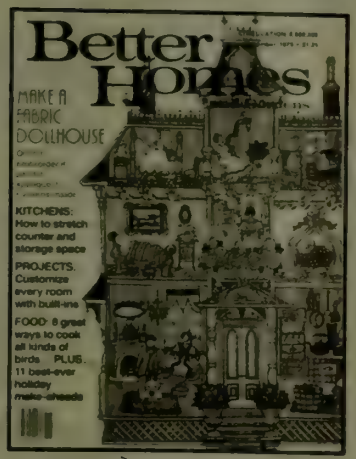
City State Zip

Armstrong

CREATORS OF THE INDOOR WORLD®

Cover Story





Some of our readers may think they're seeing double this month. In about half of the country, newsstand copies of *Better Homes and Gardens* will have a different cover from the one on issues delivered to subscribers. The cover on all subscriber copies—and on newsstand copies in about half of the country—will show the fabric dollhouse featured in the article that begins on page 77. In the other half of the country, the cover on newsstand copies will depict the Cornish hens described in the article that starts on page 166.

Rest assured that these issues are otherwise the same. We're not trying to tease you into buying an extra copy out of fear that you might be missing something. The contents are identical; only the covers are different.

Last month we did something similar by way of a split-run cover. In some parts of the country, subscribers and newsstand buyers alike got October issues with a cover illustrating the article inside entitled "Installment Decorating." In other parts of the country, the cover photo on all issues was of a cherry-chocolate torte. Readers who traveled from one city to another last month may have wondered why the issue they bought at the airport in Chicago, say, had a different cover from copies they saw in Dallas.

The explanation is fairly simple. The point of our two-month project is to test reader response to one cover as opposed to the other, and by extension, to compare the effectiveness of our standard method of cover selection against that of a new procedure that we're considering.

Of course, this is just one of many research tools we regularly use in an effort to make our magazine increasingly appealing to an increasing number of people. The difference is that most research involves only a relatively few readers—a carefully selected sample designed to reflect our total audience. This time, everybody gets into the act.

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Good Seasons® reveals its delicious split personality



Now great tasting Good Seasons® Italian Salad Dressing can also be creamy

Next time you want a new creamy dressing, start with America's favorite Italian, Good Seasons® Italian Dressing—in a new creamy recipe! It tastes great with Good Seasons Bleu Cheese, too.

Quick 'n Easy Creamy Italian Recipe

Combine 1 envelope GOOD SEASONS® Italian or Bleu Cheese Salad Dressing Mix, 1½ teaspoons vinegar and ⅓ cup water in bowl; mix well. Add 1¼ cups mayonnaise; mix with fork until smooth. Cover; refrigerate. Makes 1½ cups.



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It's the Power Plus Mixmaster Mixer.

Baking my own made-from-scratch breads and cakes really is satisfying. But who's got the time—or the energy—for all that work?



Great optional attachments: a citrus juicer, a food grinder, even a slicer/shredder!

That's where the Power Plus Mixmaster Mixer really helps out. It's the fastest, most powerful mixer Sunbeam's ever made. And it does what only a mixer does best: mixing, whipping, beating. The secret's in the heavy duty 16-speed motor and these deep, tapered stainless steel bowls. That new shape concentrates more ingredients into the beaters for better mixing.

There are nifty optional attachments, like a citrus juicer, a food grinder and a slicer/shredder. So I can do anything from angel food cakes to homemade breakfast sausage. Delicious!

Even the dough hooks and beaters are larger and heavier than ever. So the Power Plus can knead enough dough for three one-pound loaves of my favorite whole wheat bread in minutes. Impressive? You bet!

Trust the people who designed the original Mixmaster Mixer to come up with the extra help in the Power Plus Mixer. Now there's a Mixmaster Mixer in every price range, with styles and colors for everyone. That's Sunbeam for you.

Sunbeam Love their quality!
Shirley Jones

TEFLON II

Sunbeam Appliance Company, a division of Sunbeam Corporation
®Sunbeam, Mixmaster ™Power Plus ©Sunbeam Corporation, 1978

The item shown in the above advertisement is not coated with DuPont TEFLON®. However, other items made by Sunbeam use DuPont TEFLON® for easy, non-stick cooking and no-scour clean-up.

Outside, it's a practical, full-size 88. Inside–a new level of luxury.





Introducing the new Royale Brougham interior.

There's a time in life when you owe yourself a little something extra... when luxury and comfort are rewards you have earned.

Olds now makes that reward easy to come by, with the magnificent new Brougham interior option now available in Delta 88 Royale. Textured velours. Elegantly tufted seat backs. Pleated and plush comfort that rewards you every mile.

With it comes a great American road car with a reputation for quality. Its solid Body by Fisher is designed and engineered for impressive space efficiency—inside that trim shape is full-size room for six, plus over 20 cubic feet of trunk space.

Look at it this way. With all the great driving built into a Royale, you'll probably want to keep it for a long time. So that rich Brougham interior is a smart investment in the luxury you have earned. Think about it as you take a test drive soon. And remember, many Olds dealers offer the option to buy or lease your 88.

Oldsmobile

Delta 88 Royale

Have one built for you.

GM



Introducing the cookie with "mmmmmm" baked into it.

The "mmmmmm" in this new Super Chocolate Nut Cookie is "M&M's" Plain Chocolate Candies. And they're baked right into it. To give it color... extra crunch... and milk chocolate. Inside and out!

M&M'S SUPER CHOCOLATE NUT COOKIES

1 package (1 pound) "M&M's" Plain Chocolate Candies
2½ cups flour
½ teaspoon baking soda
½ teaspoon salt
1 cup butter or margarine, softened
¾ cup granulated sugar
¾ cup packed brown sugar
2 eggs
1 teaspoon vanilla extract
1 cup chopped pecans

Chop 1½ cups of the candies; save remainder for decoration. Stir together flour, baking soda and salt. Cream butter and sugars in large bowl until light and fluffy. Add eggs and vanilla. Gradually beat in flour mixture. Add chopped candies and the nuts. Drop by rounded tablespoonful onto lightly greased baking sheets. Bake at 350°F. for six to seven minutes. Remove from oven; put three whole candies on top of each cookie. Return to oven and bake three to five minutes, or until light brown. Remove from baking sheets and cool on wire rack. Makes about five dozen cookies.



"M&M's"® Plain and Peanut Chocolate Candies.
"The milk chocolate melts in your mouth-not in your hand."©

Join the casserole crowd.

And get acquainted with this tasty green bean casserole.

Crowd-pleasing Green Bean Casserole.

4 envelopes (2.4 oz.) Nestlé Souptime® Instant Cream of Mushroom Soup
2 cups milk
2 cans (1-lb. ea.) Green Giant Kitchen Sliced® Green Beans, drained
2 tablespoons chopped pimiento
Dash pepper
1 can (3 oz.) Durkee/O&C French Fried Onions
1 jar (2-1/2 oz.) Green Giant whole Mushrooms, drained
Pam® Pure Vegetable Spray

Combine soup mix and milk in large saucepan; heat just to boiling. Remove from heat and stir in beans, pimiento, pepper and 1/2 can French fried onions. Place mixture in 1-1/2 quart casserole, sprayed with Pam. Bake at 350°F for 25 minutes. (If using 2-qt. Nordic Ware Dish, bake 15 mins.) Top with remaining French fried onions and mushrooms and bake 5 minutes longer. SERVES 4 to 6.



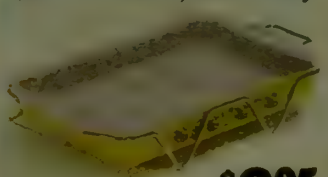
HELPFUL COOKING HINT: When you cook with pure vegetable Pam, foods won't stick. Pam adds no fat, no calories, and no cholesterol to your favorite recipes.



Delight your crowd with this Aluminum Nordic Ware® Bake 'n Serve dish.

Use it to broil, roast, cook, bake, and serve. Heavy duty with heatproof porcelain exterior and DuPont TEFLON® II interior. Sturdy chrome plated steel serving base. 17" x 9-1/4" size. (2-qt. capacity.)

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PAM is a registered trademark of AHPC, Boyle-Midway Div.

"The only way to know how much water and detergent it takes to do your wash is to know how much wash you have to do." *Pearl Bailey*

AND ONLY WHITE-WESTINGHOUSE WASHERS GIVE YOU THE WEIGH-TO-SAVE LID THAT WEIGHS YOUR WASH AND A WATER-SAVER CONTROL THAT MEASURES JUST THE RIGHT AMOUNT OF WATER TO DO THE JOB AUTOMATICALLY.

In times like these, saving water when you do the wash has never been more important. And now it's never been easier, thanks to the exclusive White-Westinghouse **Weigh-to-Save Lid.**

Just put your dirty laundry on the Weigh-to-Save Lid and its built-in scale tells you the size of your wash load at a glance. Then set the **Water-Saver Control** to match the weight of the load, and the correct amount of water is automatically measured into the tub. *You* add the right amount of detergent for the load size.

White-Westinghouse gives you a complete choice of wash and rinse temperatures and wash



and spin speeds for just about any fabric...even knits. And the White-Westinghouse "double-action" washing system and heavy duty agitator plunges and moves clothes for a thorough deep-clean rinse every time. Some models feature a special **Hand Wash Agitator** for things like sweaters, lingerie and other delicate washables.

All White-Westinghouse products are backed by **NATIONWIDE SURE SERVICE*** with thousands of factory trained service technicians for prompt, professional service anywhere you live or move in the U.S.

SO REMEMBER, IF YOU HAVEN'T LOOKED AT A WHITE-WESTINGHOUSE, YOU HAVEN'T LOOKED.

*For warranty information, see your White-Westinghouse dealer.



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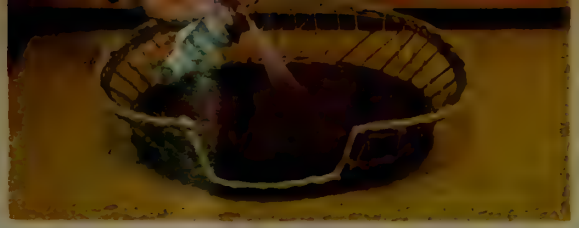
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When the crowd moves indoors for fall, odors get closed in. I use Lysol Spray to keep the house smelling fresh.



Eliminate pet odors. Spraying Lysol freshens the dog's bed and the kitty's litter box.



Go to the air with Lysol Spray. It eliminates cooking and smoking odors.



Open the Indoor Season with Lysol® Spray.



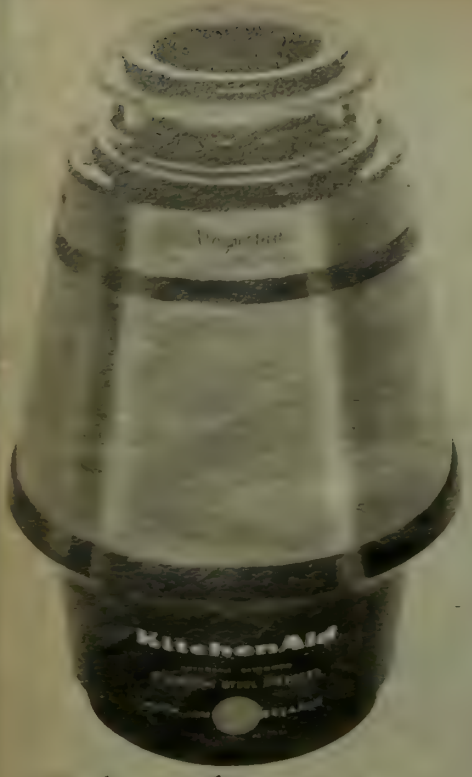
Hit the showers with Lysol Spray. It kills athlete's foot fungus on the shower floor. Kills mold and mildew on the curtain and tiles.



Don't give germs a chance to grow. Lysol kills household germs on surfaces where they grow.



Lysol Disinfectant Spray kills household germs and their odors.



Other disposers can't compare to KitchenAid.

KitchenAid disposers have a cast iron drain chamber to fight corrosion.
Other disposers don't.
KitchenAid has a push-button Wham Jam Breaker to break up stubborn jams.
Other disposers don't.
KitchenAid has a powerful motor. Stronger start-up power than any other, to handle tough stuff like steak bones and corn husks.
Which some disposers can't.
In fact, when you make a point-by-point comparison, it turns out there really isn't much comparison.
And, perhaps, that's why so many people choose a new KitchenAid stainless steel disposer when it comes time to replace their worn out disposers.



KitchenAid.
Because it's worth it.
Hobart Corporation, Troy, Ohio 45374

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Published monthly by Meredith Corporation, 1716 Locust Street, Meredith Building, Des Moines, Iowa 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. Trademark registered in Canada and Australia. Marca Registrada en Mexico. Authorized as second-class mail Post Office Department, Ottawa. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. Postmaster: Send Form 3579 to BETTER HOMES AND GARDENS, 1716 Locust Street, Des Moines, Iowa 50336. This issue is published in multiple editions. **Subscription Prices:** One year $8 in the United States and its possessions. Canada, add $3 per year. Other countries, add $7 per year.

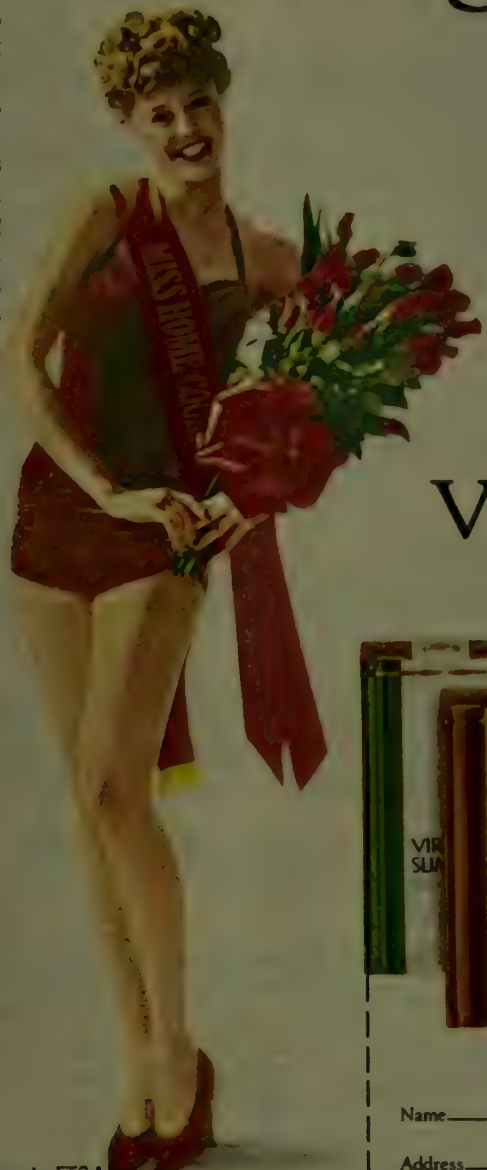
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Wild Rice Kebob

with San Francisco's Long Grain and Wild Rice Rice-A-Roni

Brown one lb. lamb or beef cubes in 2 Tbsp. hot oil with one clove garlic, minced. Add rice-macaroni mixture from Long Grain and Wild Rice Rice-A-Roni package (6 oz.); stir until brown. Add 2¼ cups hot water, ¼ cup dry white wine, Wild Rice Packet from package; one onion (cut into wedges), 12 fresh mushrooms, ½ tsp. salt, ⅛ tsp. pepper. Bring to boil; simmer, covered, 30 minutes, adding one green pepper (cut into squares) last 5 minutes. Before serving stir in one c[illegible]. Makes 4 (1⅓ cup) servings.

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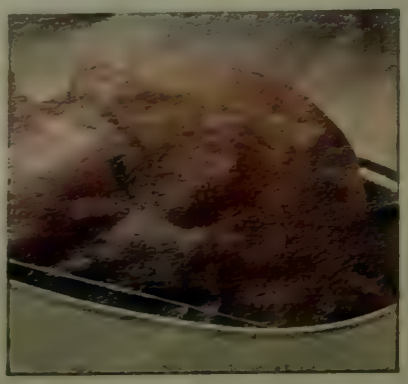
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Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES
NOVEMBER, 1978; VOL. 56, NO. 11

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Model 880



Model 621

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Riviton. The toy



Don't give your child a toy this Christmas.

Give the toy that makes toys.

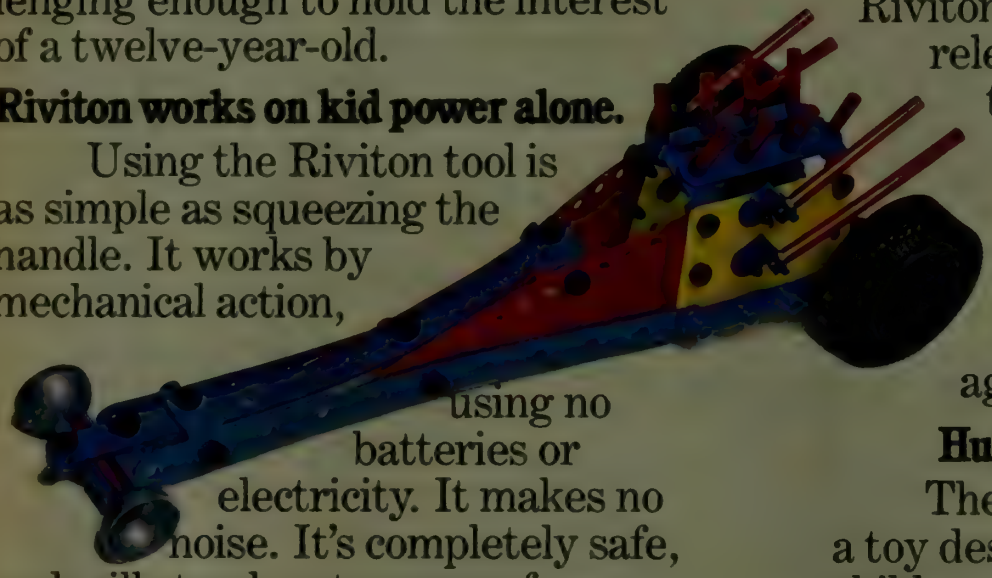
Riviton from Parker Brothers builds dozens of colorful toys and models, with easy step-by-step instructions.

It also builds kids' imaginations by letting them build toys they design themselves.

Riviton is simple enough for a six-year-old boy or girl, and challenging enough to hold the interest of a twelve-year-old.

Riviton works on kid power alone.

Using the Riviton tool is as simple as squeezing the handle. It works by mechanical action,



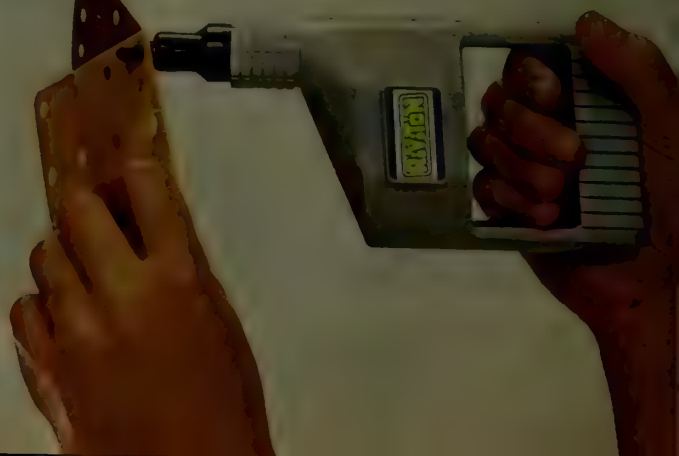
using no batteries or electricity. It makes no noise. It's completely safe, and will stand up to years of use.

The child places the soft, reusable rivet onto the tool. When the handle is squeezed, the rivet is stretched, making it thin enough to fit easily into the holes of the Riviton parts. When the handle is released, the rivet expands to hold the parts securely together.

What's more, it's easy to remove the rivets, take the durable pieces apart, and use everything over again to build something new

Hundreds of kids helped us.

The Riviton idea wasn't just a toy designer's dream. Hundreds of children participated in play tests during a period of more than two years.



that makes toys.



We watched them, listened to
hem, and learned from them. Only
hen were we ready to introduce
iviton.

Thousands of mothers approved.
We've received more than 20,000
rds and letters from mothers, tell-
ing us how pleased they
and their children are
with Riviton.
They like
the way



see their children develop their creativity.

A Riviton that's right for your child.
You can choose between the Riviton 100 starter set, the Riviton 200 intermediate, the advanced Riviton 300 for more complex constructions, or the new Riviton Transportation Set, with lots of wheels and tractor treads.

Riviton, the toy that makes toys.
What it builds best is a child's imagination.

PARKER BROTHERS

heir kids play happily and quietly
or hours, absorbed and fascinated
ith what they can make out of the
exible plastic pieces, wheels,
rackets, I-Beams and other parts.
They like the simplicity and
afety of the Riviton system.
And best of all, they like to



U.S. Patent No. 4,057,886 *Riviton is Parker Brothers registered trademark for its building set equipment. ©1978, Parker Brothers, Beverly, MA 01915

HOME BUYING: HOW TO HALVE YOUR DOWN PAYMENT

One obstacle to buying a home may be the 20- or 25-percent down payment many lenders require—easily $10,000 or $20,000 or more at today's home prices. FHA- and VA-insured loans aren't always the answer, despite their low down payments. For one thing, restrictions may disqualify you or the house for these loans. For another, the paperwork on government loans can take months, and few sellers will wait that long.

One way out of the bind may be private mortgage insurance. Though it's been around for a long time, more and more families are finding it the best way to get the house they want now, without having to come up with lots of cash for a down payment. On a $50,000 house, for example, the conventional down payment might be $10,000 or $12,500. With private mortgage insurance, you would need just $2,500 or $5,000.

How does private mortgage insurance work?

Normally, low-down-payment loans are considered risky for banks, savings and loan associations, and mortgage companies. The reason: There's a high default rate for buyers who have little of their own money in their homes.

Private mortgage insurance removes that risk by guaranteeing the mortgage payments until the first 20 or 25 percent of the mortgage loan has been paid. At that time, the lender's risk is no greater than if the normal down payment had been made to begin with.

Private mortgage insurance offers two advantages in addition to lowering your down payment needs: (1) The lender is more likely to grant the loan since he is protected by the private mortgage insurance. (2) The deal is likely to be consummated without delay, because private mortgage insurors move through the required paperwork in a few days.

Who pays?

The borrower, of course, pays extra for private mortgage insurance—but the costs are a lot easier to manage than if you had had to come up with the down payment all at once. Here's how the costs for the insurance are fixed:

- On a five-percent down payment, the premium is one percent of the mortgage amount, payable at closing. On a down payment of ten percent or more, the premium is one-half of one percent.
- After that first fee, you pay one-quarter of one percent per year on the declining balance. Premiums are included in your monthly mortgage payments.
- Premiums continue until you have paid off 20 to 25 percent of the mortgage. That usually takes about 11 years on a 30-year loan. The effect is to raise your mortgage rate for that period by about one-quarter of one percent.

To illustrate the insurance cost, take two examples—a $35,000 house and a $50,000 house, each on a 30-year mortgage at nine-percent interest (*see box*).

What does it cost?

$35,000 house

	5% down	10% down
Down payment	$1,750	$3,500
Mortgage amount	$33,250	$31,500
Monthly payment*	$267.55	$253.46
Private mortgage insurance: initial premium (1% of mortgage)	$332.50	(½% of mortgage) $157.50
Monthly private mortgage insurance premiums (to run about 11 years)	$7	$6.60
Monthly payments with private mortgage insurance	$274.55	$260.06
Total cost of private mortgage insurance —initial fee + 11 years monthly cost	$1,256.50	$1,028.70

$50,000 house

	5% down	10% down
Down payment	$2,500	$5,000
Mortgage amount	$47,500	$45,000
Monthly payment*	$382.21	$362.09
Initial private mortgage insurance premium	$475	$225
Monthly private mortgage insurance premiums to run about 11 years	$10	$9.40
Monthly payments with private mortgage insurance	$392.21	$371.49
Total cost of private mortgage insurance —initial fee + 11 years monthly cost	$1,795	$1,465.80

* Principal and interest only.

How do you get the insurance?

Private mortgage insurance is available through banks, savings and loan associations, and mortgage companies in all parts of the country. If your lender doesn't provide the insurance, shop around. Or ask your builder or Realtor to find the insurance for you.

About a dozen companies specialize in this kind of plan, with rates about the same everywhere. Usually the lender decides which company to use. Write to these companies to find out which lenders in your area provide the insurance: Mortgage Guaranty Insurance Corporation, Milwaukee, Wisconsin, 53201, writes the policies for almost 50 percent of the mortgages insured. Other reliable companies include: Investors Mortgage Insurance Company, P.O. Box 570, Boston, Massachusetts 02102; PMI Insurance Company, 555 California Street, Bank of America Center, San Francisco, California 94104.

For any private mortgage insurance deal, your credit rating will be checked by both the lender and the insurance company. Both will be interested in how the monthly mortgage payments —insurance premiums included— compare with your monthly income. Most lenders and insurors prefer that those payments be no greater than 25 to 30 percent of your income. ■

NEW PURITAN OIL. THE DELICIOUS WAY...

...TO HELP FIGHT CHOLESTEROL.



A glance at new Puritan tells you how light it is. See how it looks next to the corn oil?

A taste of new Puritan tells you it sure tastes lighter than corn oil.

It's so light and delicate, it does wonderful things to crisp fried chicken, fresh salads and crunchy french fries.

That means that new Puritan Oil can be a delicious part of your total diet to fight cholesterol.



A look at the back label on new Puritan is very enlightening.



It tells you that Puritan is mostly sunflower oil.

So it's very high in polyunsaturates, even higher in polyunsaturates than corn oil.

That means that new Puritan Oil can be an important part of your total diet to fight cholesterol.

PURITAN OIL.

New from Procter & Gamble



With this feature, **Better Homes and Gardens** *begins a series of articles on today's American wines and how to enjoy them. Appropriately, we begin with California, where more than 300 wineries pour forth millions of gallons of wine every year. But California vintners offer more than sheer quantity. They offer wines of impressive quality at all price levels.*

Future articles will deal with the surprising wines of the eastern United States, the Midwest, and the Northwest. You'll learn how to buy, keep, and serve all of these wines, and how to choose everyday wines—the inexpensive as well as moderately priced kinds in markets across the country. Finally, and most important, you'll learn to enjoy and be comfortable about serving American wines for all occasions.

Delightful Wines of California



There's no longer any doubt about California's place in the wine world. Within the last 15 years there has been a spectacular development of the Golden State's wine industry. No other state or country can boast so many good wines at every price level—from the $1.50 bottle of domestic "Burgundy" or "Chablis" to the fine red Cabernet Sauvignon or white Pinot Chardonnay that may cost as much as $10 a bottle.

The wine boom of the sixties and early seventies resulted in California grapes' being planted in new regions ideally suited to them. Also, the state's existing vineyard lands were vastly expanded. Excellent wines are now coming to market from thousands of acres in the Monterey district south of San Francisco Bay where lettuce and fruit trees once grew. Californians proved that better grapes could be combined with better technology to make better wines—and more of them. To many observers who believe that wine is food and an important part of a good meal, this is an exciting development indeed.

What are your choices?

There is a California wine for every taste. In vogue today are the white wines, some of them dry (on the tart side), others a trifle sweet. Well chilled, these wines have been dominating cocktail hours all across the country. Because California white wines are so easy to love, they are attracting new wine drinkers every day. But there are many delicious red and rosé wines made in California, too, that deserve recognition.

At the low end of the price scale, you'll find dozens of everyday California white wines known as "Chablis" or "mountain white," and dozens of everyday red wines labeled "Burgundy" or "mountain red." "Mountain" is used by some wineries as a means of getting away from borrowed wine names like Chablis and Burgundy. Although these have become vague generic terms in our country, they refer to very specific districts in France. However, "mountain" wines don't legally have to originate on a mountain or even on a hillside. Most of these inexpensive wines come from the fertile San Joaquin Valley and sunny Southern California and are a blend of several kinds of grapes.

A somewhat similar situation applies to rosé wines in California. If the bottle says simply "rosé," about all you can be sure of is that the wine will be pink in color. Only if a specific grape is mentioned—such as Grenache Rosé or Gamay Rosé—can you expect any real character from the wine. Ordinary California rosés are quite drinkable, but they tend to be rather bland.

With the exception of these everyday wines and a few others that have been given proprietary (trade) names by their wineries (such as Paul Masson "Rubion" and Beringer "Traubengold"), California wines are named after their grapes and are known as *varietal* wines.

What's what in varietals?

At first, varietal names may sound a bit strange to your ear (and pronouncing them can be tricky). But the strangeness vanishes once you get to know and enjoy the wines themselves.

Keep in mind the law now requires that at least 51 percent of a wine be made from the varietal grape listed on the label (that's expected to move up to 75 percent in the near future). Each wine-maker not only can decide what he puts *into* his bottles, he also can change many things in the wine-making *process* to vary the taste from drier to

continued on page 28

Drawings: Dudycha, Schirck & Assoc.





When I was putting this room together, I kept the Ethan Allen Treasury handy. What a great source of information! You don't have to buy anything to get it. I just picked it up free at my Gallery!

"MIXING STYLES IS MY STYLE, SO I LIKE A STORE WHERE I CAN FIND LOTS OF DIFFERENT LOOKS, ALL IN ONE PLACE."

Meet Linda and Mike and Erica Huss. Fourth in a series of stories about the kind of people who furnish their house, their way, at Ethan Allen.

"Even when Mike and I started out, we didn't stick to one style of furniture because we had very different tastes, and a crazy mixture of hand-me-downs we couldn't afford not to use. Our first apartment was early eclectic!

By the time we moved into the house we're in now, we'd discovered mixing styles could be done with real style. First, you have to buy good things, and second only buy things that you like. Then everything will work together successfully. My Ethan Allen interior designer agrees. That's one of the reasons I like shopping at Ethan Allen. They're flexible. Ethan Allen makes styles as contemporary as this modular sofa, as well as the classics, all at different prices. And their interior designers aren't afraid to help you combine different styles so you get the look you want at the price you want to pay."



Ethan Allen's furniture is made for families like ours. We want good things at a good price, and that's what we've always found at Ethan Allen.

Ethan Allen Galleries



COME ON OVER TO OUR HOUSE AND FURNISH YOUR HOUSE YOUR WAY.
LOOK US UP IN THE YELLOW PAGES.



When I visited the Gallery I got the idea of mixing the modern style of this Ethan Allen glass and brass table with the classic charm of our Georgian house.



INTRODUCING JELL-O® BRAND

Rainbow cakes are a heavenly idea. They're fanciful, moist cakes that get their delicious burst of flavor and rainbow colors from Jell-O® Gelatin. And even though they look special and taste special, you can have them any time. Because they're so easy to make. All you need is a package of Jell-O® Gelatin and your favorite cake mix. And, as if by magic, your plain cake turns into something out of this world. So from now on, let them eat Rainbows.



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GELATIN RAINBOW CAKES

The Ruby Slipper



1 package (2-layer size) yellow cake mix or pudding-included cake mix • 1 cup (½ pt.) sour cream • ¼ cup water • 2 eggs • 1 package (3 oz.) JELL-O® Brand Raspberry Flavor Gelatin

Combine cake mix, sour cream, water and eggs in large bowl.* Blend, then beat at medium speed 2 minutes until creamy. Spoon ⅓ of batter into well-greased and floured 10-inch fluted tube pan. Sprinkle with ½ the gelatin. Repeat layers. Spread remaining batter over gelatin to cover. Bake at 350° for 45 to 50 minutes, until cake springs back when lightly pressed. Cool in pan 5 minutes. Remove from pan; cool on rack. Sprinkle with confectioners sugar, if desired.

*High altitude areas: Add ½ cup all-purpose flour and increase water to ½ cup; bake at 375° for 45-50 minutes.

Christmas Rainbow

1 package (2-layer size) white cake mix • 1 package (3 oz.) JELL-O® Brand Raspberry Flavor Gelatin • 1 package (3 oz.) JELL-O® Brand Lime Flavor Gelatin • 2 cups boiling water • 1 container (9 oz.) BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping, thawed

Prepare cake mix as directed on package, baking in 2 well-greased and floured 9-inch layer pans at 350° for 25 to 30 minutes. Cool in pans 15 minutes; poke with fork at ½-inch intervals. Do not remove from pans.

Dissolve each package of gelatin separately in 1 cup boiling water. Pour raspberry gelatin over 1 layer, lime over the other. Chill 4 hours. Unmold one layer onto serving plate, top with 1 cup of the whipped topping. Unmold second layer onto first. Frost top and sides with remaining whipped topping. Chill. Garnish with flattened gumdrops, cut to resemble holly.





We wrote the book on Rainbows.

Rainbow Cakes
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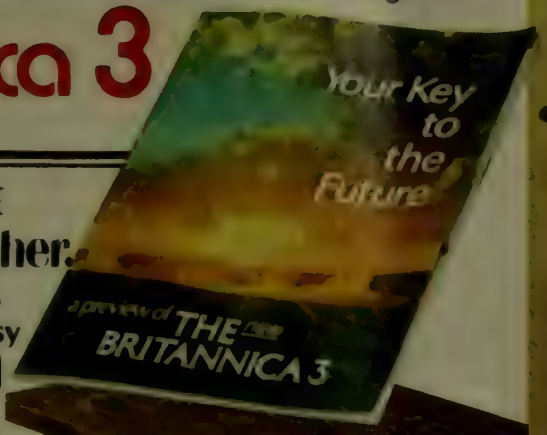
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begins on page 20

California wine



sweeter, or lighter to more robust, or milder to more pungent. You're wise to try more than one bottle, from more than one winery, before making up your mind about any particular California varietal. You may, for example, discover a discernible difference in Petite Sirahs from Sonoma and Concannon wineries.

Most people consider Pinot Chardonnay to be California's finest white wine, and Cabernet Sauvignon to be its very best red. Prices for those, naturally, start higher than for most of the other varietals. Usually you get what you pay for in wine. However, when a fifth (or the new 750 milliliters) of wine costs more than, say, $8, you may be paying for the prestige of the label rather than for what's actually in the bottle. A more practical price for an excellent California wine from the following list will range from $3 to $6.

California Varietal White Wines

French Colombard (KAHL-um-bar): A fragrant, fresh, dry wine from the hot valleys, easy to like. Serve chilled with a ham or chicken sandwich, or with ham, chicken or fish, a casserole, or seafood salad. This is a palate refresher that's widely available—from Gallo, Paul Masson, and the other big producers—at under $3 a bottle. It's a good buy indeed!

Chenin Blanc (sheh-nin BLAWN): A favorite fresh and fruity white wine, sometimes just a touch sweet. Every winery has its own version of Chenin Blanc, so it is interesting to try many different labels. The light, dry versions are good with poultry dishes and a variety of other foods, while a sweeter Chenin Blanc may be served with dessert. The Christian Brothers winery makes two, a dry Chenin Blanc and a sweeter Pineau de la Loire (the French name for the grape). Cresta Blanca also produces a good, inexpensive Chenin Blanc. The price range for this wine is between $3 and $5.

Gewürztraminer (Guh-VOORTS-tra-mean-er in the original German, or Guh-woors-tra-mean-AIR in French): A spicy wine from Alsatian grapes, which in California can be a little sweet. Serve it chilled with your best appetizers or spicy foods, even a light curry. A few wine-makers make a specialty of Gewürztraminer costing $7 or $8. But Almadén and Paul Masson make fine ones for less than $4.

Johannisberg Riesling (Yo-HAHN-iss-bairg REEZ-ling): A truly fine, fragrant white wine which can be dry or sweet. Serve the drier ones with seafood, chicken, turkey, or veal, the sweeter ones by themselves or as a dessert wine. Johannisberg Riesling is the grape that goes into the great German wines. Its correct name is White Riesling, but Johannisberg is used in California to indicate that it is the *real* German grape of the famous Schloss Johannisberg winery. Grey Riesling, Emerald Riesling, and Sylvaner Riesling, all from California, are good but lesser white wines.

Expect to pay $5 or $6 for an "estate bottled" Napa Valley wine, even more for a "late harvest" (sweet) one. But for $4 or somewhat less, good quality is available from Beringer, Paul Masson, Wente, and others.

Pinot Chardonnay, more correctly just **Chardonnay** (Pea-no SHAR-dun-nay): Pale gold, dry wine with a hint of apple in its bouquet and a complexity of flavor characteristic of fine wines. Part of the flavor results from aging the wine in oak casks—an unusual treatment for white wine, but not for one expected to last and improve for many years. Not all vintners age the wine in wood; some make a short-lived fresh wine instead that tastes more fruity, more like the grapes. But the oak-aged Chardonnays that win international competitions and fetch the highest prices can be expected to last eight to ten years.

Chardonnay should be served cold, like other white wines, but too much chilling dampens its bouquet and taste. Serve this wine with the most delicate fish and lobster, crabmeat, poultry, veal, and lamb.

Chardonnay is expensive because it is costly to produce. The vines are choosy about where they'll grow, and they produce fruit skimpily. But because nearly all wineries with vineyards in an appropriate climate zone make Chardonnay, it's possible to buy a good, if not great, one at a decent price. An example is the Christian Brothers Pinot Chardonnay, regarded by many as an exceptionally good buy at a little more than $4. Souverain and Paul Masson also make creditable Chardonnays at reasonable prices.

Sauvignon Blanc (SO-veen-yohn blawn), also known as **Fumé Blanc, Blanc Fumé,** or **Napa Fumé:** A delicious, fragrant, fruity, usually dry but sometimes sweet wine that some

continued

Wine in Metric Measure

The American wine industry is ahead of most other U.S. companies in switching to metric measurements. Many wineries have already adjusted their "fills" to conform to new federal regulations, although the practice is not mandatory until January 1, 1979. The differences are small, as can be seen by a comparison between the new and old size bottles, but the changeover brings American wines into packaging conformity with wines of other countries.

METRIC WINE BOTTLE SIZES

NEW METRIC STANDARDS	EQUIVALENT TO:	DISCONTINUED U.S. SIZES
375 milliliters	12.7 ounces	4/5 pint (12.8 ounces)
750 milliliters	25.4 ounces	4/5 quart (25.6 ounces)
1 liter	33.8 ounces	1 quart (32 ounces)
1.5 liters	50.7 ounces	2/5 gallon (51.2 ounces)

There are three other permissible metric sizes—two smaller and one larger—which are not of great importance to most wine drinkers.

Introducing Baker's® "Easy as Pie" pies.
"You don't even have to make a crust."

Pat Palnau, Atlanta, Georgia



"The easiest, most delicious pie I ever tasted. Nothing to clean up but the blender."
Pat Palnau

Amazing Coconut Pie

2 cups milk
3/4 cup sugar
1/2 cup biscuit mix
4 eggs
1/4 cup butter or margarine
1-1/2 teaspoons vanilla
1 cup BAKER'S® ANGEL FLAKE® Coconut

Combine milk, sugar, biscuit mix, eggs, butter and vanilla in electric blender container. Cover and blend on low speed for 3 minutes. Pour into greased 9-inch pie pan. Let stand about 5 minutes; then sprinkle with coconut. Bake at 350° for 40 minutes. Serve warm or cool.



"My 15-year-old could make it. Elegant dessert if you're in a hurry."
Jacky Shonka

Chocolate Swirl Cheese Pie

1 cup sugar
3 packages (8oz. each) cream cheese, softened
5 eggs
1 tablespoon vanilla
1 package (4 oz.) BAKER'S® GERMAN'S® Sweet Chocolate, melted and cooled

Add sugar to cheese in a bowl, beating well. Add eggs, one at a time, beating well after each addition. Add vanilla. Measure 2 cups of the cheese mixture; fold in chocolate. Pour remaining cheese mixture into well-buttered 10-inch pie pan or 9-inch square pan. Add spoonfuls of the chocolate-cheese mixture and zigzag a spatula through batter to marble. Bake at 350° for 40 to 45 minutes. Cool; then chill. Cut in wedges. Makes 12 servings.



"My family liked it very much. No crust. No mess."
Susan Twigg

Chocaroon Pie

3 squares BAKER'S® Unsweetened Chocolate
1/2 cup butter or margarine
3 eggs, slightly beaten
3/4 cup sugar
1/2 cup all-purpose flour
1 teaspoon vanilla
2/3 cup sweetened condensed milk
2-2/3 cups BAKER'S® ANGEL FLAKE® Coconut

Melt chocolate and butter in saucepan over low heat. Stir in eggs, sugar, flour and vanilla. Pour into greased 9-inch pie pan. Combine milk and coconut; spoon over chocolate mixture, leaving a 1/2–1-inch border. Bake at 350° for 30 minutes. Cool.



We asked women like you to try our Baker's® Coconut and Chocolate no-crust pie recipes. "Simple elegance", "quick & easy," "foolproof," were typical comments.

They particularly liked not having to "worry about a crust".

They also thought our pies were "superb", "fancy," "delicious".

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continued

California wine



authorities regard as a more significant California wine than Chardonnay. Some wineries use the Fumé name. Pouilly Fumé of the Loire River in France is made from the same grape.

The wine is a happy choice for fish and seafood, chicken, turkey, veal, and lamb. Some wineries age Sauvignon Blanc for a short time, while others do not, so it can be a different wine from one winery to the next.

Robert Mondavi Winery was first to market Sauvignon Blanc as Fumé Blanc priced around $5. The Christian Brothers call their version Napa Fumé. There's also a refreshing Sauvignon Blanc from Gallo, at under $3.

California varietal red wines

Ruby Cabernet (Cab-air-NAY): A simple, inexpensive, light and fruity wine made from grapes that are a cross between Cabernet Sauvignon and Carignane. It is a good general-purpose red wine to serve with light meals. Most of it comes from the San Joaquin Valley and sells for between $1.50 and $2.50 per bottle. Almadén, Cresta Blanca, Gallo, Inglenook (Navalle line), Paul Masson, Sonoma, and Italian Swiss Colony make it.

Zinfandel (ZIN-fan-del): California's very own red wine, not grown in Europe, can be three separate types of wine depending upon where the grapes are grown and how it is made. Zinfandel can be young, fresh, and fruity, or a full-bodied wine that ages well and accompanies roast beef, pheasant, or venison beautifully. It can even be a very dark wine, naturally high in alcohol, which somewhat resembles port.

Prices vary widely, but almost every California winery makes a zinfandel; some make several. In the middle range of $3 to $4.50, we find the zinfandel of the Christian Brothers (Brother Timothy Selection), Louis M. Martini, Sebastiani, Sonoma, Simi, Wente, and many others.

In the same price range, three newer red varietals are winning friends: **Barbera** (Bar-BEAR-a), a dry, full-bodied wine suited to well-seasoned foods; **Gamay Beaujolais** (Guh-MAY BO-zho-lay), most often a young, fresh, fruity wine, enjoyable with any meal; and **Petite Sirah** (Puh-TEET Sear-RAH), a dark red, "puckery" (tannic) wine for beef and game. Certain wineries have specialized in these wines: Louis M. Martini and Sebastiani in Barbera, for example; Sebastiani in Gamay Beaujolais; and Concannon in Petite Sirah. Almadén and Paul Masson make good versions of all three wines.

Pinot Noir (PEA-no NWAHR): Perhaps California's most unpredictable red wine, because its body and flavor vary widely depending upon the soil and climate where the grapes are grown. At its best, it should be brilliant in color, velvety in texture after a few years of aging in oak and in bottle, and complex in flavor. Serve it with roasts, game, and fine cheeses.

In a middle price range of $4 to $5.50, you'll find: Almadén (Special Selection), Beaulieu, Beringer, Charles Krug, Louis M. Martini, Mirassou, Mondavi, and Simi.

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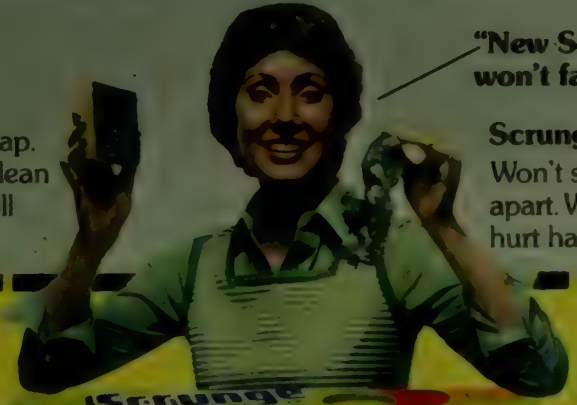


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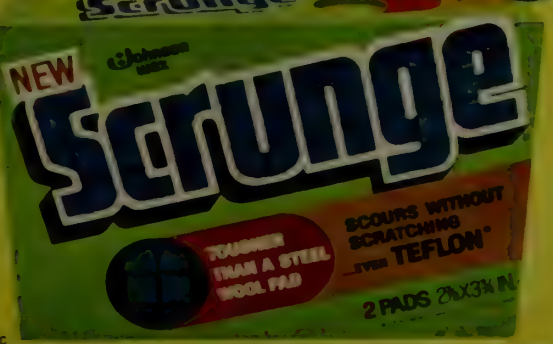
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*If desired, gloss can be restored in heavy traffic areas by application of GAF® Floor Finish.

continued

California wine



Cabernet Sauvignon (Cab-air-NAY SO-veen-yohn): A dry, full-bodied, purple and puckery (tannic) wine when young, it smooths out and softens during aging. Then it acquires a garnet color, complex bouquet, and flavor that remind connoisseurs of herbs or raspberries. It is the classic wine of Bordeaux, the most prized red wine in the world, and the one that lives longest. Save it for the best beef and game.

Almost all California wineries make it except those in the central, hot valleys. Prices can run very high; good Cabernet Sauvignon also is available at somewhat lower prices than the following reliable choices at $5 to $7: Beaulieu Vineyard, Beringer, Charles Krug, Inglenook (Special Selection), Mirassou, Simi, and Souverain.

California varietal rosé wines

Gamay Rosé: Made from Gamay grapes (see red varietal wines), but as with other rosé wines the grape skins are removed during fermentation before the usual dark red color and heavier flavor have been imparted to the wine. This is one of California's best rosés. Originally it came from the Napa Valley, but newer plantings along the north coast are being made into very flavorful bottlings. Paul Masson and Souverain have excellent ones priced around $3.

Grenache Rosé (Gren-AHSH): Perhaps not quite up to the quality level of Gamay Rosé, but a delightful picnic or summer wine. The vines are prolific in California's Central Valley, so there is a plentiful supply of this attractive pink wine. Most California "ordinary" **vin rosé** (where the grape variety is not specified) rely heavily upon Grenache grapes. Almadén makes a popular version under $2.50. Beaulieu and Inglenook also produce very nice Grenache Rosés.

Cabernet, Grignolino (Green-yo-LEAN-yo), and **Zinfandel Rosés** have made their appearance in recent years. (These grapes previously were used only for red wines.) They tend to be a little more expensive than the other rosés listed above. ■

SAVE 20% ON SEARS GLASS DOOR FIRESCREEN NOW JUST $59.99

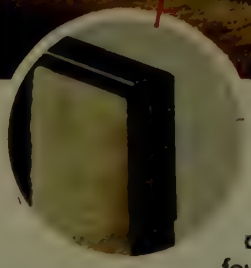
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. . . on this partially assembled black satin finish glass door firescreen. Helps you save heat, too. Energy-efficient, shatter-resistant glass doors (3/16" thick) reduce air flow through the fireplace opening up to *70%— helps cut heat loss after the fire is out. Optional mesh screen (pictured) only **$12.99.**

Glass doors could save more than heat—they help protect against sparks jumping from fireplace onto floors and carpeting.

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Thick (1-1/16") insulated frame comes in four sizes, is easy to install. *Measure the height and width of fireplace opening before shopping.*

Antique brass finish glass door firescreen also on sale. Just **$64.99. Save $15.**

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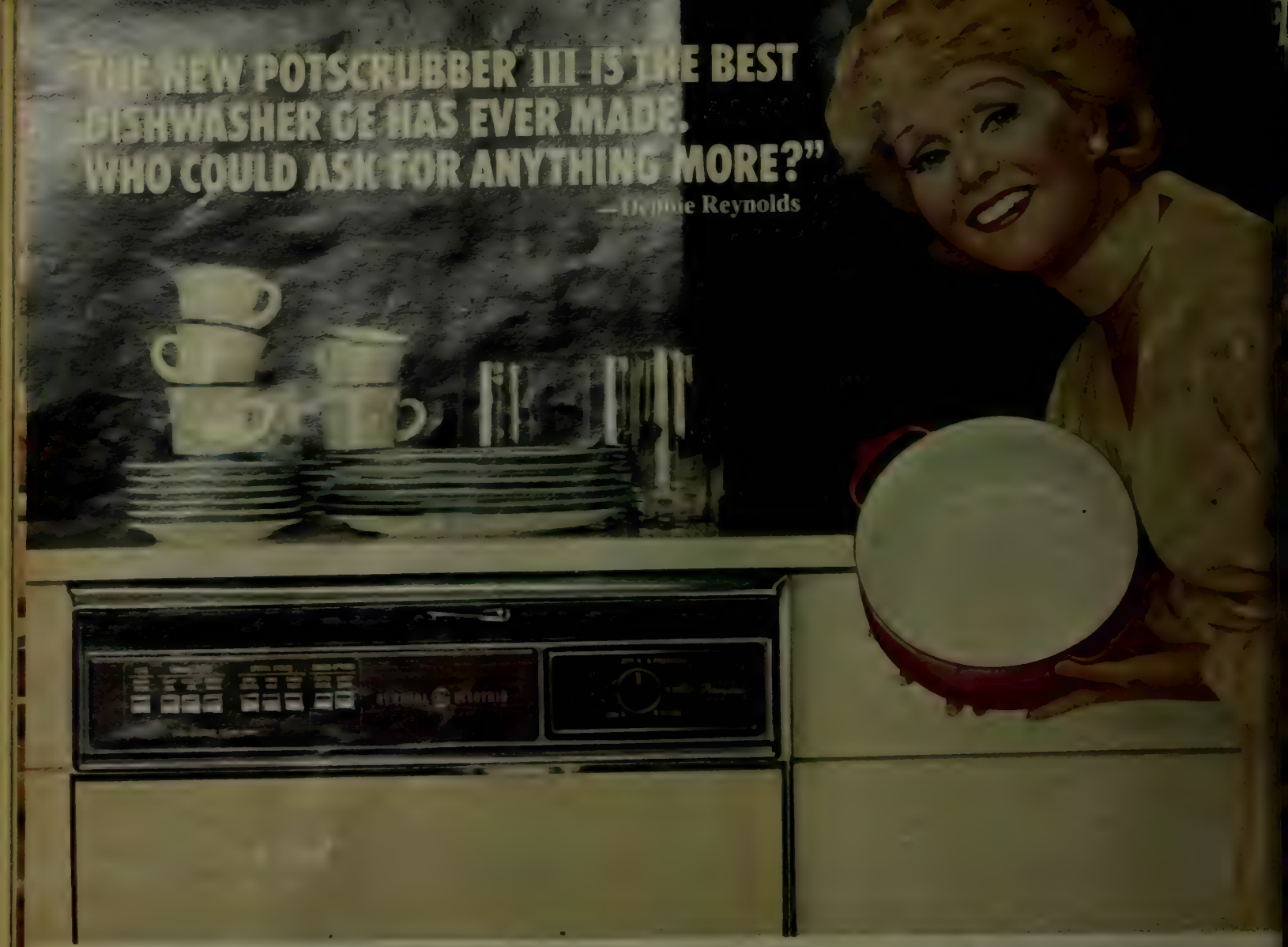
Save $20. Dual-speed heat exchanger sale-priced at just **$79.99.** Re-circulates warm air into room—not up chimney. Black enamel steel construction adjusts to fit firebox depth; right or left side blower, includes firegrate. Partially assembled.



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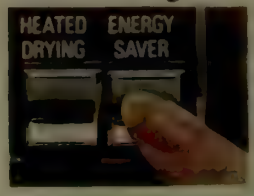


a constantly changing pattern of water up through the dishes. This arm, combined with a Power Shower on top, and a Power Tower in the middle, gives you 3-level washing action that gets dishes and glasses cleaner than ever.

And the special Power Scrub* Cycle, while it may not do everything (such as remove burned-on soils), is designed to remove heavy dried-on and baked-on foods from pots and casseroles.

IT SAVES WATER AND SAVES ENERGY. Almost 80% of the energy used in a dishwasher is in the hot water it consumes.

The Potscrubber III dishwasher has been specially designed to use less hot water. In fact, you could save hundreds of gallons a year.



You can also save energy by letting the dishes dry naturally, simply by pressing the Energy Saver button. And you can cut down on the number of washings you do because the new Super Racks hold more dishes.

AND IT RUNS QUIETLY, TOO. Our PermaTuf™ tub is not only tough (it won't chip, crack, peel or rust in normal use), but it's actually a sound-dampening material too.

And we didn't stop there. We even surrounded the PermaTuf tub with a blanket of sound insulation.

The Potscrubber III dishwasher from General Electric. Who could ask for anything more?



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To brighten up your kitchen, see Handbook pg. 3



To liven up a living room, see Handbook pg. 13

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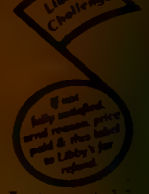
When Libby's bathes peaches in real fruit juice, everything else seems fruitless.

Imagine peaches. Fresh cut. Golden yellow. Sweet and ripe. Bathing in a fresh stream of lightly sweetened real fruit juices. Add three of the best names in the business, and you've got Libby's Juice Pack Peaches.

Ah, delicious Juice Pack Fruits. It's not really Libby's idea, it's nature's. We just borrowed it for a fresher fruit taste.

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OH THE LOVELY NUTTY THINGS YOU CAN DO WITH DIAMOND. WALNUTS.



MERRY MUFFINS

2 cups sifted all-purpose flour
½ cup granulated sugar
3 tsp. baking powder
1 tsp. salt
1 large egg, beaten
¾ cup milk
⅓ cup oil
⅔ cup chopped Diamond Walnuts
¼ cup chopped maraschino cherries
¼ cup sweetened cocoa mix
Powdered sugar

Resift flour with next 3 ingredients. Combine egg, milk and oil; stir into dry mixture only until moistened. Fold in walnuts. Divide into 2 portions; stir cherries into one and spoon into one side of 14 greased muffin pans (2½ inches diameter). Stir cocoa mix into remaining batter and fill other side of pans. Bake at 400°F. 20 minutes. Sprinkle with powdered sugar. Serve warm. Makes 14 two-tone muffins.

WALNUT JEWEL SALAD

1 6-oz. package strawberry flavor gelatin
½ tsp. salt
2 cups hot water
1 8¼-oz. can crushed pineapple
2 Tbsp. lemon juice
Cold water
½ cup toasted chopped Diamond Walnuts
½ cup diced celery
⅔ cup chopped raw cranberries
Crisp lettuce

Dissolve gelatin and salt in hot water. Drain pineapple, saving syrup. Combine syrup and lemon juice with cold water to measure 1⅔ cups liquid. Add to gelatin. Chill until mixture begins to thicken slightly. Fold in walnuts, celery, cranberries and drained pineapple. Turn into oiled 1½-quart mold and chill firm, at least 4 hours. Unmold onto crisp lettuce
Makes 8 to 10 servings





BÛCHE DE NOEL

1 cup Diamond Walnuts
¼ cup sifted all-purpose flour
¼ cup unsweetened cocoa powder
5 large eggs, separated
½ tsp. salt
¼ tsp. cream of tartar
⅔ cup granulated sugar
½ tsp. vanilla
Sweetened Whipped Cream
Cocoa Glaze

Grate walnuts fine (*or* blend to fine meal). Mix with flour and cocoa. Beat egg whites, salt and cream of tartar barely stiff; gradually beat in ⅓ cup sugar. With same beater, beat yolks, remaining sugar and vanilla until thick. Pour over egg whites; gently fold together. Gradually fold in walnut mixture. Turn into 10 x 15 x 1-inch pan lined on bottom with greased waxed paper. Bake at 350°F. 20 minutes until top springs back when touched lightly. Turn out onto cloth sprinkled thickly with powdered sugar. Roll up loosely in cloth; cool. When cold, gently unroll; spread with Sweetened Whipped Cream; re-roll. Frost top and sides with Cocoa Glaze. *Sweetened Whipped Cream:* Beat 1 cup heavy cream with ¼ cup powdered sugar and ½ tsp. vanilla. Fold in ¼ cup chopped candied cherries. *Cocoa Glaze:* Mix 2 tsp. unsweetened cocoa, 2 tsp. melted butter, 1½ tsp. boiling water. Stir in 1 Tbsp. light corn syrup and ¾ cup sifted powdered sugar.



FANCY FRUITCAKE

2 cups sifted all-purpose flour
1 tsp. baking powder
½ tsp. salt
¾ cup butter or margarine
1⅓ cups granulated sugar
3 large eggs
¼ cup milk
2 Tbsp. brandy
1 cup chopped Diamond Walnuts
1 cup diced mixed candied fruits
½ cup halved candied cherries
2 Tbsp. molasses
½ tsp. cinnamon
¼ tsp nutmeg
⅛ tsp. cloves
½ cup snipped pitted Sunsweet Prunes
Walnut Paste
Eggnog Frosting

Resift flour with baking powder and salt. Cream butter with sugar. Beat in eggs, one at a time. Blend in flour mixture alternately with milk. Stir in brandy, walnuts and mixed fruit. Stir cherries into 2⅓ cups batter; turn into greased and floured 8-inch layer cake pan. Stir molasses, spices and prunes into remaining batter; turn into second pan. Bake at 300°F. about 65 minutes, until edges pull from sides of pan. Cool 15 minutes; turn out onto wire rack to cool completely. Put layers together with Walnut Paste. Frost top with Eggnog Frosting. *Walnut Paste:* Grate or blend fine 1 cup Diamond Walnuts. Mix with ½ cup sifted powdered sugar, 3 Tbsp. unbeaten egg white and a dash salt. *Eggnog Frosting:* Mix together 2 Tbsp. soft butter, 1 egg yolk, ½ tsp. *each* vanilla and milk or cream. Stir in 1½ cups sifted powdered sugar.



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10¢ SAVE TEN CENTS 10¢

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You are authorized to act as our agent for the redemption of this coupon provided that it is redeemed on the product specified. Proof of purchase of sufficient stock to cover coupons presented for redemption must be furnished on request. Use of the mails to collect for coupons not properly redeemed constitutes fraud. Any indication of same will be turned over to postal inspectors. Coupons void if taxed, prohibited or otherwise restricted by law. Cash value 1/20¢. Face amount of this coupon plus 5¢ handling charges will be paid by Faultless Starch/Bon Ami Company, P.O. Box 1670, Clinton, Iowa 52734. Expiration date: November 30, 1979

6000
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Kansas City, Missouri 64101

DECORATING

How reproduction furniture is "aged"

Many quality reproductions and adaptations of period furniture are deliberately finished to look as if they were made generations ago. This "aged" quality is achieved by two different processes—antiquing and/or distressing. Signs of everyday use are simulated to transform new furniture pieces into treasured "relics." Here's how antiquing and distressing are accomplished.

Antiquing

Antiquing is part of the finishing process. A glaze applied over a base coat of paint or varnish gives the wood a mellow look.

Wood finishes may be of light honey tones or they may be quite dark, with a grayish pigment rubbed deep into the pores to bring out the wood's grain. Paint can be almost any color, though the traditional ones are mustard yellow, soft green, blue, or red.

The glaze, actually a thin translucent paint, is brushed on and then partially wiped off, so the base color shows through. Most of the glaze is wiped from the flat surfaces, edges, and corners, leaving a natural residue in the crevices of the carvings. Glazes usually are darker than the base coat, and sometimes two glazes of different colors are used.

After the glaze is dry, a clear varnish or some other protective coating is applied.

Distressing

Distressing goes a step further than antiquing to give the look of hard use and neglect, as well as age.

Natural nicks and gouges are simulated by beating the wood with chains enclosed in burlap bags. The wood is filed with rasps to make marks that look like sap streaks, and tiny "wormholes" are made with other tools or nails. The "wormholes" in quality furniture are placed where they would occur naturally, in clusters at the top of a leg or in one corner of a tabletop.

Burnt umber is then rubbed into the surface to simulate dirt in the "wormholes," gouges, and wood pores. Or a specially prepared vinyl emulsion may be applied to simulate layers of old paint or varnish. Edges and corners are sanded until they look naturally worn and blurred.

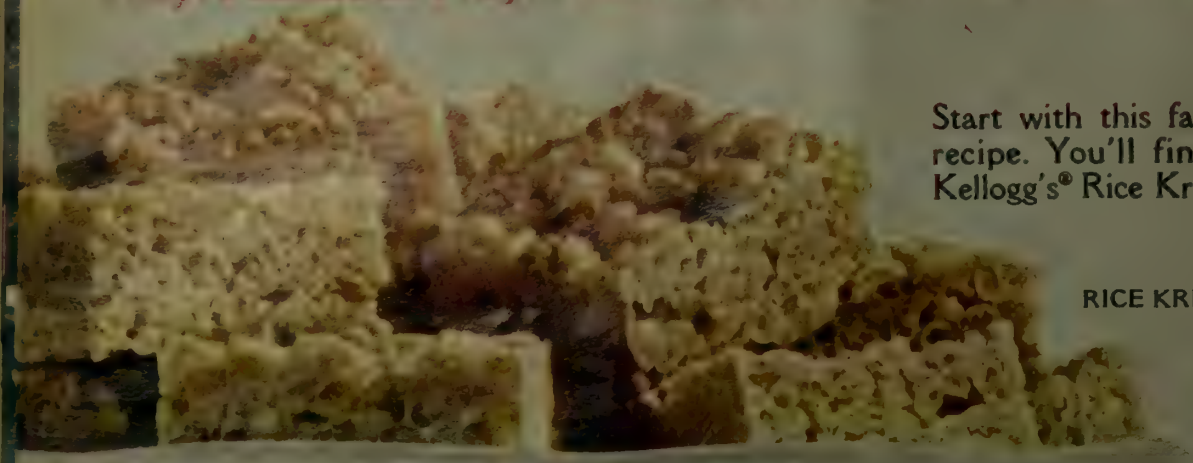
Not all period furniture lends itself to antiquing and distressing. Chippendale chairs, Sheraton sideboards, and Louis XV cabinets, for example, furnished the most elegant eighteenth-century houses and were meticulously cared for by servants. Consequently, today's reproductions of these pieces should have a like-new look.

Reproductions of furniture used by the masses, on the other hand, appear more authentic with signs of hard use. "Wormholes," worn edges, and battered surfaces are appropriate for reproductions of French provincial chests, seventeenth-century English tavern chairs, and Early American primitives. ■


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Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.

Now's the time for a merry batch of Kellogg's Rice Krispies Marshmallow Treats.

They're delicious. They're festive. And they're easy-you don't even have to bake.



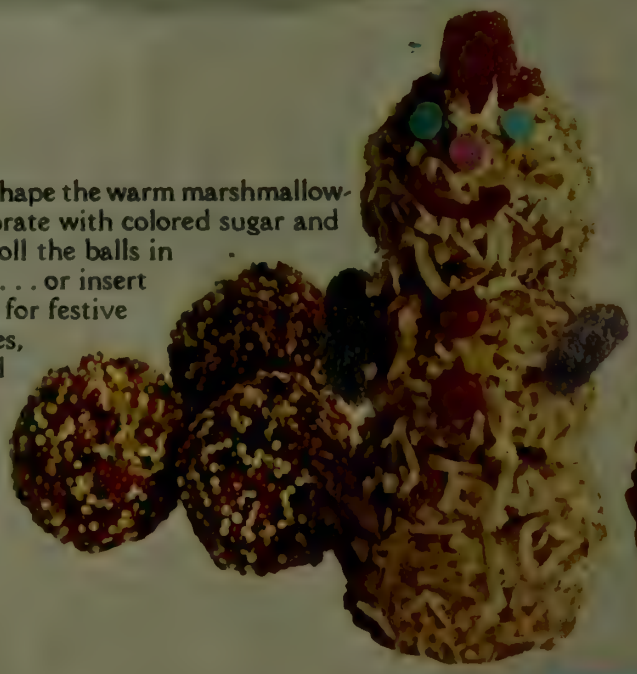
Start with this famous Marshmallow Treats recipe. You'll find it on every package of Kellogg's® Rice Krispies® cereal.

RICE KRISPIES MARSHMALLOW TREATS
Makes 2 dozen

- ¼ cup regular margarine or butter
- 1 package (10 oz., about 40) regular marshmallows or 4 cups miniature marshmallows
- 5 cups KELLOGG'S RICE KRISPIES cereal

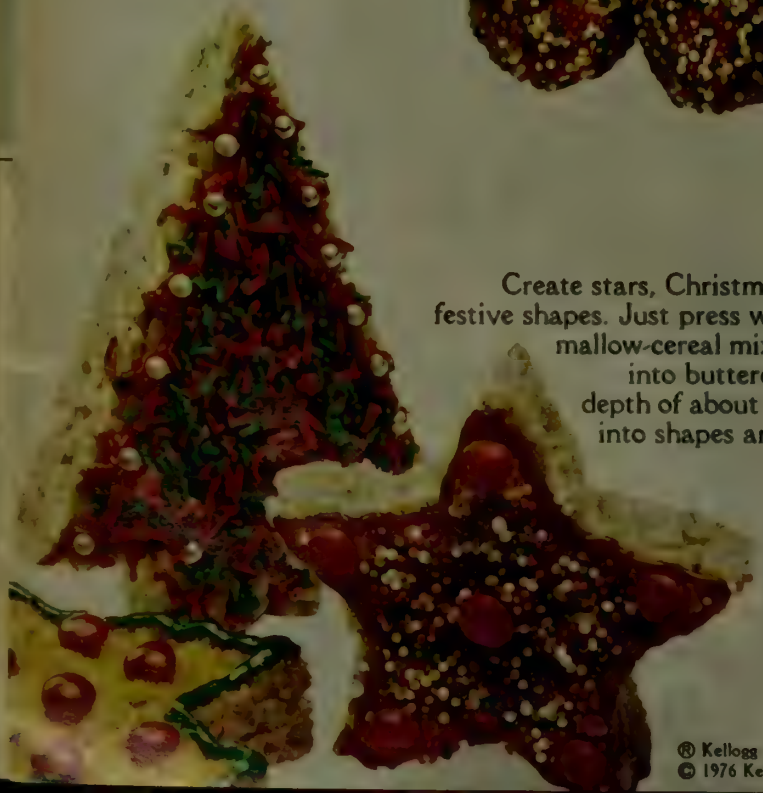
1. Melt margarine in large saucepan over low heat. Add marshmallows and stir until completely melted. Cook over low heat 3 minutes longer, stirring constantly. Remove from heat.
2. Add Rice Krispies cereal. Stir until well coated.
3. Using buttered spatula or waxed paper, press mixture evenly into buttered 13 x 9 x 2-inch pan. Cut into 2-inch squares when cool.

NOTE: Best results are obtained when using fresh marshmallows.

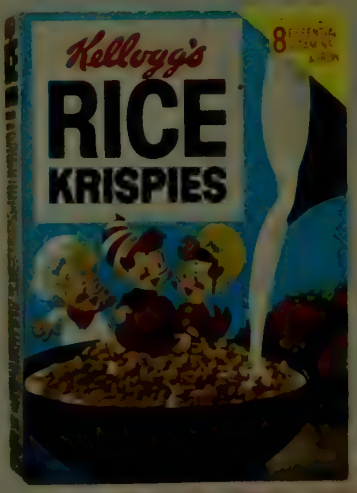


For a special Holiday treat, shape the warm marshmallow-cereal mixture into balls. Decorate with colored sugar and other candy decorations. Or, roll the balls in coconut and form a snowman . . . or insert wooden skewers into the balls for festive lollipops. Use cinnamon candies, chocolate chips, gumdrops and raisins as decoration.





Create stars, Christmas trees and festive shapes. Just press warm marshmallow-cereal mixture lightly into buttered pans to a depth of about ½ inch. Cut into shapes and decorate.



Kellogg's Rice Krispies is delicious in main dishes, desserts, snacks,

ANYTIME.

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BUILDING

Draw the drapes on heating bills

Chances are you've already upgraded your home's insulation to save energy. But if you ignore your windows, you may miss out on some of the potential savings.

To cash in, you must keep conditioned air inside your house. Whenever your furnace or air conditioner runs, it's running up a higher utility bill. So, *containing* heated or cooled air obviously can save you money.

Any windows—even triple-glazed ones—lose a lot of heat through the glass area. But using draperies insulated with an acrylic-foam backing can significantly reduce heat loss through windows—and reduce utility bills.

Double up for comfort

Hang a light-colored open-weave drapery between the insulated drapery and the glass surface. The mesh drapery diffuses sunlight before it strikes the back of the insulated drapery, thus reducing the heat that the room-side material would otherwise contain.

On sunny days, open the insulated draperies to let in the sunshine. The open-weave drapery allows adequate illumination, yet controls the cold air currents flowing from window surfaces. Keep *both* draperies drawn at night.

The draperies should be floor to ceiling and twice as wide as the window they cover. To cut cold-carrying currents, seal the outer edges of the draperies to the wall. Vertical strips of Velcro fastener attached to the drapery edges and to the wall areas they touch will do the trick.

A valance also restricts vertical air currents and provides the final seal against cold. Cover a wooden valance box with urethane foam and fabric to match the draperies. The effect will be attractive as well as practical. ■

1976 Ralston Purina Company

It takes a puppy a full year to outgrow Purina® Puppy Chow® puppy food.



That little one-month-old puppy will do a lot of growing before he becomes a full-grown Sheepdog.

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RETAILER: For payment of face value, plus 5¢ handling, send to Ralston Purina Company, P.O. Box PL1, Belleville, Illinois 62222. Coupon will be paid only if presented by a retailer of our merchandise or a clearinghouse approved by us and acting for and at the risk of the retailer. Retailer must submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the merchandising program represented by coupons presented for redemption. This coupon is nontransferable, nonassignable, nonreproducible and any sales tax must be paid by customer. Offer good only in U.S.A., A.P.O.'s, F.P.O.'s and void where prohibited, taxed, or otherwise restricted. Cash redemption value 1/20 of 1¢. Limit one coupon per purchase of Regular or Beef Flavor Purina® Puppy Chow® puppy food. Any use not consistent with these terms constitutes fraud and may void all coupons submitted for redemption. **Coupon expires November 30, 1979.**



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908 PC 908 **15¢**

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Cut furniture photos by Nature Craft — Ed Cooper

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Take a look at our Vintage collection pictured here. It's made of fine oak solids and veneers. Construction features mortise and tenon joints, dovetailed drawers. The fine hardware is custom designed.

Most importantly, Burlington Furniture is created with you in mind by some of America's leading furniture designers. Be it dining room and bedroom, youth and modular furniture, colonial, traditional and contemporary designs.

Just look for Burlington Furniture wherever fine furniture is sold. Write to Burlington Furniture for further information, P.O. Box 907, Dept. B, Lexington, North Carolina 27292.

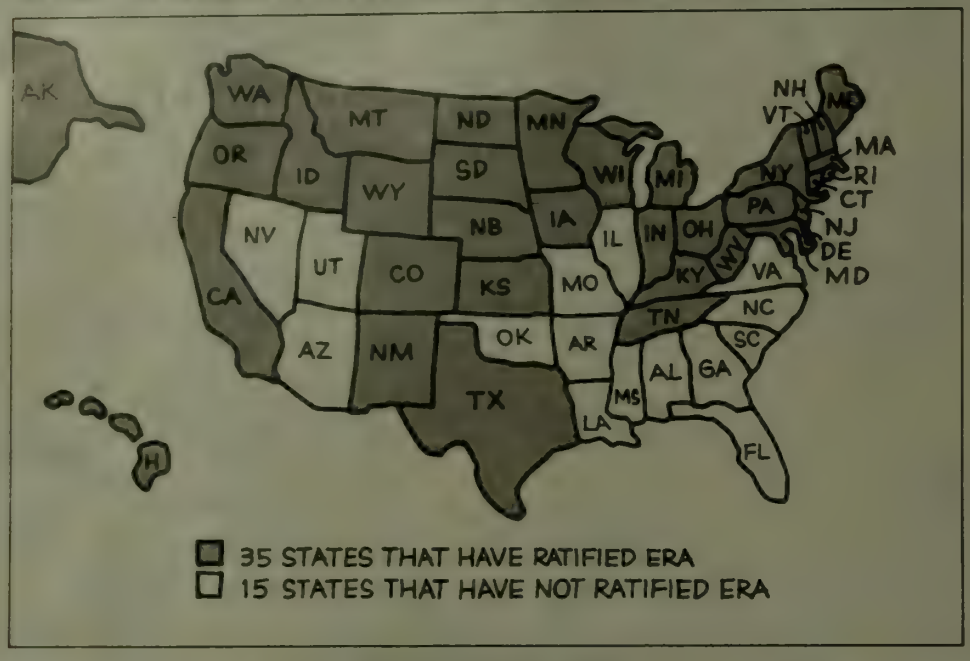
Burlington Furniture

A division of Burlington Industries.

By Kate Keating

ERA

OF CONCERN NOW TO THE AMERICAN FAMILY



Back in the early and relatively idyllic days of the Equal Rights Amendment effort (October, 1973), *Better Homes and Gardens* was one of the first national magazines to endorse this proposed addition to the Constitution. Furthermore, we were the only magazine to lend our support primarily on the basis of the ERA's important relationship to the family. We explained our thinking then with two main propositions: First, that the family prospers as its individual members prosper, and secondly, that with more and more families needing two incomes just to get along, the mother today often must work. Of course, those are largely pragmatic reasons. But there also is a compelling philosophical reason for the ERA: Inequality of rights, opportunities, and rewards based on gender is in defiance of logic and justice.

EQUAL RIGHTS (27th) AMENDMENT

Sec. 1
Equality of rights under the law shall not be denied or abridged by the United States or by any State on account of sex.
Sec. 2
The Congress shall have the power to enforce, by appropriate legislation, the provisions of this article.
Sec. 3
This amendment shall take effect two years after the date of ratification.

A quagmire of confusion

Five years and an awful lot of rhetoric have passed since we published our endorsement. Today we believe the Amendment is more important than ever before, and we are distressed that focus on the real issue seems to have been lost in the heated crossfire between opponents and proponents. At this critical stage, with the ERA stalled for lack of ratification by the legislatures of three more states, we think it's time for some commonsense clarification of what the issue *is*—equality of rights for women under federal and state laws—and what the issue *is not*—everything from abortion, co-ed public rest rooms, and gay rights to denigration of the traditional homemaker, military draft of women, and elimination of alimony and child support.

Perhaps the thorniest and most divisive issue that ERA opponents have stressed is the status of homemaker. "Women's rights activists demean the non-employed homemaker and undermine the family," say the opponents, and that charge has been accepted as gospel by many homemakers. Sure, some overzealous feminist leaders have minimized the wife and mother role, but these feminists are few and far between, and they are absurd. Their position is the very antithesis of the ERA, which is designed to guarantee equal rights and not to impose values and mandates for fulfillment.

What about abortion, gay rights, and co-ed rest rooms? Despite all sorts of innuendos to the contrary, these issues have absolutely no connection with the Equal Rights Amendment. They are issues related to privacy (and governed by laws on privacy) and have nothing to do with equal rights in the public sector—education, employment, the right to hold property, etc.

What, then, about drafting women

continued on page 48

Give any Manhattan the crowning touch.

Seagram's 7 Dry Manhattan.
To 1 part dry vermouth add 3 parts Seagram's 7. Grace with a twist of lemon. Brilliant.



Seagram's 7 Classic Manhattan.
To 1 part sweet vermouth add 3 parts Seagram's 7 and a dash of bitters. Top off with a cherry. Tops!

Seagram's 7 Perfect Manhattan.
To equal parts sweet and dry vermouth add 3 parts Seagram's 7. Bright idea!

Start out with the great taste of Seagram's 7 and you'll always end up with a great Manhattan. Any way you like them, enjoy our quality in moderation.

Seagram's 7 Crown
Where quality drinks begin.

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AMERICAN WHISKEY—A BLEND. 80 PROOF.

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Kings only 8 mg. tar

Taste so good you won't believe they're



20	13	17	12	11	17	16	16
MG. TAR	MG. TAR	MG. TAR	MG. TAR	MG. TAR	MG. TAR	MG. TAR	MG. TAR
1.3 MG. NIC	0.9 MG. NIC	1.0 MG. NIC	0.8 MG. NIC	0.6 MG. NIC	1.4 MG. NIC	1.1 MG. NIC	1.1 MG. NIC

Source of all 'tar' and nicotine disclosures in this ad is either FTC Report May 1978 or FTC Method.
Of All Brands Sold: Lowest tar: 0.5 mg. 'tar,' 0.05 mg. nicotine av. per cigarette, FTC Report May 1978.
Golden Lights: Kings — 8 mg. 'tar,' 0.7 mg. nicotine;
[illegible] mg. 'tar,' 0.9 mg. nicotine av. per cigarette by FTC Method.

Lights



100's only 10 mg. tar

ower in tar than all these brands:



19 MG. TAR	13 MG. TAR	19 MG. TAR	17 MG. TAR	12 MG. TAR	11 MG. TAR	19 MG. TAR	18 MG. TAR
[illegible] MG. NIC	1.0 MG. NIC	1.3 MG. NIC	1.1 MG. NIC	0.8 MG. NIC	0.7 MG. NIC	1.4 MG. NIC	1.2 MG. NIC

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

begins on page 44

ERA

into the military services? Actually, Congress has the power right now to draft women into the military services, if that were deemed wise. And, should the draft ever be reinstated in this country, the possibility of drafting young women along with young men exists whether the ERA passes or not. However, it's clear that primary caretakers for children could never be drafted. The fact is that many young women now are voluntarily joining the military services because of educational benefits and/or career potential.

Well, wouldn't equal rights eliminate current provisions for alimony and child support payments in the case of separation or divorce? The fact is that provision for children and their parent caretaker is in no way threatened by the ERA. Courts in this country long ago began questioning the policy of automatically imposing alimony and child support payments on the husband and automatically granting custody to the mother. Nowadays, alimony is granted when a wife (or husband) cannot sufficiently support herself (or himself) and child support is granted to the partner—be that the mother or father—who is actually caring for the children. This pattern developed in an effort to genuinely meet family needs and to recognize actual aptitudes and capabilities as opposed to traditional sex-based roles.

We think that the extraneous issues being attached to the ERA should be stripped away and that the ERA should be considered strictly on its own terms. Regardless of whether a woman chooses or has to work, or whether she chooses the role of homemaker, shouldn't she have the full protection of federal and state guarantees of equal education, employment, wage, promotion, and pension opportunities as well as the ability to obtain credit and hold property? We think she should, for her own sake and for her family's. Otherwise, there is no real freedom of choice for her. And, that is why we solidly support ratification of the Equal Rights Amendment.

Down to the wire

As we go to press, the U.S. House of Representatives has just passed a 39-month extension of the original seven-year deadline for ratification of the ERA by two-thirds of the states. (The House also affirmed that states cannot rescind previously voted ratification.) If the Senate votes in similar fashion, the original deadline of March 22, 1979 no longer will loom so ominously for the women's cause. However, the basic situation remains: 35 states have ratified, and three more states must ratify the ERA before it is incorporated into the law of the land.

If you live in one of the 15 states that have yet to ratify the ERA (see the map on the opening page), you can make your views known to your incumbent state legislators, and in Florida and Nevada, you, yourself, can vote for a state referendum on the issue on November 7. Also, many state legislative candidates will be elected or reelected this fall. To find out which candidates for your state legislature support the Equal Rights Amendment, write to (or call—202/833-4354) ERAmerica, 1525 M Street, N.W., Suite 602, Washington, D.C. 20005. ■

"Positively...

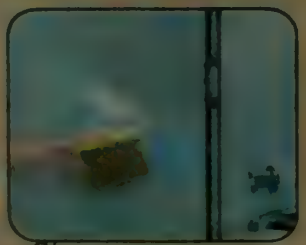


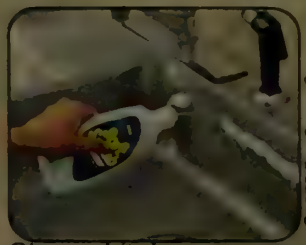
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The liquid cleanser that cleans without scratching like scouring powder!

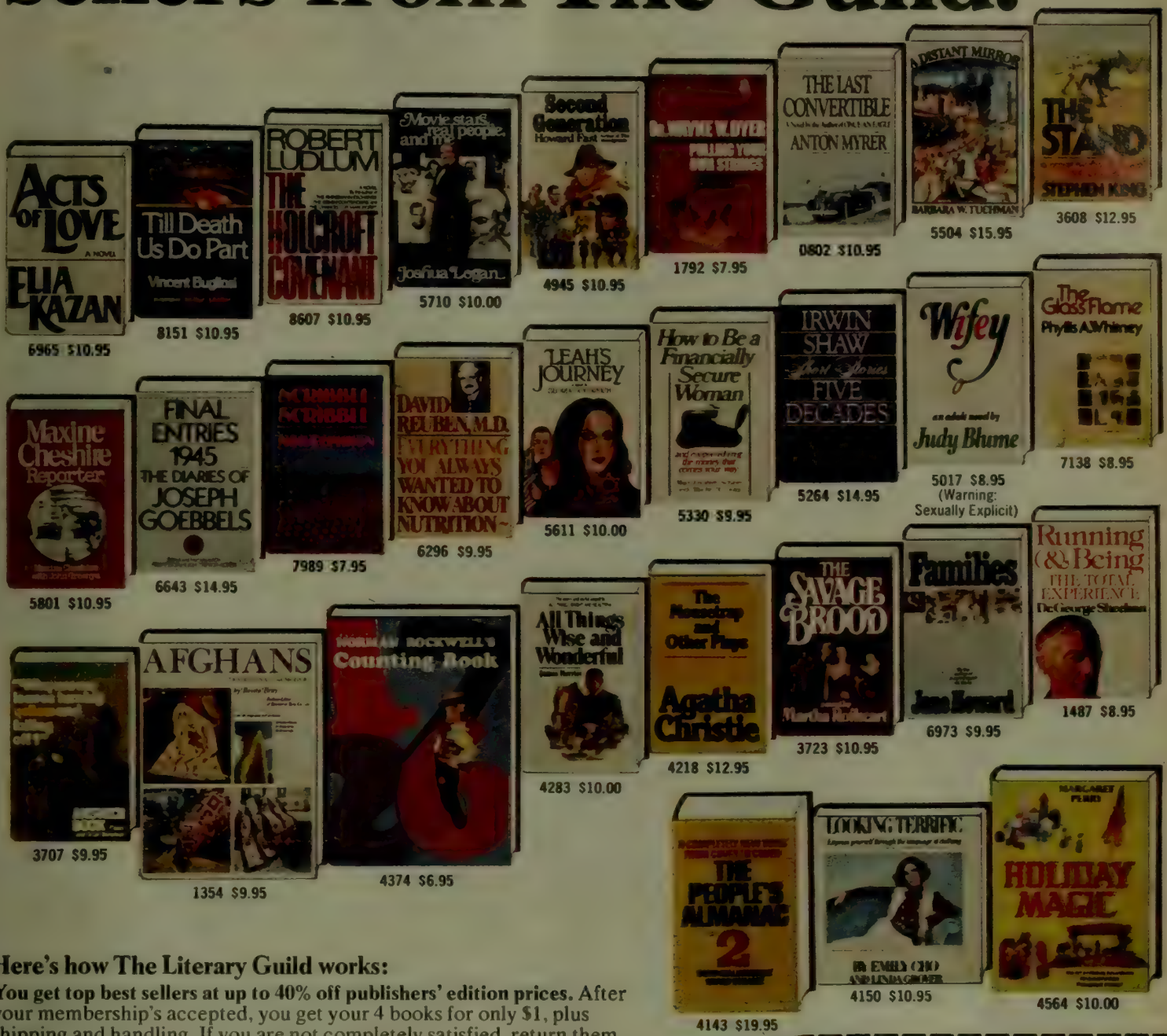

Cleans baked-on food


Cleans soap scum


Cleans kitchen grease

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GARDENING

How to moisturize plants for winter

Plants get thirsty during winter the same as they do in summer. If Mother Nature doesn't oblige with adequate rains, it's up to you to see that all your perennial plants, including trees and shrubs, have an adequate supply of soil moisture before the ground freezes.

Water trees and evergreens deeply

If summer and fall rains have been light, set your sprinkler for maximum coverage and move it from tree to tree. Let the sprinkler run for ten to 12 hours so water can soak deep into the soil. If soil is sandy and drains rapidly, water for just five or six hours. With adequate soil moisture, your trees will have a much better chance of surviving the winter with little or no damage. Of course, if you live in an area where there's a critical water shortage, you can't use water with such abandon, but give your special trees all the water you can spare. In a drought period, there is little danger of overwatering.

Winter moisture is more critical for large evergreens, such as pines and spruces, than it is for deciduous trees. Evergreens need a constant supply of soil moisture to maintain their needle-like foliage, so be certain to soak the soil thoroughly from each tree's trunk to six feet beyond the spread of its branches.

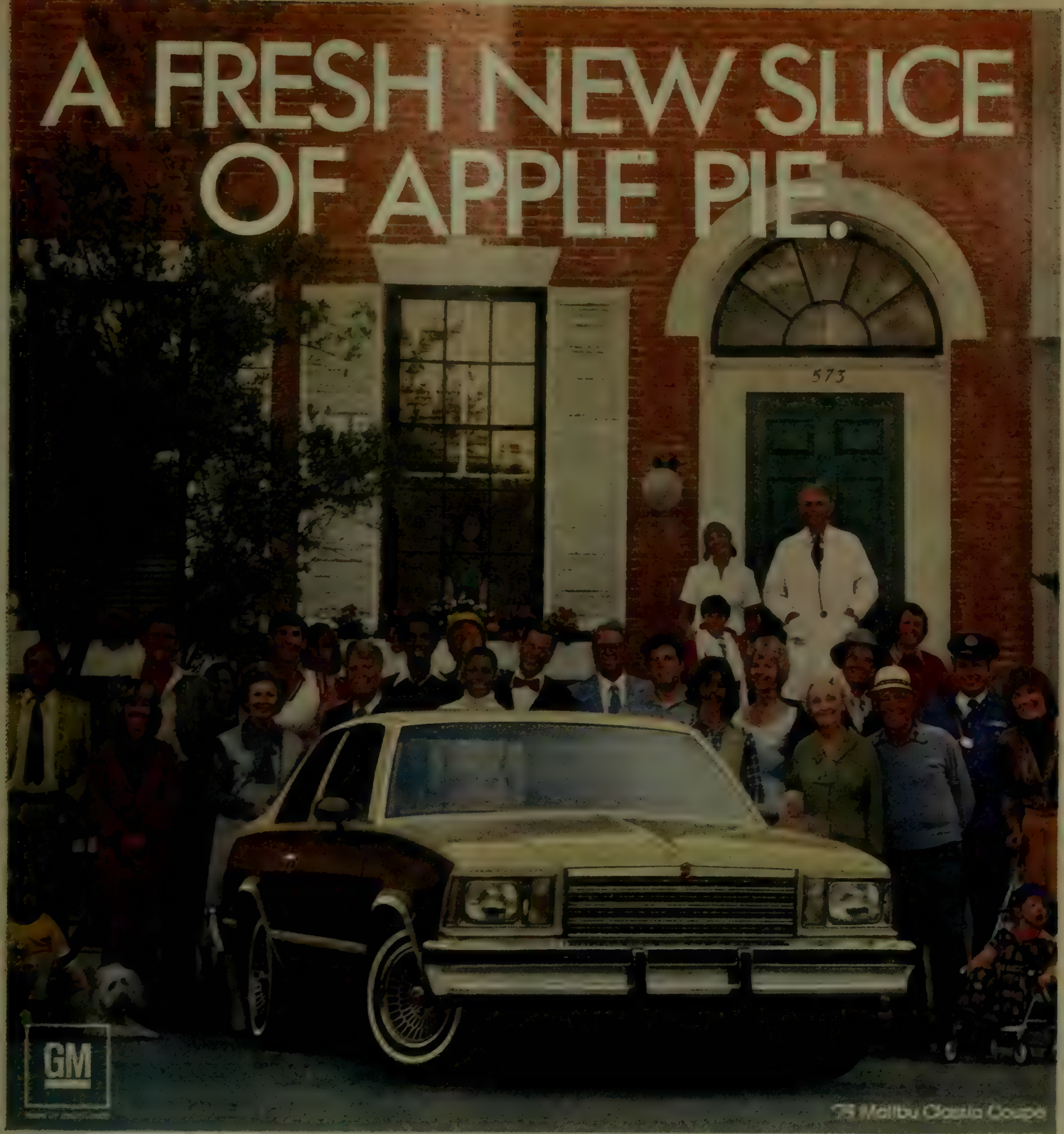
Evergreen foundation plantings are especially susceptible to cold, dry winters. You can't do anything about the cold, but you can make sure that there's plenty of soil moisture available to keep the foliage from drying out in the winter sun and wind. Shrubs close to the house can pose a problem. How can you get enough water deep enough around the roots without its running into your basement? The best solution is to water several times a few days apart. A sprinkler hose stretched along the outside edge of the foundation planting and turned on to half capacity will do a good job with no seepage.

Soak lawns and flower borders

Your lawn needs deep watering, too, so set your sprinklers to cover all lawn areas. With average water pressure, running a sprinkler for three hours at each setting will get water down to the deepest roots where it will remain available for the winter months. For best winter survival and a fast green-up in spring, give your lawn a generous feeding of nitrogen-rich fertilizer before watering.

Many perennial flowers must get their winter moisture from the top foot or so of soil, so a fall drought can be disastrous for them if additional water is not provided. A heavy soaking from the garden hose after the first light frost will supply the needed winter moisture. Then cover your perennials with a loose organic mulch, such as straw or pine needles. The mulch will keep the soil moist and protect the crowns of the plants. ■

A FRESH NEW SLICE OF APPLE PIE.



Dig in, America.

Dig in deep.

Because the deeper you dig, the more you're going to love this crisp new mid-size Malibu of ours.

A lot of folks are finding Malibu to be just the right size—with just the right room, the right look, the right feel, the right ingredients, the right name.

The right ingredients.

Malibu's beautiful Body by Fisher sits on a tough full-perimeter frame, with 14 noise-absorbing body mounts, front stabilizer bar, and Full Coil suspension for a smooth and quiet ride.

Front disc brakes, fiberglass-belted radial ply tires, full carpeting, extensive corrosion-resisting treatments, High Energy Ignition system and a Delco Freedom battery that never needs refilling are all standard.

The right name.

The fact that Malibu is a Chevy makes it all the more appealing to a lot of people. People who've owned Chevys over the years and know the kind of value we build into all our cars.

Talk to your Chevrolet dealer soon about buying or leasing a crisp new '79 Malibu.

It's right for the times.

'79 CHEVY MALIBU

Chevrolet

Don't be fooled by Even ours.



longlife bulbs.

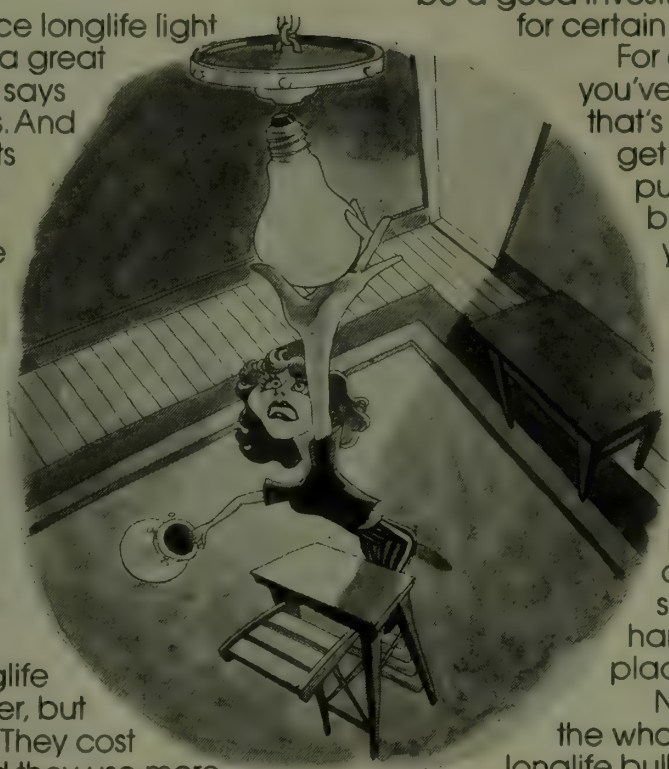


Let GE show you the light.

Longlifes seem long overdue.

At first glance longlife light bulbs seem like a great idea! After all, it says they last for years. And everybody wants a bulb that lasts longer. Right?

Well, before you go out and spend money on longer-lasting bulbs to put all around your house, GE wants to give you all the facts.



Longlifes cost you more long green.

It's true longlife bulbs burn longer, but there's a catch! They cost more to buy and they use more electricity than regular bulbs to give you the same amount of light.

So you do get long life. But you end up paying more for the same amount of light in the long run!

Longlife bulbs do have their place.

If all this is true, why do all these manufacturers, including GE, make longlife bulbs? Good question. The answer is simple. Longlife bulbs can be a good investment. But only for certain places.

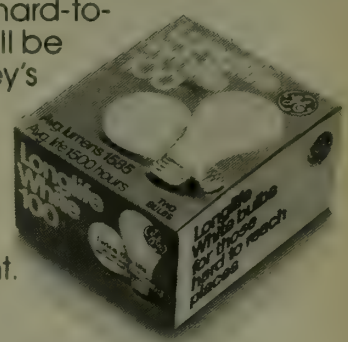
For example, if you've got a fixture that's really difficult to get to, it's easier to put in a longlife bulb. That way you won't have to go up and down a ladder so often to change bulbs.

But those are the only fixtures longlife bulbs belong in. In fact, right on our package we say "for those hard-to-reach places."

Now you know the whole story on longlife bulbs.

Putting them in all your sockets is too costly. But if you put just a couple of them in those few, hard-to-reach places, you'll be getting your money's worth.

If you were about to be fooled by longlife bulbs, we hope we've shown you the light.



We never stop inventing the light bulb.

GENERAL ELECTRIC



After a hard day at the office, who needs a hot night over the stove?

It isn't really the cooking. It's the getting ready before. And the cleaning up after.

With Stouffer's, you can skip all that and just have the best part.

Good food. Like our Chicken Divan. A satisfying combination of chicken, broccoli and a creamy wine-laced sauce. Or our Stuffed Green Peppers. A hearty meat and rice mixture. Plump peppers. All in a tangy tomato sauce.

Or take your pick from more than 30 delicious single and two-serving entrees. Each is all prepared, ready for you to heat. And enjoy.

You worked hard today. So go ahead. Take the rest of the day off.

There's a lot to like about Stouffer's.



Stouffer's

MICROWAVE COOKING

Acorn squash

Don't have time to prepare acorn squash? You do if you cook it in the microwave oven. Timings for cooking whole squash should be adjusted if your squash are smaller or larger.

NOTE: Timings are for high setting and are approximate. Counter model microwave ovens vary according to manufacturer.

VEGETABLE-STUFFED SQUASH

A package of frozen vegetables in cream sauce makes this recipe extra fast 'n easy—

2 medium acorn squash (about 1 pound each)

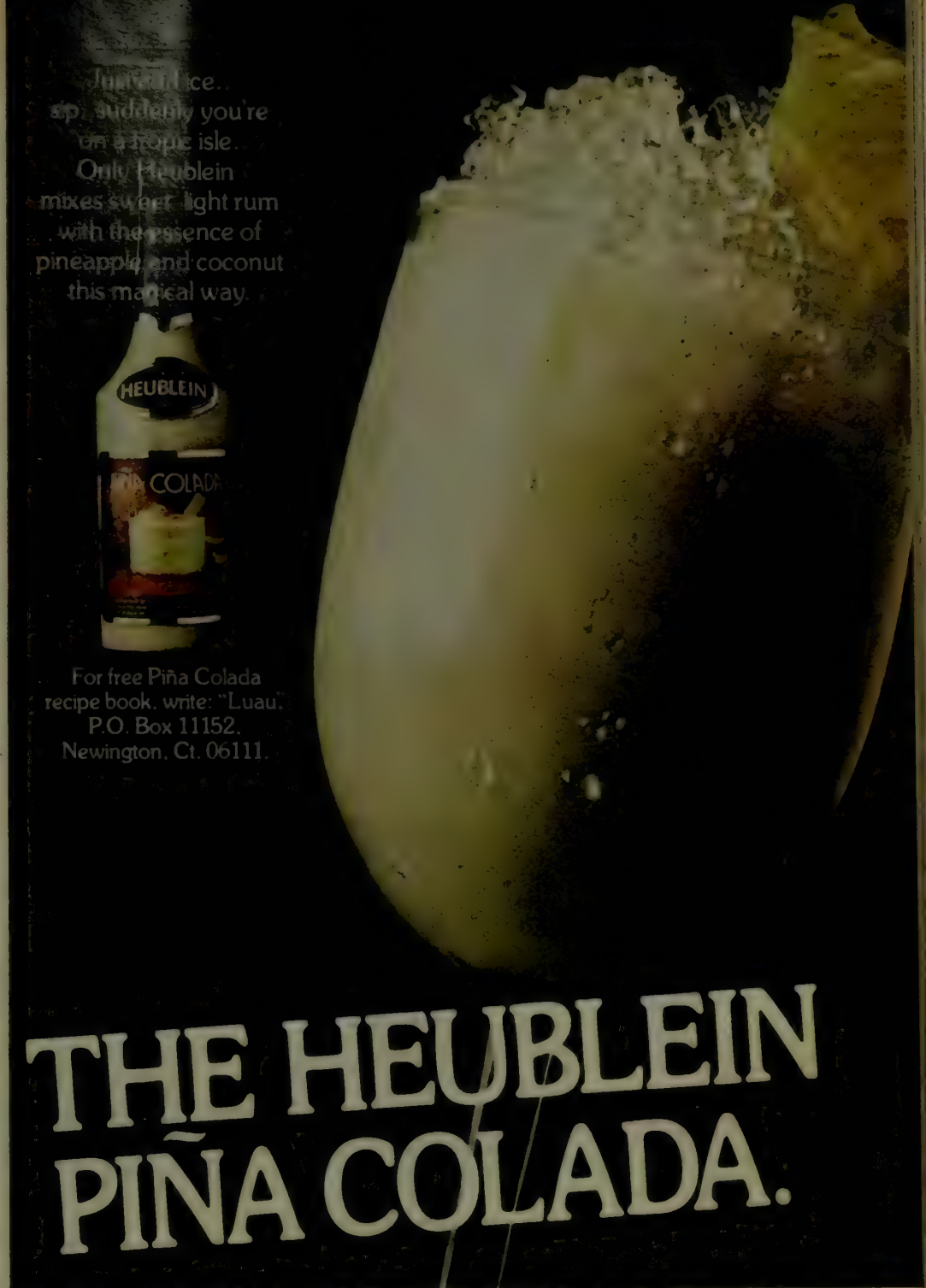
• • •

1 9-ounce package frozen peas and cauliflower in cream sauce
½ cup shredded American cheese (2 ounces)
Salt

With long-tined fork pierce whole squash to center in several places. Place in 12x7½x2-inch baking dish. Micro-cook, uncovered, 8 to 10 minutes or till soft, turning once. Let stand while preparing frozen vegetables. In 1-quart casserole prepare peas and cauliflower according to package directions *except* micro-cook, covered, for 5 minutes, stirring once or twice. Halve squash and remove seeds. Place, cut side up, in 12x7½x2-inch baking dish. Sprinkle with salt and spoon in vegetable mixture. Top with cheese. Micro-cook, uncovered, for 1 minute. Makes 4 servings.



Photograph: Dieter



For free Piña Colada recipe book, write: "Luau," P.O. Box 11152, Newington, Ct. 06111.

THE HEUBLEIN PIÑA COLADA.

Heublein Piña Colada 30 proof © 1978 Heublein Inc Hartford CT Recipe offer expires Dec 31 1978.

CINNAMON-CANDIED SQUASH RINGS

2 medium acorn squash (about 1 pound each)
Salt and pepper
¼ cup packed brown sugar
¼ cup dark corn syrup
¼ cup butter *or* margarine
1 tablespoon lemon juice
½ teaspoon ground cinnamon

With long-tined fork pierce whole squash to center in several places. Place in 12x7½x2-inch baking dish. Micro-cook, uncovered, for 8 to 10 minutes or till soft, turning once. Let stand 5 minutes. Slice squash crosswise into 1-inch rings; remove seeds. Clean baking dish; arrange squash rings in the baking dish and season with a little *salt* and *pepper*. In glass measuring cup combine brown sugar, corn syrup, butter or margarine, lemon juice, and cinnamon. Micro-cook, uncovered, 1 to 1½ minutes or till butter is melted. Spoon mixture over squash. Cover with waxed paper and micro-cook 4 minutes, basting once and turning dish once. Makes 4 to 6 servings. ■

How to mail food gifts

Why not do your Christmas shopping at the supermarket this year? Buy the makings for your most-requested recipes and mail the finished products to faraway friends.

What's mailable?

Use the following checklist to determine which food is feasible for mailing.

- Choose food that will stay fresh for up to two weeks.
- Make sure the food is sturdy enough to withstand rough treatment.
- Pick food that can be readily packed in unbreakable containers rather than in glass jars.
- Firm-textured cookies and unfrosted bars are good mailers, but avoid soft icings or open-faced jam fillings. Fruitcakes and quick breads are mailed by the thousands each year. Fudge, taffy, and caramels head the list of mailable candies.
- Newly popular holiday treats include homemade seasoning mixes, homegrown dried herbs, and local cheese and sausage specialties.

How to pack your gift

Even the sturdiest foods require careful packing to prevent crumbling. Here are some gift-packing tips:

- Choose a strong metal, plastic, or cardboard container just large enough for your gift. Line container with foil, then add a thin layer of crumpled foil, plastic wrap, or waxed paper.
- Center wrapped food in the container, carefully filling in any spaces and the top with crumpled foil, plastic wrap, or paper. Seal and gift wrap, if desired. Label container with the address in case the outer label is damaged, and add a notation to open the package as soon as it's received.
- Pack the container in a sturdy cardboard box, filling the spaces with packing material. Seal the package, address it, and ship it immediately.■



50 calories of butter or margarine

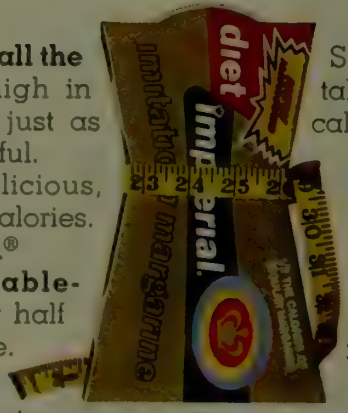
50 calories of Diet Imperial

Try delicious, new Diet Imperial. Still only half the calories of butter or margarine.

Enjoy the creamy taste—without all the calories of butter. Butter is high in calories. Regular margarine is just as high—100 calories per tablespoonful.

But now you can have delicious, creamy taste with only half the calories. With new, improved Diet Imperial.®

Only fifty calories per tablespoonful. Diet Imperial has only half the calories of butter or margarine.



So if you normally eat just two tablespoon-size pats a day, you can cut 100 calories.

Positively luscious flavor. Happily, Diet Imperial doesn't taste like diet food. It's creamy. Positively luscious.

A guarantee on the package: If you don't like new Diet Imperial, just send us your proof of purchase and we'll pay for it. Fair?

½ the calories of butter or margarine



Look what's happened to attached pad carpeting!

It's in the living room right underneath your Queen Anne chair, or your antique love seat.

Once, the only place you wanted attached pad carpeting was in the basement. Or in the kitchen. But that was before VORACEL* Brand Urethane Backing.

Now you can have all the luxury of high-style, high-quality carpeting with the incredible benefits of urethane attached padding. For any room in your house.

VORACEL is a new, innovative concept in carpet padding. A concept that has revolutionized attached pad carpeting. And it's created by Dow. The urethane experts.

Unlike traditional rubber or foam, the carpet fibers are tuft-locked right into the urethane padding. Not just glued on.

Carpet with VORACEL attached padding stands up to all kinds of wear—that other types of attached pads can't. Like kids. Furniture. Heavy traffic.

You get all the comfort a luxury carpet affords. With excellent resiliency and durability.

And VORACEL attached padding is moisture resistant. It won't absorb spills. And it won't mold, mildew or smell. A great advantage over rubber or foam

It won't shrink—no matter how often it's cleaned.

And so easy to install you can even do it yourself!

VORACEL* Brand Urethane Backing. It's the best thing that's happened to carpeting.

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VORACEL* Created by Dow

DOW CHEMICAL U.S.A.

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CARS Kim Garretson

How to teach your kids what driver ed can't



If your children are in their early teens, they'll probably soon be piloting "Student Driver" cars around your community. And thousands of other teen-agers will be joining them across the country, all trying to get a safe start on obtaining that all-important document: the driver's license.

But, how well will driver education prepare your children for today's roads and traffic? School administrators try to accommodate every applicant, but their budgets usually require limiting courses to about 30 hours of classroom instruction and six hours of supervised driving practice. This is enough training for most students to obtain driver's licenses and even to get lower insurance rates. But it may not be enough to produce truly safe and responsible drivers. No one can really master the techniques of driving until they've spent many more hours behind the wheel. And you, as parents, are the logical copilots for this extra practice. (If your children are too young for high school driver education, see our tips on teaching traffic safety at the end of this article.)

Preparing for the school course

Obtain a copy of your state's rules of the road or driver's license manual in advance. Then, study the material with the new student and plan your supplementary practice sessions. Some school programs offer orientation sessions for parents and students and encourage parents to participate in the course. If this is the case in your school district, attend by all means. Otherwise, call or meet with the instructor before the course begins to let him or her know you're interested and plan to help. Emphasize that you will be providing additional practice, not introducing new driving skills. And then, keep your word.

During the course your son or daughter probably will spend about 12 one-half-hour sessions behind the wheel, while one or two other students ride in the car and take their turns driving. Try to spend about one hour between each driving session riding with your youngster; if possible, break up this extra practice into half-hour periods so your youngster doesn't become bored.

Although the number of driving sessions and the sequence in which skills are introduced vary greatly among courses, here is a common list of 12 sessions. Prepare and follow your own list after conferring with the instructor.

1. Starting, stopping, curb pull away, curb parking, steering.
2. Intersection turns in a residential area, quick stops, crossing uncontrolled intersections, backing.
3. Light traffic, simple lane changes, simple intersection turns.
4. More light traffic, turnabouts.
5. Moderate traffic, diagonal parking, driving in shopping centers.
6. Hill parking, higher speed highways, passing.
7. Left and right turns from and into heavy traffic.
8. Freeway driving.
9. Solving problems in heavy traffic.
10. Handling emergencies.
11. Final road test.
12. Night driving (if possible) and review of student needs.

Many instructors find it difficult to schedule or conduct sessions on handling emergencies or night driving. Don't try to teach reactions to emergencies if the course does not include this exercise. If it does, the emergency situations practiced probably are minor—dropping a tire off the edge of the pavement, hood flying open, wet brakes. In either case, simply discussing the proper reactions to emergencies probably is the safest way for you as an untrained instructor to help your children. Night driving, on the other hand, is an exercise you should conduct if the course sessions do not include it; however, wait until the youngster completes the course before having him or her practice night driving.

Your practice sessions

Before you and your youngster set out on the first practice session, ask him or her to read the owner's manual and locate the instruments and controls; these might not be in the same locations as the ones on the driver education car. Always choose a route before you begin a session so you will be able to inform the student well in advance of turns.

Shortly into your first driving session, test your youngster's ability to stop the car quickly and safely upon command. This command (and all others given in the practice sessions) should be delivered in a calm, low voice. While your child is driving, encourage the youngster to identify the objects and situations in the traffic environment that he or she is evaluating. Acknowledge the crucial elements, and point out any the youngster misses. Give clear, concise directions

continued

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'I made a decision about smoking.'

"I smoke for taste—that's my decision. It's that simple. But I couldn't avoid the tar story. It bothered me.

"So I searched out a low tar menthol cigarette that had taste. That wasn't easy. Then I found Vantage Menthol. They give me the menthol taste I always enjoyed.

"And Vantage isn't like any other low tar cigarette. Take the filter—there's not another one like it. I don't have to draw hard.

"Every once in awhile, when I remember the taste of my old cigarette, I'm glad there's Vantage."

Kim René
San Francisco, California



Regular, Menthol, and Vantage 100's.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

FILTER 100's: 10 mg. "tar", 0.8 mg. nicotine, FILTER, MENTHOL: 11 mg. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report MAY '78.

continued

Teach your kids what driver ed can't

well in advance of the situation, and avoid using your finger to point. You might wish to attach a mirror to the sun visor over your passenger seat to help you monitor conditions behind.

Spend your practice sessions working on skills the student has studied in class; more advanced skills may be perfected after the course has been completed. Expect minor mistakes by the student, and don't try to correct all of them at once. Don't ignore the more dangerous mistakes, though. As an example, here is how to respond to one such error: "We swung into the far lane on that right turn. Let's try another one at the next intersection. This time, approach it a little slower and stay in the right lane."

If any emergency situation suddenly arises during the session and you do not yet trust the reflexes and reactions of your child, be ready to take control of the steering wheel and adjust the course or shift the car into neutral to cut power to the wheels. Stay calm and don't let such incidents panic or anger you.

Judgment situations

When approaching stoplights, ask your child to predict whether the light will stay green or change to yellow. When approaching uncontrolled intersections, ask the youngster to tell you whether it is "uncontrolled" (by the lack of signs or lights) and whether it is safe to proceed through the intersection without stopping.

When stopped at a stop sign or in a lane of traffic waiting to turn left, ask your child to identify well in advance the gap in traffic through which he or she intends to proceed. Consider how well your youngster starts from a stopped position, and then either give the go-ahead or ask the child to pick another gap.

Before allowing your youngster to pass other cars, ask for a judgment on whether to pass or to stay in the lane. Also, make sure your child gives you fair warning of when he or she plans to pull away from a parking spot.

After the course is over

Your youngster will likely be excited about completing the course and eager to get a driver's license (if he or she is old enough). But don't let the student obtain a driver's license unless you are sure he or she has the maturity as well as the driving skills to drive safely. About a month's extra practice in a variety of exercises (especially night driving) should be sufficient. Once your child has a license, let him or her get practice at solo driving by running errands in the neighborhood.

Look for the same mistakes the driver made during the earlier training sessions. Here are some of the common errors new drivers continue to make after they obtain a license, and tips for correcting them.

Slight weaving in a lane often indicates the driver is looking too intently at some road objects and neglecting other traffic events. It may also mean that, in trying to keep the car on course, the youngster is oversteering slightly to the left and right. Instruct

continued



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continued

Teach your kids what driver ed can't

your child to keep the wheel steady and look well ahead of the car, centering on the lane ahead while keeping his eyes moving to take in the big picture.

If your child occasionally cuts in too close to another vehicle, he or she may not be using the mirrors properly or may be failing to check the blind spot to the side. Have your child recite the areas he or she is checking before and during this maneuver.

If your teen-ager sometimes follows another car too closely, introduce the two-second interval rule. Ask the youngster to count out loud ("Zero . . . one thousand one . . . one thousand two") during the time it takes for the car ahead and your car to pass the same roadside object; the interval should be at least two seconds.

During this post-course period you might also consider giving the new driver practice in responding to skids on slippery roads. Pick a large deserted parking lot with a cover of ice or snow and let your youngster try braking and steering, starting with low speeds and then working up to more severe skids. Be careful, though; stay away from obstructions such as light poles and be ready to explain your actions should a policeman become curious.

IF YOUR CHILDREN ARE TOO YOUNG FOR A DRIVER EDUCATION COURSE . . .

Remember, your children's driver education begins as soon as they start observing how you drive. If you talk about traffic safety while they ride with you during their early years, they'll be better prepared when it's their turn to take the wheel.

Traffic safety educators look for help from you. Dr. Richard Kaywood, editor of the *Journal of Traffic Safety Education,* says parents should be involved in their child's formal safety training from the preschool period all the way through the driving test. "Ninety percent of a child's performance depends on the parents," Kaywood says.

Organizations such as the Highway Users Federation have developed materials for parents and schools on how to introduce traffic safety concepts to your young children. Here are some tips for teaching important concepts to your youngsters.

The early years

Familiarize your youngsters with the concept of "the driver's perspective." Point out visual handicaps, like sunlight glare, that can obstruct a driver's vision, and ask your children to identify parked cars or curbside trees that could hide pedestrians ready to cross the street. Talk about good habits of the watchful driver, and ask your children to help you by watching for children playing near the street. Show your children how you "talk" to other drivers through signals, and how traffic signs "talk" to you through their colors and shapes. Teach them simple laws for walking and bicycle riding and the meanings of basic signs. Talk about evaluating speed and distance and show them how to pick safe clearances between themselves and cars when they are

continued



Introducing the all-new 1979 Mercury Marquis.

Science helps create a new Marquis standard of driving comfort.

The most scientifically engineered Marquis in history.
Science has contributed extensively to the new Marquis' development. Result: a new Marquis standard of driving comfort. *Read how it compares to the '78.*



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Computer analysis helped give Marquis more headroom, leg room, shoulder room, front seat hip room.

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Experience the new Marquis standard of driving comfort for yourself. Inside, a luxurious driving environment. New front seat with steel flex-o-lator springs for comfort and support. Marquis' trunk has 21.6 cubic feet. And a standard 5.0 liter engine accelerates 0 to 50 mph in 10.2 seconds.





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Science has enhanced this all-new automobile. In many systems, major and small, we have achieved numerous improvements which have created a dramatically outstanding Marquis for 1979.

A new Marquis standard of driving comfort.

MERCURY MARQUIS

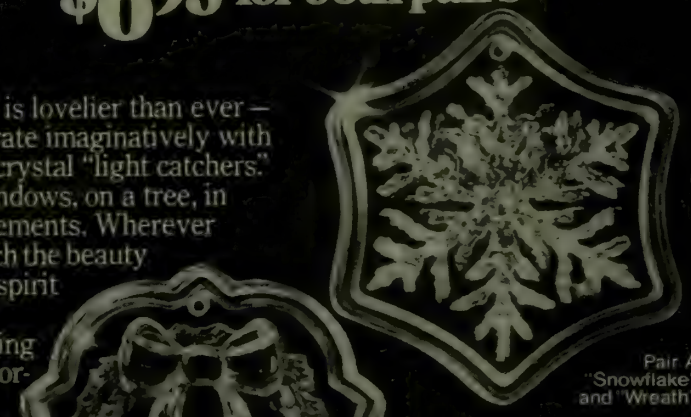
LINCOLN-MERCURY DIVISION Ford

Fostoria's beautiful lead crystal ornaments

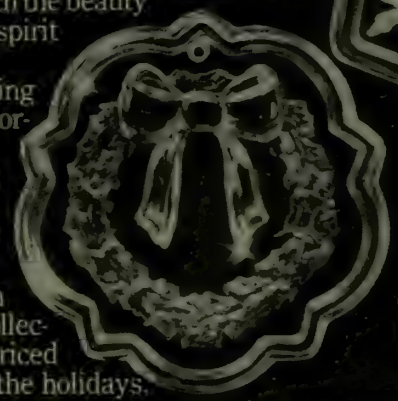
$3.75 per pair
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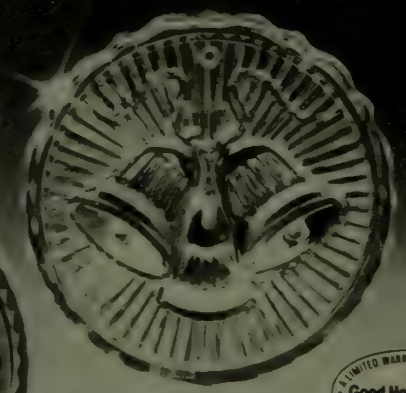


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So hurry, order today — for friends, relatives, and *you*. Choose pair A or B for only $3.75, or buy both pairs for just $6.95. But do it *today*.

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continued

Teach your kids what driver ed can't

crossing streets or riding bicycles.

When your children reach third or fourth grade, it's time to teach more sophisticated concepts of safe driving: judging distances between moving cars; adjusting speed to traffic and road and weather conditions; spotting hazards and pedestrians at night; and anticipating traffic situations and the actions of other drivers. When you see others making mistakes—rolling through stop signs, not signaling turns, walking against the light—explain the dangers and discuss why you must share the road with others, even when they are in error.

The early teen-age years

Introduce your teen-agers to concepts they will have to master once they take the wheel. Call attention to the safe driving habits that you have developed from years of driving experience—constant checking of surrounding conditions in mirrors and out of the corners of your eyes, lifting your foot off the accelerator when brake lights appear on the car ahead, looking through the windows of the car ahead to see what's happening in front of it.

Point out that driving involves risks. Then discuss why some drivers take unnecessary risks—to show off, save time, get a "kick," satisfy ego—and how to minimize risk-taking. Stress that, to reduce risks in traffic, motorists must drive in a manner that allows them to compensate for the unsafe actions of others.

Involve your children in regular safety maintenance of the family car; have them help you check lights, tire tread and pressure, mirror positions, brakes, etc.

To teach your children energy-efficient driving, let them participate in calculating gasoline mileage, both for city and highway driving. Demonstrate the correct procedure for making turns (turning the wheel smoothly to the correct position, then returning it smoothly to the straight position). If your car has a manual transmission, point out that shifting requires coordination between hands and feet. ■

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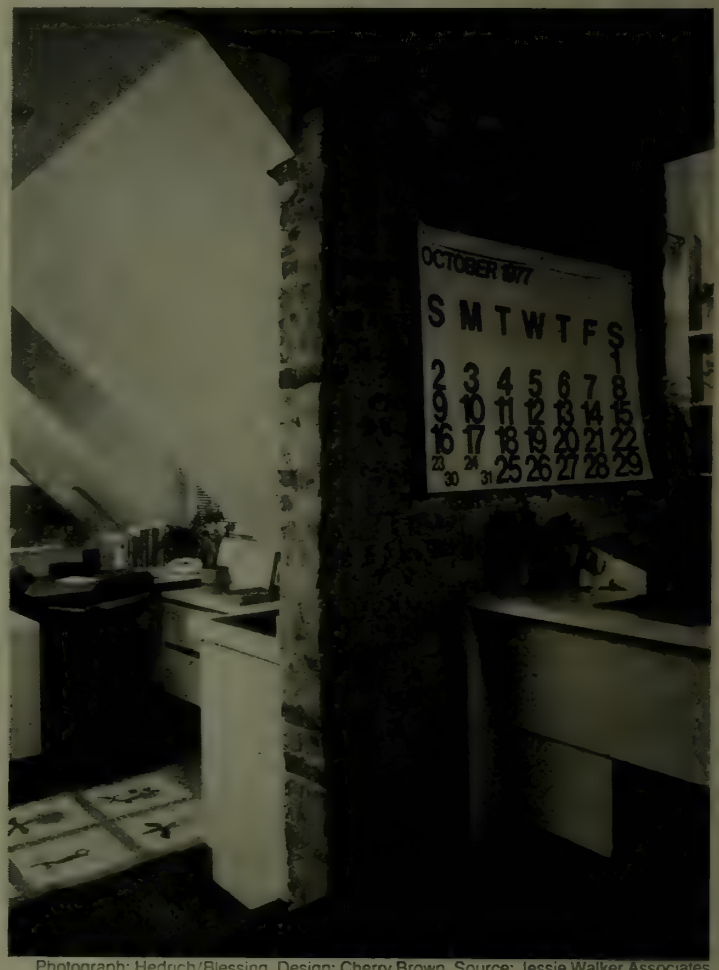
GF GENERAL FOODS

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AN ATTIC OFFICE WITH FLAIR

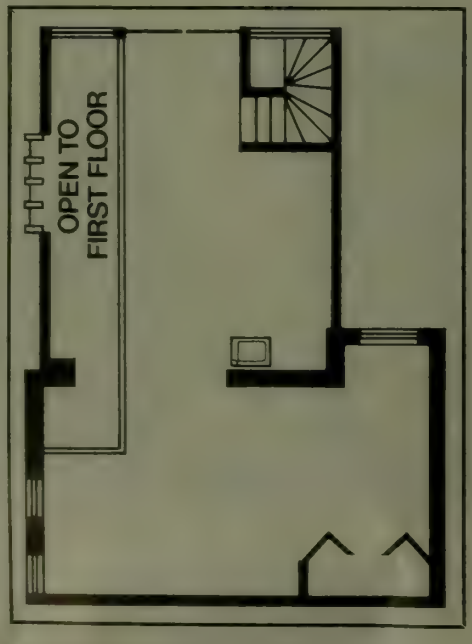
If you've longed for a roomy home office with a desk and storage space all your own, you'll like the results of this attic project. Homeowner Louise Mintz, a primary schoolteacher, uses the work area every day when she plans and prepares student projects.





Photograph: Hedrich/Blessing. Design: Cherry Brown. Source: Jessie Walker Associates

Looking into the attic from a storage area at the rear, you can see why inspiration comes easy—even for a teacher who must be creative every day. The left edge of the office is actually a low balcony wall overlooking the kitchen below. Three skylights, framed with 2x12s salvaged from another stage of the remodeling, add natural light to both rooms; wall-mounted spots and ceiling track lighting fill in when necessary. A built-in bookcase with closed cabinets keeps reference works and other necessities close at hand. The French doors at the far end of the room open onto a deck added during the remodeling. Several species of plants thrive under abundant natural light on the steps leading to the new deck.



The right portion of the room contains the desk and work area. A dormer window lets in light for daytime projects and provides cross-illumination with the skylights and French doors on the opposite walls.

On the back of the brick wall is a sink area, which saves many trips to the lower level bathroom. (The brick wall marks the end of the original 1910 house; most of the attic office is actually above a newer section of the house added many years ago.) The attic has its own ductwork and heating system. (You can see a ceiling register, *left photo,* at the rear of the room.) Walls are covered with drywall painted bright white; flooring is stained six-inch-wide yellow pine. ■

SPECIAL VALUE

Two years ago, this same 680 coil mattress was regularly offered for $134.95 in twin size. It will be available again from Oct. 16 through Dec. 2, 1978 for **$79.88**

$55 less than the 1976 regular price!

Don't miss the extraordinary values on 1976 Sears-O-Pedic Luxury mattresses!
(Limited time only, October 16-December 2.)

	FALL 1976 Regularly offered:	1978 (10/16-12/2) Now only:
Twin	$134.95	$ 79.88
Full	$154.95	$109.88
Queen set	$389.95	$279.88
King set	$544.95	$379.88

You'll find 680 firm, tempered coils in twin size, 1000 in full size. Mattress also available in firm, 6-inch thick polymeric foam.

You'll find 2 layers of polyester and urethane foam padding and a quilted cover of luxurious polyester damask.

You'll find 4 handles, 8 air vents and reinforced edges on the innerspring version. Plus a firm, stable, built-to-match boxspring.

You'll find all sizes in most larger Sears retail stores from Oct. 16 through Dec. 2, 1978.

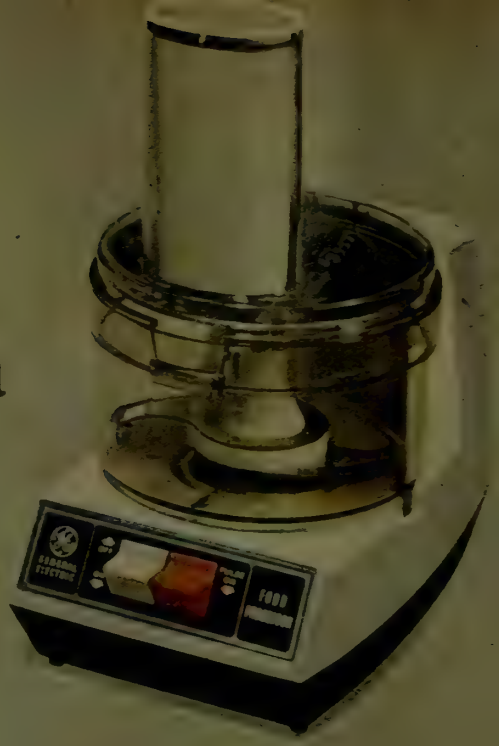
Prices and dates may vary in Alaska and Hawaii.

Only at **Sears**

©Sears, Roebuck and Co. 1978



When is a GE Food Processor more than a great food processor?

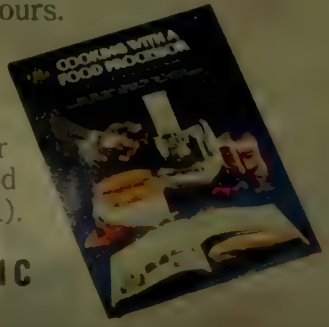


When it's a GE Food Processor plus Blender!



Now there are two great GE Food Processors to choose from. Both General Electric Food Processors chop, slice, grate, shred, mix, and puree... all at incredible speed. But one GE Food Processor also converts to a blender. A 5-speed blender! Two great General Electric Food Processors... with blender or without. Now the choice is yours.

General Electric's "Cooking With a Food Processor" Cookbook with over 200 recipes and 400 color photographs. Free with the Food Processor Plus Blender (Model FP-2) or $7.95 with the Food Processor (Model FP-1).



GENERAL ELECTRIC

DECORATING

Mirror groupings

Hang a mirror on the wall and you have an instant focal point for a grouping of other wall accessories and compatible furniture pieces. Here are two examples.



Photograph: Edward Bourdon. Source: Helen Greer

A formally arranged grouping can underscore the beauty of a traditional setting. In the living room above, accessories are arranged in perfect symmetry around a period mirror.



Photograph: Fred Lyon. Source: Barbara East Gallery

Like a fine painting, an ornamental mirror deserves a place of importance, with plenty of space around it for maximum visibility. The antique mirror above is strategically located between the foyer and the living room, and showcased by a rugged old trunk and a collection of green plants. ■

WITH THE ATTACHED CERTIFICATES YOU MAY HAVE ALREADY WON

$5,000 PLUS A 1979 CADILLAC

Coupe de Ville

IN THE

RAY·O·VAC®

BATTERIES

$250,000

"SPOTLIGHT ON VALUES"™ OFFER



1978 model shown. 1979 model not available for this printing.

OVER 10,000 PRIZES OFFERED * MILLIONS OF CASH REFUNDS

GRAND PRIZE 1 WINNER GUARANTEED	$5,000.00 CASH	PLUS A 1979 CADILLAC COUPE DE VILLE
SECOND PRIZE 10 WINNERS GUARANTEED	$1,000.00 CASH	
THIRD PRIZE 100 WINNERS GUARANTEED	$100.00 CASH	
FOURTH PRIZE 10,000 PRIZES OFFERED	$10.00 CASH	



HERE'S HOW YOU MAY HAVE WON $5,000 PLUS A 1979 CADILLAC COUPE DE VILLE IN THE RAY-O-VAC BATTERIES "SPOTLIGHT ON VALUES" OFFER.

One of the attached certificates may be a winner of $5,000 plus a 1979 Cadillac Coupe de Ville—or one of over 10,000 other prizes offered.

And you can get 50¢ cash refunds for the purchase of Ray-O-Vac batteries. Read the official sweepstakes certificate and rules to find out how it works.

Take your "Spotlight on Values" certificate(s) to your participating retailer today to see if you're a winner.* No purchase necessary.

Even if you're not an instant winner, you still have a Second Chance to win any of the unclaimed Grand, Second, or Third Prizes (unclaimed Fourth Prizes will not be awarded). See the Official Rules for details.

*Void in Missouri. Residents of Maryland and Ohio see Rule #5. Promotional offer also void outside the Continental United States, Alaska and Hawaii.

TM ACTION MARKETING, LTD.

Office Legs

How to get them. Since office legs are the neatest, smoothest legs you can walk around with, you get them with the new Bic Lady Shaver. It lets you shave really close because it's got a special guard bar to protect you from nicks.

How to keep them. Some shaving methods can be either painful, irritating or expensive. Bic Lady Shaver gives you weeks and weeks of super smooth shaves for pennies.

How to use them. You'll know.





A Fabric Dollhouse to Quilt, Embroider, Appliqué, and Paint

By Nancy Lindemeyer

Please turn the page.





A Fabric Dollhouse



In this enchanting dollhouse, there's lots of room for your imagination. Once you've re-created the basic designs from our patterns (or you may order preprinted material, see below), you can begin to "move in" your own personal touches. Our designs include an outside and interior view as shown on the wall hanging/headboard and quilt pictured here and on page 77

There are lots of creative ways to use these 32x40-inch panels. For example, you can fashion a cuddly, reversible quilt by using the outside of the house on one side of your quilt and the inside on the other. Both views of the house make handsome wall hangings, especially when you've added your own painting or stitchery.

The painting, embroidery, and appliqué motifs shown left and above will help you get started. As you explore this amazing residence with your paintbrush or needle in hand, you'll think of many other ideas.

For complete how-to, see page 88

To order preprinted fabric, see page 290

Design: Janet McCaffery. Design Coordinator: Ciba Vaughan

A Houseful of Dolls You Can Make



Children as well as adults will delight in creating this turn-of-the-century household complete with the family cat. Use our patterns to make these period people or begin one step ahead with our preprinted fabric.

For complete how-to, see page 88.

To order preprinted doll fabric, see page 290.

Design: Janet McCaffery. Design Coordinator: Ciba Vaughan



HOME IMPROVEMENT PROJECTS:
BUILT-INS FOR EVERY ROOM

BY DAVID HAUPERT

Two houses—nearly identical on the outside—can be worlds apart inside. And that difference doesn't have to hinge on decorating budgets. Often what makes a house stand out is its custom features—those big and little built-ins that add livability and personality.

On the following pages you'll find seven ways to make your whole house really special.



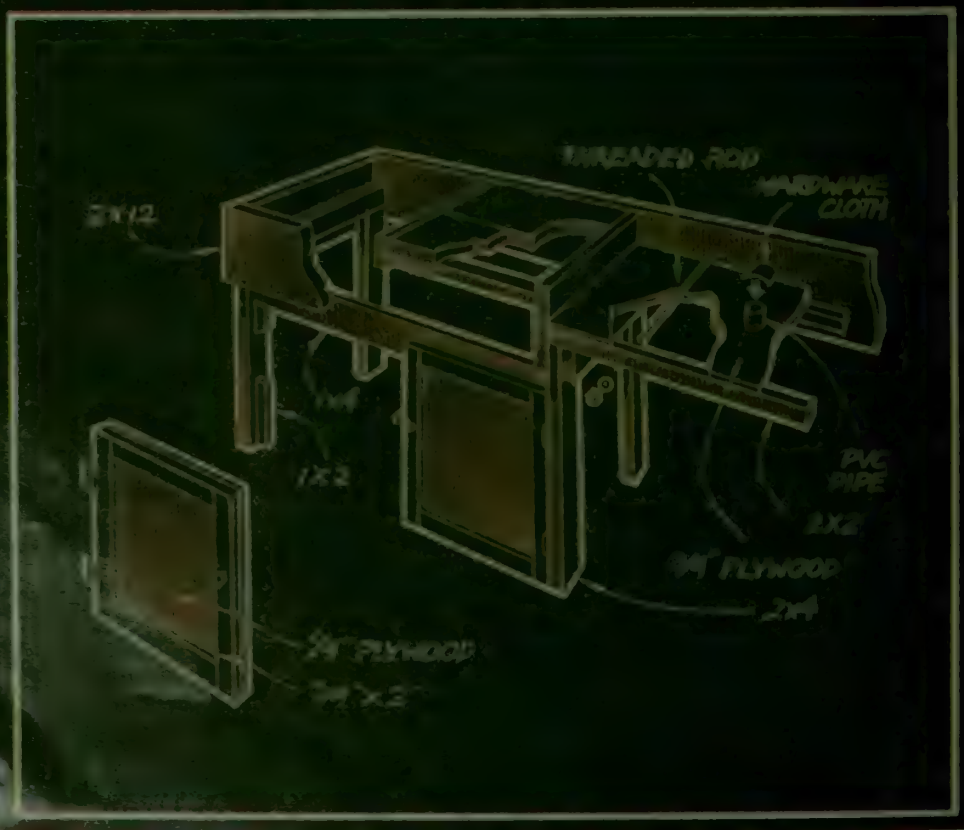
Photograph: William Hopkins

RUSTIC PLANT QUARTERS

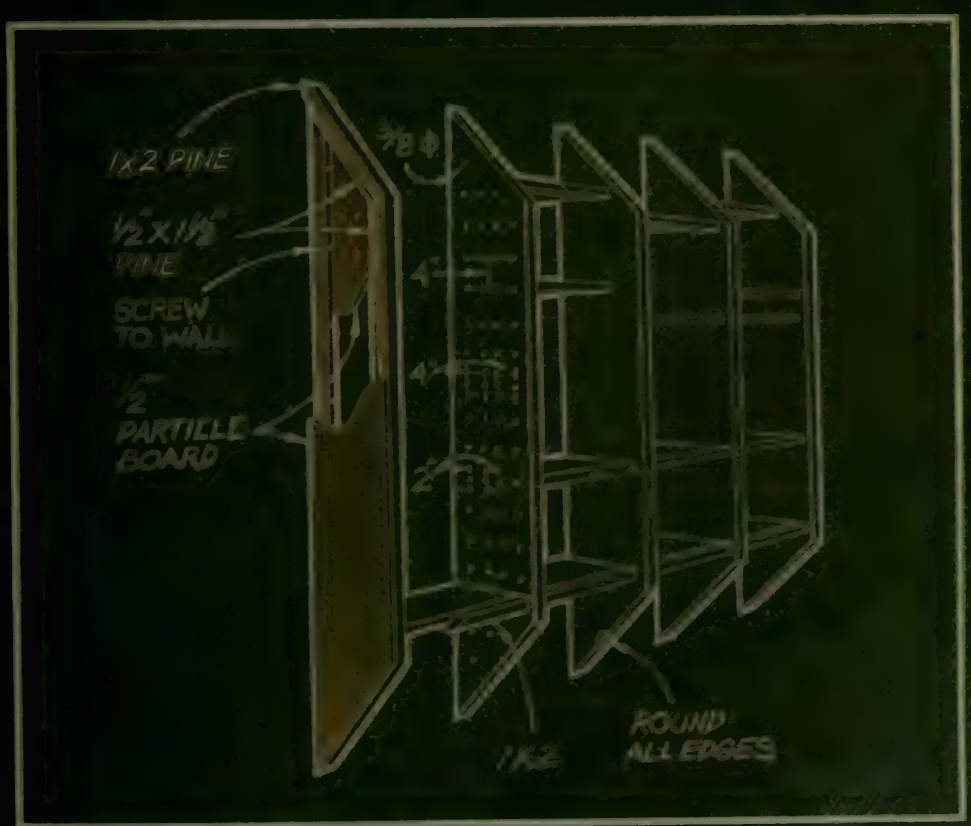
Put this warm, colorful project wherever you have an expanse of glass—preferably on a south wall. And if you don't have the glass, consider adding some south-facing windows. That way, the planter portion can function as a heat collector during winter months.

Size the unit to your room and adapt as you go. This design features a sink/cabinet section in one corner and a planter box stretching to the opposite corner.

Use rough-sawn 2x12s for the main cross members, 2x4s for the uprights. Screw 2x2 cleats to the insides of the 2x12s and nail the floor of the planter to the cleats. Seal the plywood and inside walls of the planter with polyester resin. Insert threaded rods as shown, to keep tension on the planter walls.



Photograph: William Hopkins. Designer: Kenneth H. Peterson. Source: Patricia Carpenter



STREAMLINED SHELVING

You can stash your heaviest stowables on this shelf system with nary a worry about a collapse.

Cut the faces of the fins and drill dowel holes in all but the two pieces that form the left and right ends. Assemble each fin by gluing and nailing the ½x1½-inch core spacers between the two facing pieces—only at top, front, and bottom. The back spacer also serves as your mounting strip, so screw it to the wall, directly into a stud. Nail and glue the fins to their mounting strips and nail 1x2 trim pieces to the edge of each fin. Drill dowel holes *partially* into the outside face piece through the holes on the opposite half of the fin. Then cut dowels and shelves, add 1x2 stiffeners to the front end of each shelf, and assemble all parts.

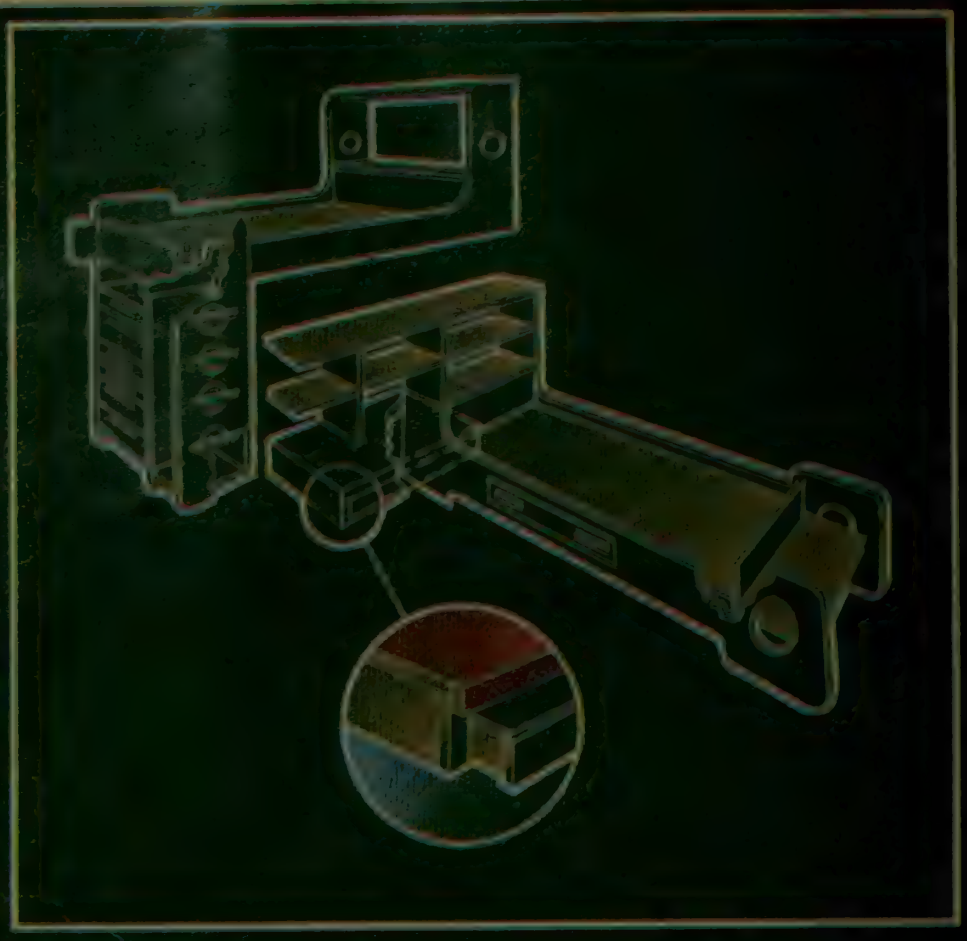
HOME IMPROVEMENT PROJECTS

3-IN-1 SLEEP CENTER

This sleep/study/stow unit will pack a lot of function and good looks into the corner of virtually any kid's room. And the compactness of the whole system leaves the rest of the floor available for spread-out-and-play games.

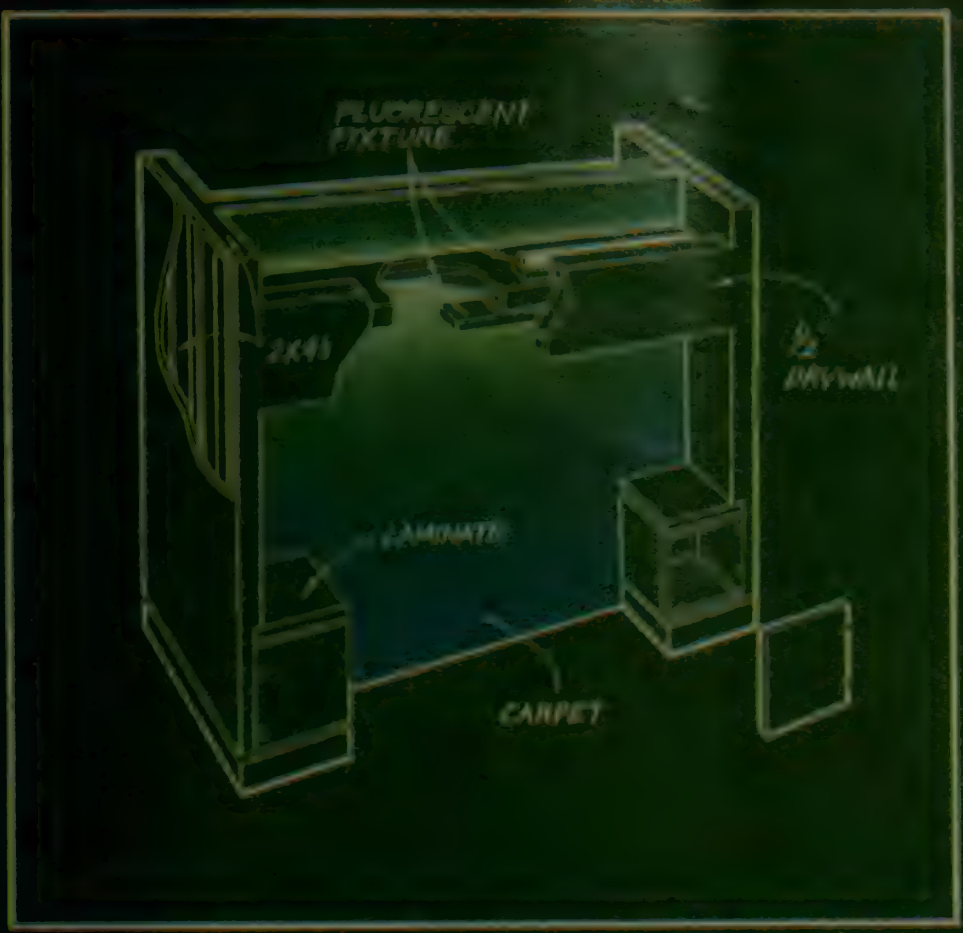
Build the project in two phases—the lower bed, shelves, and desk in one module, the rest as a separate stage. You can save time by incorporating an unfinished chest of drawers into the left end. Use ¾-inch plywood almost exclusively; cover the desk with plastic laminate and mount the drawers on metal glides. (If you need even more drawer space, add a second drawer to the bed.)

Slightly flatten the dowel steps and bolt them securely to the upright, centered over the cutouts.





Photographs: William Hopkins Bed Design: Carole Nadeau Design Group M Source: Patricia Carpenter



DOUBLE-DUTY DIVIDER

If you have enough square footage in your bedroom to divide it into two areas, this headboard/divider project is a first-class way to do the job. On the front side, your bed simply slides into a niche between two cabinets; the back side holds shelves, a desk, or a closet for that sewing unit, study, or dressing area you've always wanted.

Frame the project with 2x4s and 2x2s and cover them with ½-inch drywall. Start the cross panel about five feet from the floor and mount two pairs of fluorescents as shown—one pair for uplighting, the other for late-night reading.

Once the building phase is complete, let your creativity take over. Cover the front wall of the unit with carpet to match the floor. Or try wallpaper or a padded fabric.

The back side can be as simple as a nook with a closet rod—or as complex as a complete den.



Designer: J. A. Eggers, A.I.A. Source: Joan Kyger Eden



Photograph: Ernest Braun. Designer: Donald K. Olsen, A.I.A. Source: Helen Halfkamp

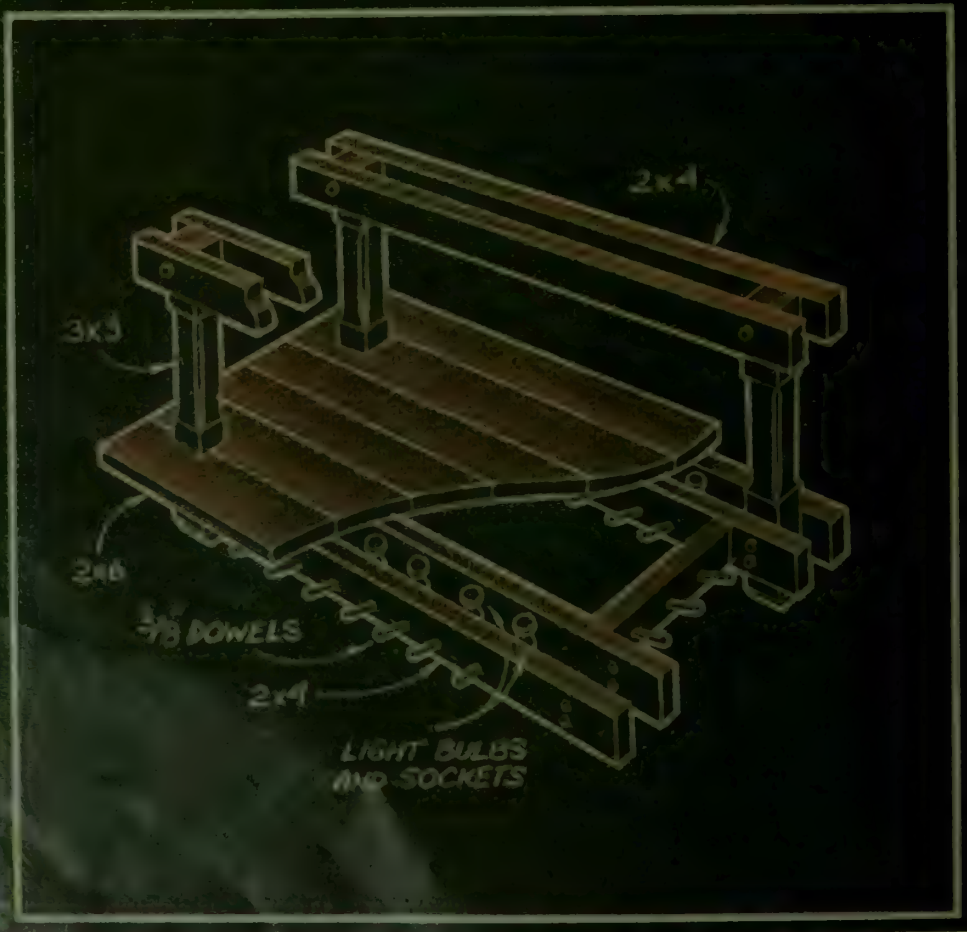
HOME IMPROVEMENT PROJECTS

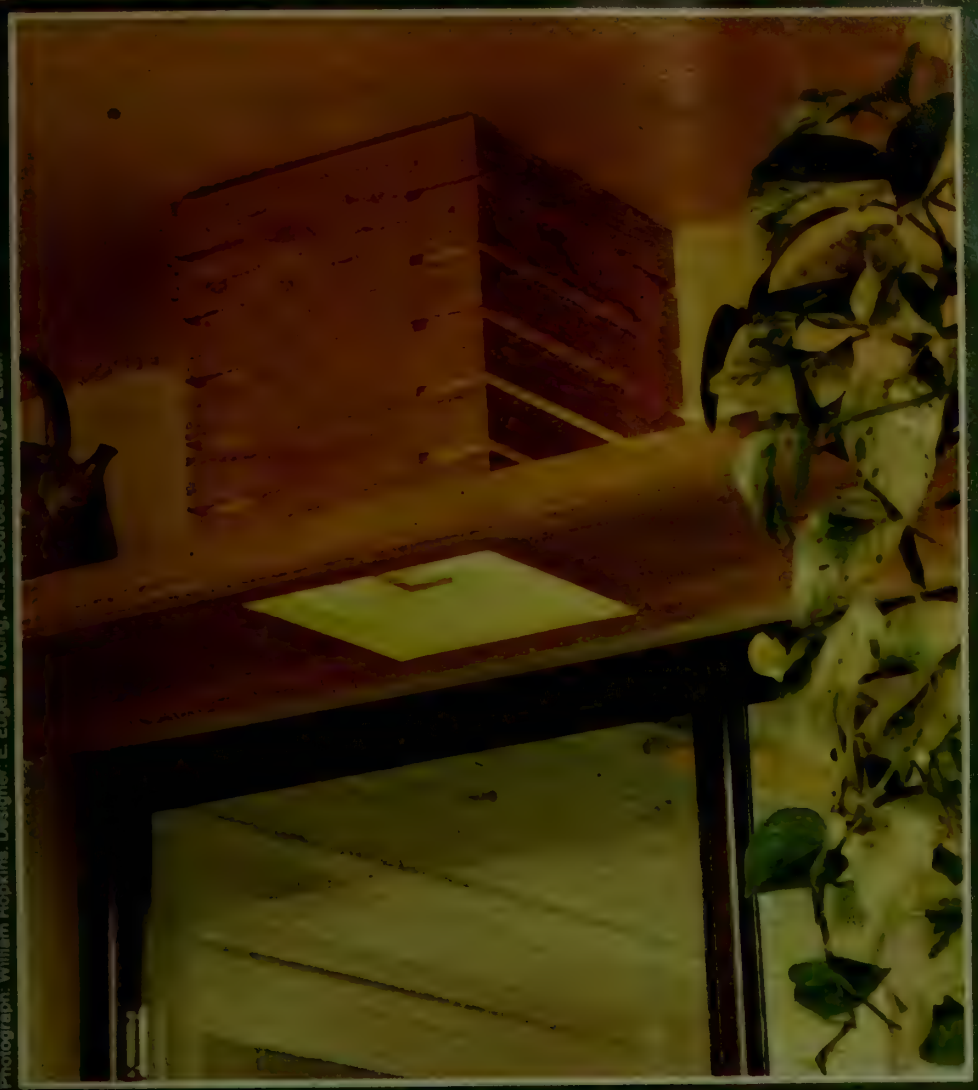
COUNTRY-STYLE POT RACK

A stash-it-all unit like this one corrals an amazing number of pots and pans—on the rack overhead and on the many dowels. Locate the unit above an island, or along a wall where you're not likely to run into a dangling pot.

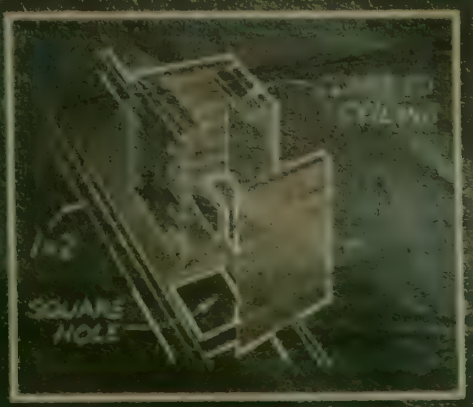
If you're redoing your ceiling, the best way to hang the rack is to extend the four posts and bolt them to ceiling joists. But if you're sticking with the ceiling you have, recess long screws into a couple of the top 2x4s and anchor the unit to the joists from below.

Assemble the project before you [illegible] ⅜-inch dowels or [illegible] screws and wood [illegible] and have [illegible] one help you [illegible] while you hang it.





Photograph: William Hopkins. Designer: E. Eugene Young, A.I.A. Source: Jean Kyger Eblen



SLOTTED LIGHT CUBE

Build several of these spiffy little boxes to brighten up your kitchen counter, bathroom vanity, and any other area where you want to make the lighting more dramatic.

Simply build a four-sided box and cut slits in the sides with your table saw. Nail and glue 1x2 cleats to the insides of the front and back, as shown, and anchor the box to the ceiling—around an existing light or a new porcelain fixture.

Or if you want to install the box as pictured, cut a hole in a 1x12 and add a front edge piece. Then screw cleats to the back wall and end walls, nail the box to the 1x12 shelf over the hole, and screw the shelf up into the cleats.



Photograph: E. Alan McGee. Designer: Martin A. Greenberg, Architect. Source: Ruth L. Greno



KITCHEN PIGEONHOLES

To keep often-used foods nearby, hang this handy storage ledge below your kitchen window (or wherever you can spare the space).

Building the project is simple. Just nail and glue together a compartmentalized box. (You'll probably want to use ¾-inch veneer plywood or nominal one-inch lumber.) Screw backing pieces for the plug strips to the bottom of the unit; install the strips, then add a filler between them.

Screw the finished product to the wall, directly into the studs.

begins on page 77

Dollhouse quilt



1 Square = 1 Inch

continued

How to improve a chocolate cookie!

Now you can put <u>two</u> great tastes—peanut butter and chocolate—into one great cookie. Just follow our easy recipe for a delicious chocolatey cookie chockful of peanut butter chips. Or use Reese's® Peanut Butter Chips in your brownies. Or try them as a frosting. Or make peanut butter fudge! Look for our great recipes on the back of the package. Buy Reese's Peanut Butter Chips in the baking section of your store.



Reese's Peanut Butter Chip Chocolate Cookies

1 cup butter or margarine
1½ cups sugar
2 eggs
2 teaspoons vanilla
2 cups unsifted all-purpose flour
⅔ cup Hershey's® Cocoa
¾ teaspoon baking soda
½ teaspoon salt
2 cups (12-oz. package) Reese's® Peanut Butter Chips

Cream butter or margarine, sugar, eggs and vanilla until light and fluffy. Combine flour, cocoa, baking soda and salt; add to creamed mixture. Stir in Peanut Butter Chips. Drop by teaspoonfuls onto ungreased cookie sheet. Or chill until firm enough to handle and shape small amounts of dough into 1-inch balls. Place on ungreased cookie sheet and flatten slightly with fork. Bake at 350° for 8 to 10 minutes. Cool 1 minute before removing from cookie sheet onto wire rack. Makes about 5 dozen 2½-inch cookies.

continued

Dollhouse quilt



1 Square = 1 Inch

continued

Fisher-Price makes toys you can trust with a baby.



Whether you're a first-time mother or you have several toddlers tugging at your skirts, you know that having a baby in the house is a job and a half.

That's why Fisher-Price makes Crib & Playpen Toys. They're toys that you can really trust with a baby. Toys that can safely stand up to a powerful young curiosity, and hold a baby's attention day after day.

Baby's First Blocks are bright, chewable shapes to stack up, knock over and poke inside the puzzle top lid of their own storage canister.

Our new Tub & Pool Toys are fascinating enough to keep baby busy even when you're washing his ears. There's even a floating clam that squirts and a hippo that pours.

There are Teethers & Rattles, musical toys, activity toys and more. All are made to keep their insides inside and their outsides smooth and safe. Best of all, they're designed to get babies happily involved and mothers really relaxed. Because Fisher-Price knows you need all the help you can get.

©1978 Fisher-Price Toys, East Aurora, New York 14052, Division of The Quaker Oats Company.



Veg-all® gets into more darned things.

Discover why Veg-All is America's leading brand of mixed vegetables. Add the garden-fresh taste of seven great vegetables to everything from soups to casseroles. They make any dish more delicious, nutritious and economical. Send for our free Veg-All recipe booklet. Write: Recipe Book Offer, The Larsen Company, Box 1563, Green Bay, WI 54305.

10¢ 10¢

Save 10¢ on one 16 oz. can of Veg-All Mixed Vegetables

TO GROCER: When this coupon is presented by a retail customer, we will redeem it for 10¢ plus 5¢ handling cost, if you surrender it to our salesman or mail it to the address below. Limit one coupon per purchase. Void unless initially acquired in the manner provided above or where prohibited, taxed or otherwise restricted or abused. Cash value 1/20¢. The Larsen Company, Box 1563, Green Bay, Wisconsin 54305. Offer expires May 31, 1979. V-185



10¢ 10¢

STORE COUPON

continued

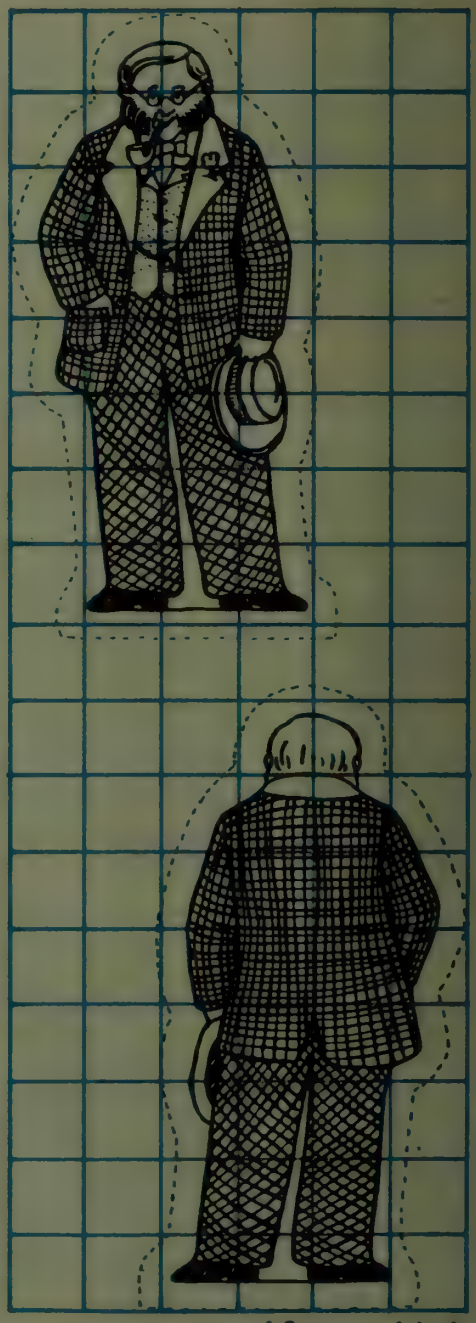
Dollhouse quilt

Printed fabric for interior and exterior of dollhouse and dolls may be ordered directly from Better Homes and Gardens (see page 290).

General Instructions

If you plan to make your own fabric dollhouse and dolls from scratch, enlarge the patterns given below and on the following pages. To enlarge dollhouse panels, use a ruler and pencil to connect the half-inch marks around the panels, making a grid. Then enlarge patterns by making a grid on brown wrapping paper in scale with the original.

Transfer the back and front of each design onto closely woven, washable, white cotton-blend fabric using dressmaker's carbon paper and pencil. Go over design outlines with a fine-tipped, dark brown permanent marking pen. *Cut the designs apart, leaving a three-inch wide margin around dollhouse panels and a one-inch wide margin around dolls.*



1 Square = 1 Inch

Suggestions for decorating (painting, embroidering, and appliquéing) the dollhouse panels and dolls plus how-to instructions for finishing them are given below. Both suggestions and step-by-step instructions are applicable to either purchased printed dollhouse panels and dolls, or to those you make from scratch.

Decorating dollhouse panels and dolls

The very simple brown outlines of house and figures look charming on a plain white or natural-colored fabric, and may not need embellishment.

However, if you decide to decorate the fabric dollhouse panels or

continued

Special Introductory Offer





"Chandelier"
Four Piece Place Setting
$395

Presenting "Chandelier" In Oneida Community Stainless



The pierced elegance of "Chandelier" is crafted from solid stainless in the best tradition of Oneida. Its very special beauty will add a graceful touch to your dining for years to come. For those with other design preferences, we offer five other exclusive patterns: Continental Voilà, traditional Brahms or Chatelaine, Early American Patrick Henry, and Mediterranean Via Roma. Take this opportunity to start a set in your favorite pattern with this special savings offer.

Betty Crocker

You would expect to pay over twice as much in stores for a four piece place setting of this quality Oneida Stainless. Begin your service now with this special offer. Add to it from time to time with individual pieces from open stock at additional savings with Betty Crocker Coupons which you will find on more than 175 General Mills products. Discover many other items to save for in the catalog which will be sent with your order. If you are not completely satisfied, return your order within 10 days and your money will be refunded. Offer expires January 16, 1979.



General Mills
Box 278;
Mpls., MN 55460

☐ I enclose $3.95 (CHECK OR MONEY ORDER) for a 4-pc. place setting in

☐ Chandelier ☐ Voilà ☐ Brahms
☐ P. Henry ☐ Via Roma ☐ Chatelaine

Limit one place setting per family please. Offer good only within U.S.A. Please allow up to six weeks for shipment. Offer expires January 16, 1979.

PLEASE PRINT CAREFULLY. THIS WILL BE YOUR SHIPPING LABEL.

NAME_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____

continued

Dollhouse quilt

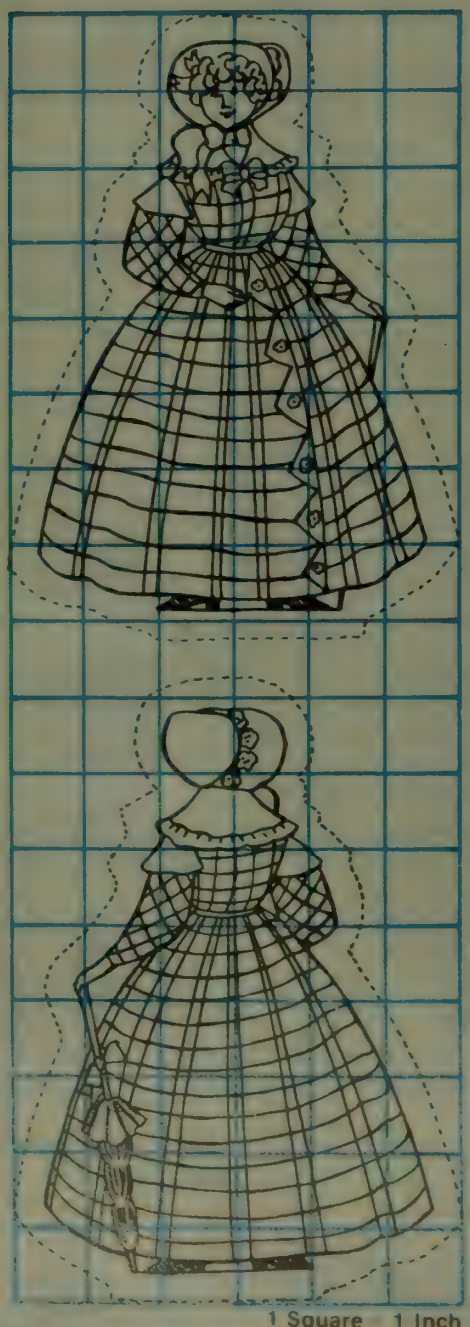
dolls in any way, they should be painted, crayoned, appliquéd, and/or embroidered *before* they are cut out and put together. Suggestions for decorating the dollhouse panels and dolls are given below.

Paint: Use quality acrylic paints, or paints especially formulated for working on fabric, in a variety of colors that complement your decorating scheme. Or refer to the photos on pages **77** to **81** for color suggestions. Paints should be thinned (with water) to the consistency of light cream. Lay fabric to be painted on several layers of newspaper and paint the larger areas of color first (roof, siding, coats, gowns, etc.). Try to use just a light wash of color, so that outlines and details of house and characters will show through. Rinse brushes frequently and thoroughly. When painted fabric is completely dry, press carefully on the wrong side to set colors. Dolls may now be stitched and stuffed.

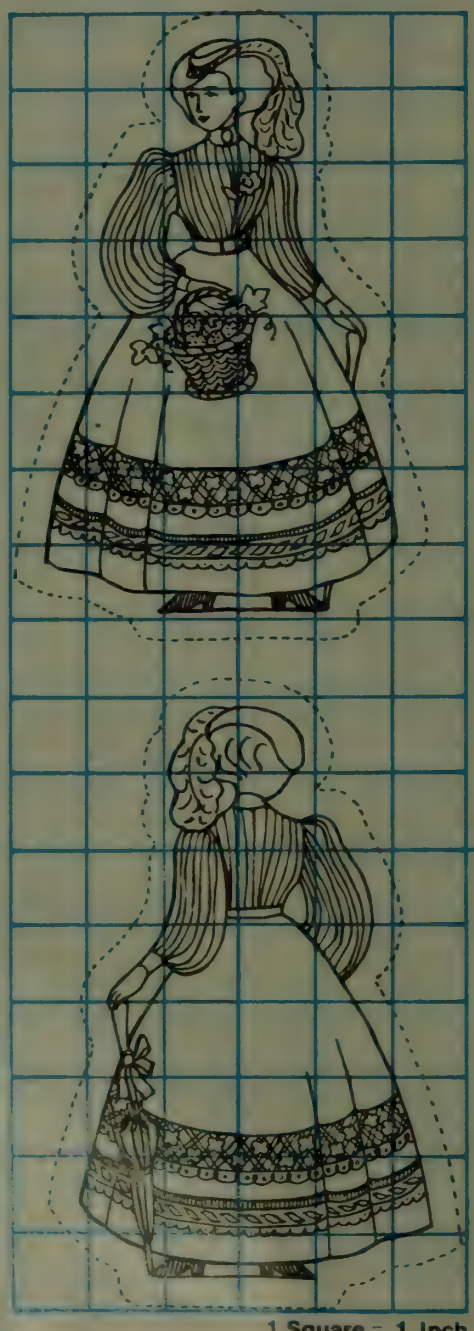
Crayons: There are a number of crayons now on the market that are specifically formulated for working on fabric, but regular crayons will work almost as well for this project. Fabric crayons are available at art supply or variety stores. Color each dollhouse panel and the front and back of each doll carefully, being sure not to leave stray flecks of crayon wax on the fabric. Then lay the fabric face up on several layers of clean paper toweling. Cover with additional layers of toweling and iron at high setting to remove excess wax and set the colors. Change toweling, and repeat if necessary.

Permanent fabric markers: Be sure you select waterproof fabric markers that do not bleed or run on the fabric. It is best to test markers on a scrap corner of the fabric before starting. Use a very light touch, since fabric markers

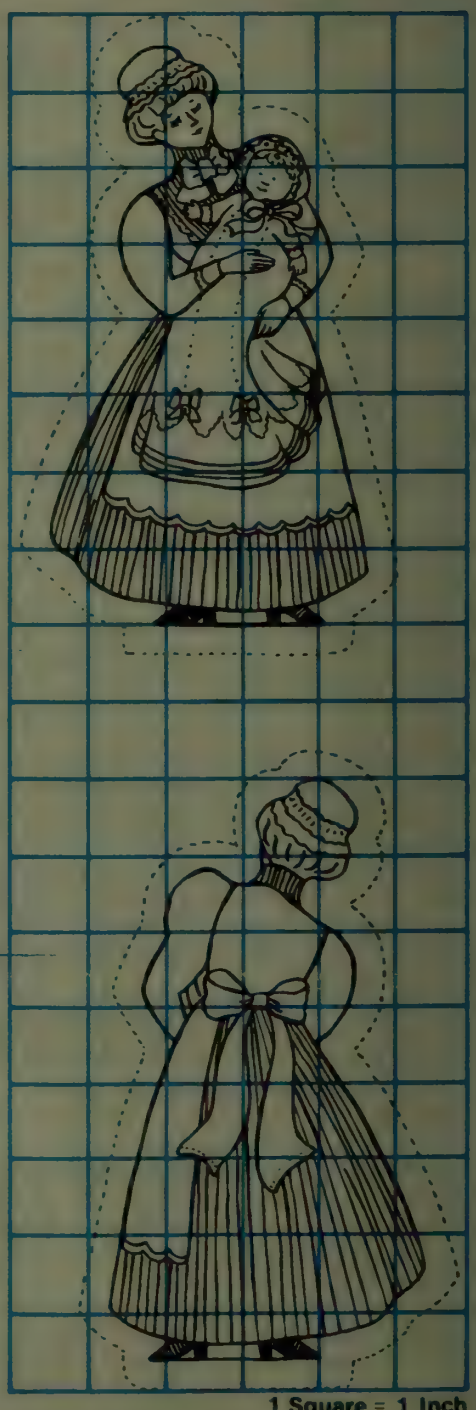
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1 Square = 1 Inch



1 Square = 1 Inch



1 Square = 1 Inch

Ablaze!


8489


8493


8466


8547

The glow and dance of crystal glass. It's alive with mystery and feeling. Some call it the heart of light. We call it quality. You'll find that special radiance in every crystal glass chandelier from Sears Lighting Boutique.

Sears offers a wide range of genuine European crystal glass, all of it hand-crafted, many in solid-cast Spanish bronze.

Our crystal glass selection is just one of the many kinds of lighting we have to offer, all at attractive prices. Quality, selection, value. That's what Sears Lighting Boutique is all about.

Available through all Sears stores... similar styles also available in catalog.

Sears

Lighting Boutique

© Sears, Roebuck and Co. 1978



Make a better salad

Creamy Tossed Salad

Sour Cream Dressing (below)
4 cups bite-size pieces mixed lettuce (iceberg, leaf, romaine)
2 green onions (with tops), thinly sliced
1 small zucchini, thinly sliced
½ cup sliced radishes
1 tomato, cut into wedges
¼ cup Bac*Os

Prepare Sour Cream Dressing. Toss remaining ingredients in salad bowl. Top with dressing. Garnish with additional Bac*Os if desired. 4 or 5 servings.

Sour Cream Dressing: Mix ½ cup dairy sour cream or unflavored yogurt, 1 tablespoon sugar, 1 tablespoon vinegar, ½ teaspoon salt.

with Bac*Os.

Bac*Os make even a simple salad taste special, because Bac*Os taste special—even better than the leading canned bacon bits. Pick up some Bac*Os and see how they pick up a salad.

®Reg. T.M. of General Mills, Inc. Imitation bacon.

continued

Dollhouse quilt

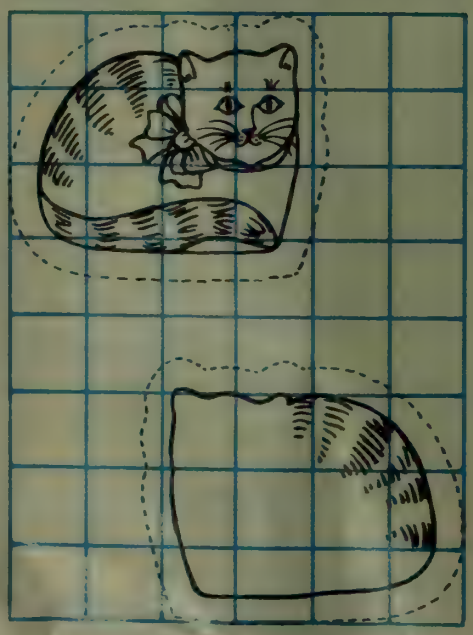
tend to yield deep, vibrant colors that might overwhelm the finer details of the designs. Press completed fabric on the wrong side to set color.

Embroidery: Embroidered details may be worked on the plain background fabric or used in combination with a painted or crayoned background. We suggest confining embroidery to details (flowers, leaves, buttons, bows, hats, trim on skirts and jackets), rather than trying for an overall embroidered effect.

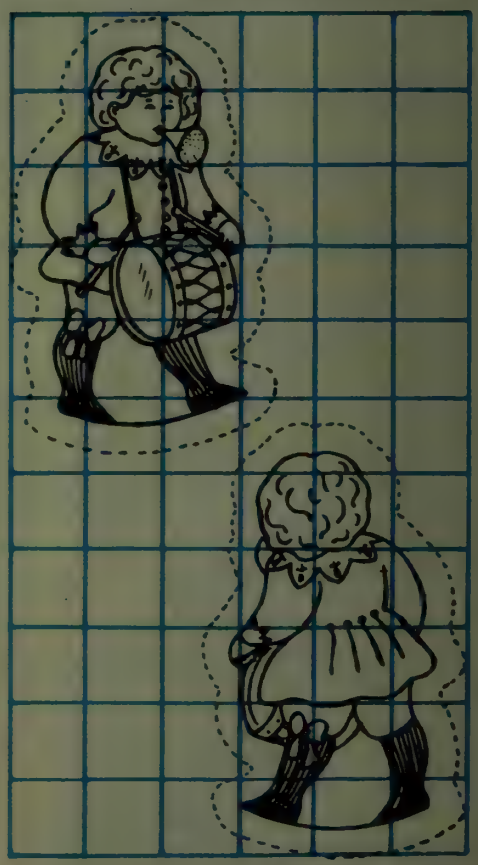
Use a single strand of black or dark brown floss for working facial features in the stem or outline stitch. Use two to four strands of floss for working satin stitch on bows, collars and cuffs, and house details. French knots work well for buttons and flower centers, and chain stitches add a decorative accent to the trim on skirts and hats. Use a variety of other embroidery stitches as your fancy dictates, referring to the photographs on pages 78 and 79 and to the Stitch Glossary following these instructions for suggestions.

Appliqué and beading: Narrow bands of grosgrain and satin ribbon, bits of lace, purchased or handmade

continued



1 Square = 1 Inch



1 Square = 1 Inch

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The remarkable new Hoover Concept One.

Remarkable because it uses a unique Quadraflex agitator. Double brushing action. And strong suction to clean today's carpets better than any Hoover cleaner ever made.

It's just about effortless.

Concept One not only cleans better, it's easier to use.

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You just touch the handle and away it goes.

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You just guide it.

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Closer than any other upright can.

Other pluses.

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Large top-fill disposable bag.

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It's considerably better.

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You'll notice a dramatic difference.

In how well it cleans. And how easy it is to use.

Concept One.

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continued

Dollhouse quilt

crocheted edging, embroidered trim, scraps of plain, printed, or lacy fabric (such as calico or eyelet), and small beads can also be used to add a personal touch to your fabric dollhouse and dolls. Glue or stitch pieces in place or fuse them to the background with fusible webbing; add decorative embroidered accents.

Assembling dollhouse quilt and headboard

When your dollhouse panels have been decorated, they are ready to be assembled into a quilt and headboard.

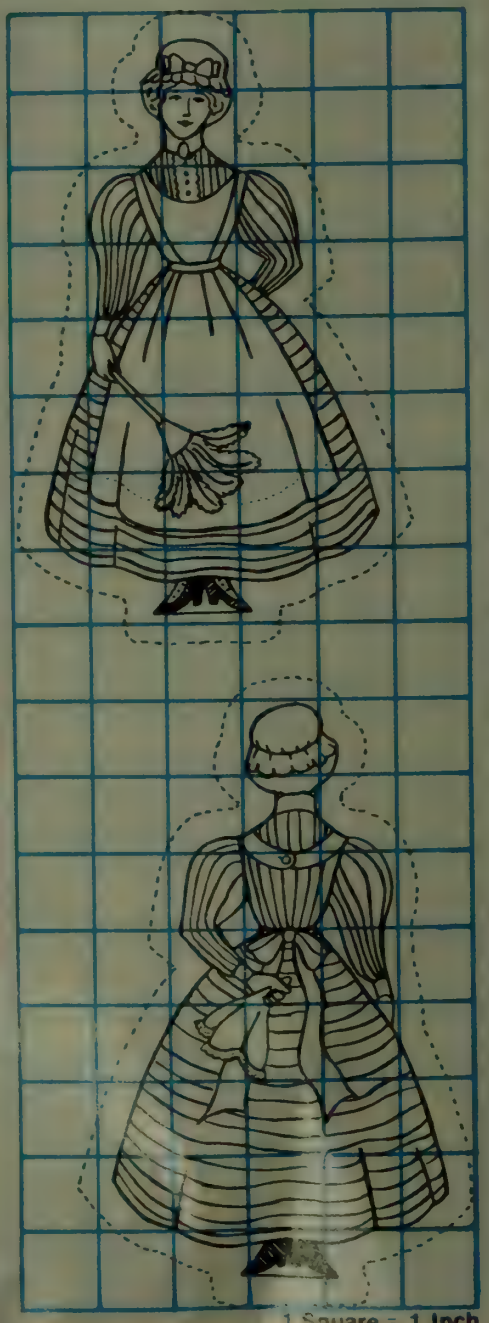
As an alternative, you may wish to make a reversible dollhouse quilt by positioning one dollhouse panel on each side of the quilt, and adding fabric borders in complementary colors and fabrics to make the quilt the desired size. Or make a matched set of bedcovers by stitching one panel on each of two twin-size comforters or quilts.

Dollhouse panels are also suitable for use as curtains, wall hangings, room dividers, bulletin boards, and appliqués on children's sleeping bags.

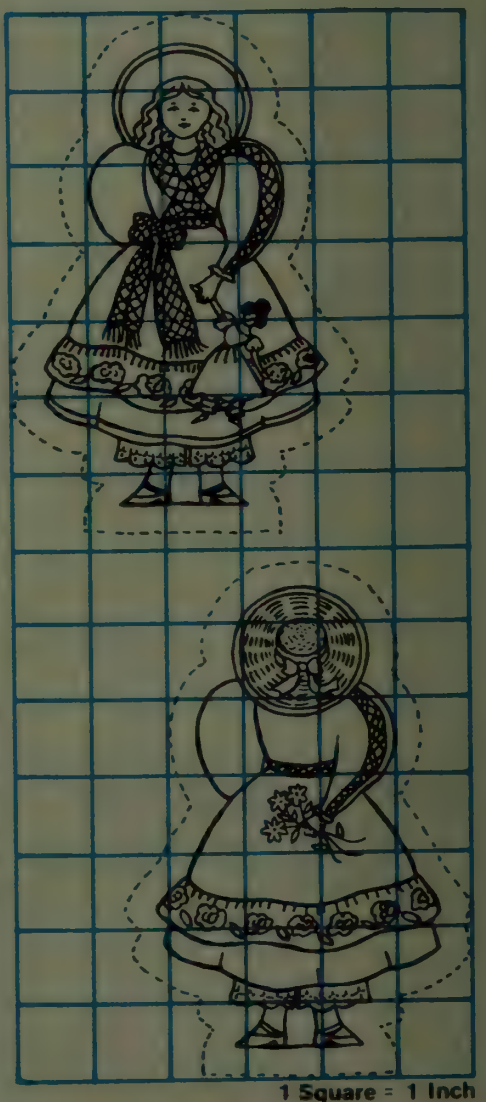
Directions for the quilt and headboard shown on page 77 are given below. The finished twin-size quilt measures 55x83 inches, while the headboard is 36x44 inches. (Adjust yardage amounts if you alter quilt size.)

Materials: 2 yds. closely woven white fabric for dollhouse panels; companion print fabrics—5 yds. blue (quilt), 2½ yds. rust (headboard and

continued on page 104

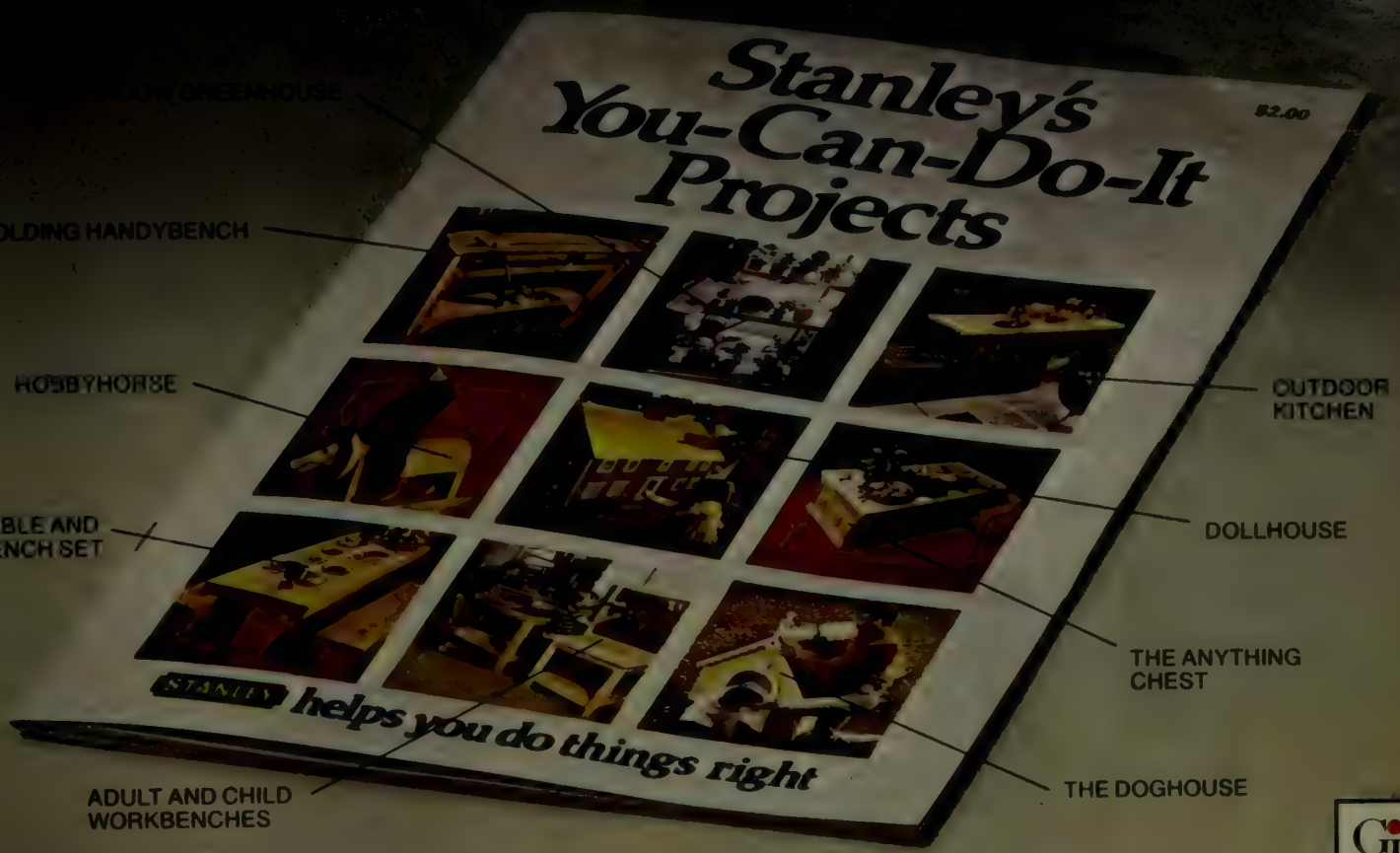


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1 Square = 1 Inch

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Bell telephones come in all sorts of colors, shapes, and sizes. With all kinds of customized calling services.

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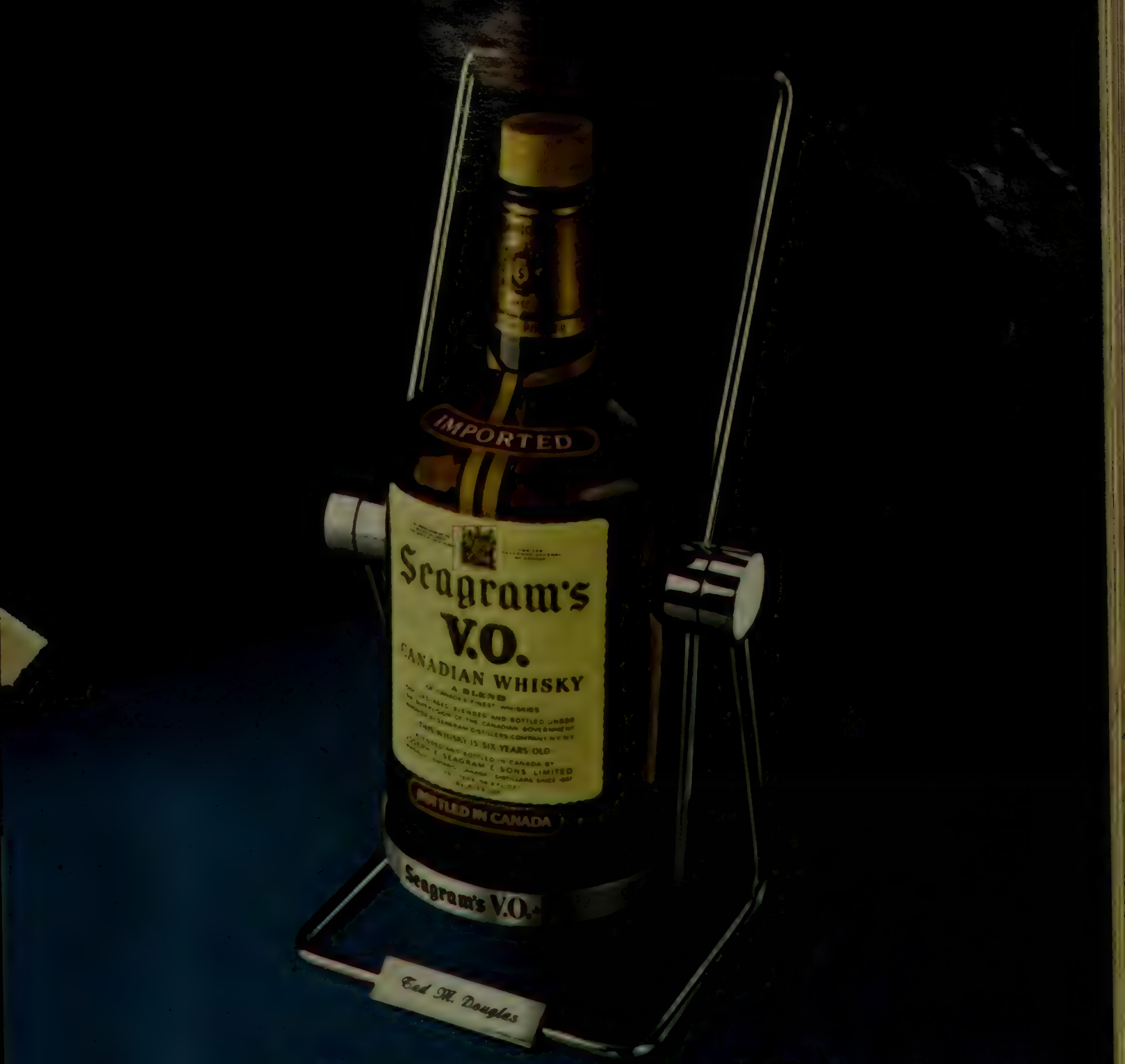
And since all the working parts remain ours, if there's ever a problem, we'll fix it at no extra charge.

Now that's the kind of quality you won't have any misgivings about.

Bell System

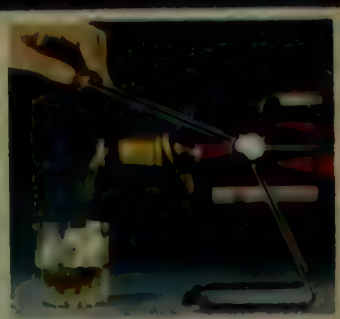


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continued

Dollhouse quilts

ing to the stitch line at all corners and along curves.

3. Turn dolls right side out, using a knitting needle to gently poke curves and corners into place. To maintain shaping, press doll with a hot iron before stuffing. Using small scraps of batting, lightly stuff doll, starting at head and working down. *Do not* overstuff, or features and clothing details will become distorted. Turn under base of doll and slip-stitch by hand. ■

GLOSSARY OF EMBROIDERY STITCHES

Backstitch



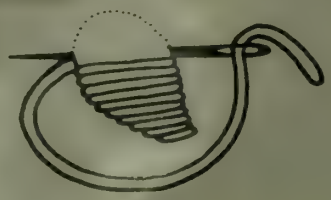
Outline (or stem) stitch



Chain stitch



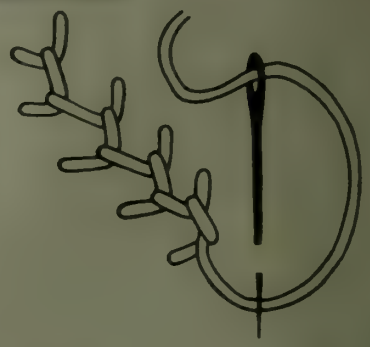
Satin stitch



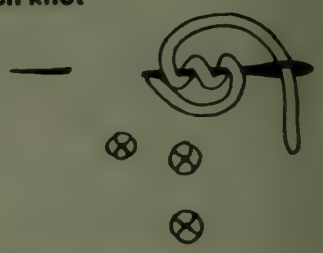
Cross-stitch



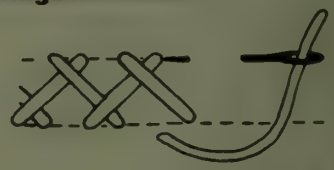
Feather stitch

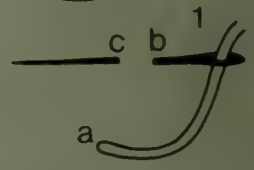


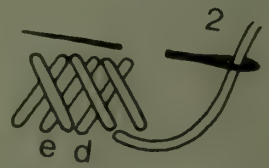
French knot



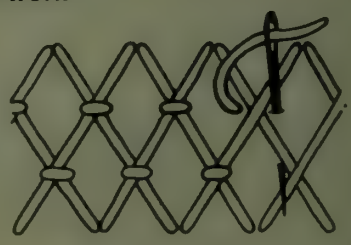
Herringbone stitch



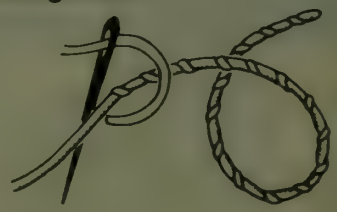




Laid work



Couching stitch

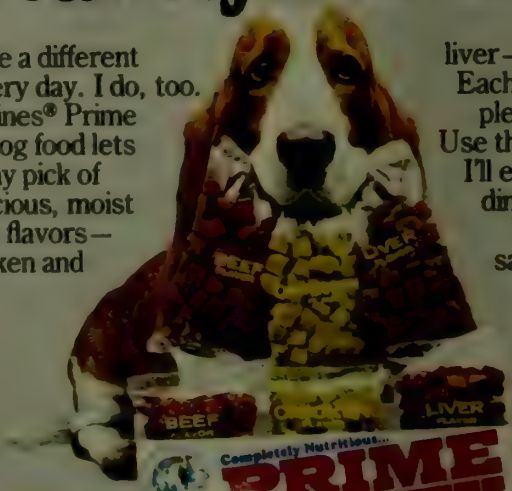


Straight stitch



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This coupon may be redeemed with purchase of product indicated. Any other use constitutes fraud.
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Great flavor. Fresh menthol. That's enjoyment.

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

KING. 16 mg. "tar", 1.1 mg. nicotine, 100's-19 mg. "tar", 1.3 mg. nicotine, av. per cigarette, FTC Report MAY '78.

Part-Time Guest Room

Is a choice between sleeping bags and the couch all you can offer your overnight guests? If so, they'll appreciate this arrangement; just outfit an out-of-the-way or seldom-used room for last-minute hotel duty.





Photographs: Hedrich/Blessing. Design: Sandy Shapiro. Source: Jessie Walker Associates

In this case, the room selected was an attic work area—often used, but definitely out of the way. You enter the workroom via a long hallway used as a mini art gallery, *above.* The door to the right at the end of the hall is a half bath; the stairs lead down to the second-floor bedrooms.

Stepping into the workroom, *above right,* you can see how easily it converts for overnight guests. The daybed can be made up, and the wall-mounted chest of drawers can be cleaned out, on a moment's notice. Even the shelves, which are mounted on standards and brackets, are easy to rearrange.

Looking back into the hallway, you see the attic work area, *right.* The desk is made of a piece of plastic laminate mounted on plywood that rests on two filing cabinets; the chair easily rolls to the typewriter when needed. ■



New Maytag Jetclean™ Dishwasher out-cleans 'em all.

Gets the dishes you wash most *cleaner* than other leading brands.

New styling adds a smart touch to your kitchen.

Who else but the dependability people could build a dishwasher this great for you?

We believe the new Maytag Jetclean™ Dishwasher could be the standard by which all the others must be judged. Here are some of the reasons why.

1. Cleaner dishes for your family. In the regular cycle, this new Maytag gets dishes *cleaner* than other leading brands. Also unsurpassed for getting pots, pans, even casseroles clean.

2. It dries your dishes better than ever, thanks to exclusive new Maytag Powerdry which circulates air throughout the dishwasher. Most models let you dry with or without heat, saving electricity.

3. Its new styling and smart colors can sparkle up your kitchen. You can also personalize your Maytag by buying a Custom Trim Kit that lets you cover the front panel with fabric, wallpaper, plastic, wood, even stainless steel.



4. We put 10 pounds of sound-absorbing insulation all around the new Maytag Jetclean™ Dishwasher.

5. Maytag gives you cycles for every dishwashing job. Take your choice—built-in or convertible.

6. Loading and unloading couldn't be easier, because we've still got two deep racks, top and bottom. Exclusive Maytag Dual Deep-Racking lets you put 10" plates in both racks. Even big, odd-shaped things fit right in.



Hoo-boy. Nobody builds 'em like Maytag.

7. The capacity is huge. You can probably wash a whole day's dishes, silver, glasses, pots and pans for a family of four in one load.



8. The new Maytag Jetclean™ Dishwasher has the tested, exclusive Maytag **Jetwash** spray. Compare with others in the picture above. See? Smaller holes in Maytag Jetwash mean high-velocity water jets with tremendous dish-cleaning power.

9. You also get the tested, exclusive Maytag **Micro-Mesh™** Filter. The small holes in Maytag's filter trap even tiny food particles...won't let them get back on your dishes.

10. Of course, the new Maytag Jetclean™ Dishwasher is built as only the dependability people build 'em...to take it, and keep on taking it. Before you buy any dishwasher, compare at your Maytag Dealer's store. Buy now and save $25 with the certificate below.

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Buy a new Maytag Jetclean™ Dishwasher now, and get a $25 refund directly from The Maytag Company. Mail this certificate, plus a bill of sale from your Maytag Dealer showing date of purchase, model number, and serial number, to: The Maytag Company, Box 69, Newton, Iowa 50208. Offer good only on new models WU900, WU700, WU500, WU300, WU100, WC700, WC300. This certificate may not be mechanically reproduced and is not transferable. Good only in U.S.A. and Canada. Void where prohibited by law. Limit: one refund per dishwasher purchased, regardless of certificate source.

Your request for $25 refund must be postmarked no later than January 31, 1979. BSN

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Dr. Richard Balzhiser, Director for Fossil Fuels and Advanced Systems at the Electric Power Research Institute



Photographed at U.S. Department of Energy's Sandia Labs solar thermal test facility near Albuquerque, New Mexico.

ing to do."

"Our principal solar research effort is to develop collectors to use solar energy concentrated by mirrors. Such systems must be in use a large part of the time to justify the large capital investment. While the sun's energy is free, it's only available part of the time, so we'll need innovative storage or hybrid systems if solar electricity costs are to compete with other alternatives.

SOLAR CELLS

"Present solar cells are far too costly for utility use. We believe thin-film technology or very advanced cell concepts using concentrated solar energy offer the best chances for producing electricity at competitive costs. We've recently had some exciting results which could lead to the breakthrough necessary for solar cells to receive serious consideration by utilities.

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"As coal-fired plants become more expensive and more complicated, new approaches to producing power from coal could become more attractive. We're looking for better technology to protect the environment at minimum cost. R&D on coal gasification and fluidized combustion has shown considerable promise. Unfortunately, these are not available today, and our immediate needs must be met with better conventional plants that operate as cleanly, as reliably and as cost-effectively as we can make them."

NUCLEAR POWER



Dr. Milton Levenson, Director for Nuclear Power at the Electric Power Research Institute.

"About 80% of our nuclear research is aimed at making nuclear power even less expensive. We're trying to improve reliability, to extend fuel life, to protect against the cost of plant shut-downs, to make plant operations go smoother.

"We're getting involved in new types of electronics, new concepts for inspection devices, and very sophisticated ways of analyzing materials. But basically it all comes back to reducing even further the cost of nuclear power."

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Shopping for a sofa bed

Hiding the bed is an idea that's been around for years. The French built the bed into the wall; the Japanese rolled the bed up and tucked it away; a man named Murphy designed it with hinges and springs to fold into a skinny closet; Thomas Jefferson used a pulley to haul his bed up to the ceiling during the day.

The cleverest idea of all was hiding the bed inside a sofa. Manufacturers have been doing this since the turn of the century, and the idea makes more sense than ever in today's space-shy homes. If you're shopping for a sofa, and could use an extra bed as well, you'll find the double-duty practicality of a sofa bed hard to beat. The following tips can help you choose wisely.

Design

The sofa bed today bears little resemblance to the ponderous, uncomfortable contraption of a generation ago. Contemporary sofa beds may be slim or plump, and they're made in almost all the styles you find in conventional sofas, from wing-back Early American and curvaceous country French to clean-lined contemporary and sectional models. In fact, the latest convertibles match stationary sofas in the line, and often the two are used together in conversational groupings.

Sitting on a sofa bed is much more comfortable than it used to be. Formerly, seats and backs were two straight, hard, slab-like shapes. Now comfort has been designed into the pitch of the seat and slant of the back, as well as into the cushioning. The seat has been lowered, so a short person no longer has to sit with his or her feet dangling off the floor.

Sofa beds come in several sizes—a chair-and-a-half or a love seat size that opens to a single bed, a six-foot-long sofa that opens to a double bed, and a 93-inch one that opens to queen size. If you want something bigger and have sufficient space, you can combine sectional units to make a king size.

Sofa bed types

Basically, there are two types of sofa beds on the market—the sofa that works on the jackknife principle and the convertible sofa, with a bed that folds out of the interior.

With the jackknife, the back drops down to form, with the seat, a continuous sleeping surface about 42 inches wide. Back and seat sections in quality sofas are fitted carefully and may be upholstered as a unit, so the center separation is barely discernible.

Most jackknife sofas cost less than the convertibles but are not as comfortable. The advantage of a jackknife sofa is that it occupies less space when open and has a slimmer look. But the sofa itself still must be at least 74 inches long to provide for the bed length.

The convertible works on a different mechanical principle. After you remove the seat cushions and tug the handle, the sofa unfolds into a self-contained bed, complete with mattress.

In some models the bed section may be made up in the morning and folded away all ready for night. Check this feature to be sure there is enough space for the bedding.

With some convertibles, you sleep parallel with the back, as you do with a jackknife sofa. Most, however, open so you sleep at a right angle, with the back of the sofa serving as a headboard.

Remember that you will need at least eight feet of floor space in front of a convertible sofa.

Guidelines for shopping

Because much of the construction and mechanism of a sofa bed must be taken on faith, it's especially important to buy from a reputable dealer or manufacturer.

Check a sofa bed as if you were shopping for a sofa; then check it as if you were shopping for a bed.

If you plan to use a sofa bed mainly for seating and only occasionally for overnight guests, you should give high priority to appearance and seating comfort. If the sofa bed is to be used every night as a bed, a premium innerspring mattress is worth the extra money. The mattress that comes

continued

"It's Brian's first birthday, the whole family's here...

And just look at the spotty glasses."

Get the Cascade look... virtually spotless.



For virtually spotless dishes, nothing can beat Cascade.

Most detergents can leave spot problems, but Cascade's sheeting action fights drops that spot. Give glasses the Cascade look: bright...shiny...virtually spotless.

continued

Sofa bed

with the sofa bed may not be of the highest quality.

Test the sofa by sitting on it and squirming, bouncing, and curling up on it. Is it comfortable and does it feel stable?

Frames on good-quality upholstered furniture should be made of hardwood, and the sections should be joined with double dowels, glued and reinforced with corner blocks. You won't be able to see all this, but if this type of construction has been used, the manufacturer's catalog specifications will say so.

Your fabric choice will depend on your way of life and the expected amount of wear on the sofa. Practical fabrics for much-lived-in rooms are sturdy olefins, nylons, nubby weaves, and leather, real or simulated. Patterns, such as plaids, houndstooth checks, and paisley on earth-toned backgrounds, will show less soil.

For a more formal room, cottons, linens, and velvets are available in an array of patterns and colors. Generally, the tighter the weave of the fabric, the better it will wear.

Tailoring will tell a lot about quality. Does the fabric fit well—not too baggy nor too taut? Are seams straight and buttons firmly attached? Does the pattern match?

Because a sofa bed is considerably heavier than a regular sofa, look for one equipped with casters so you can move it easily. Protect your floors and carpet with caster cups when the sofa bed is in a stationary position. And choose that position carefully prior to delivery; moving a sleep sofa to a new location requires more muscle power than moving a standard-size sofa.

Make sure the opening and closing mechanism functions properly. And don't just watch the salesperson demonstrate. Try working the mechanism yourself to see if it's as easy to operate as it looks.

The mechanism should be so well balanced that you can open the bed with very little effort. Check to be sure the moving parts operate quietly and smoothly. Nylon bearings at all pivot points are quality features. The bed frame should not rock or move when you sit on it.

For seating comfort, the more springs the better. The best springs are of premier steel spring wire, secured to the frame and to each other. They should be so well padded that you can't feel them.

The number of springs in the bed section is not as important as how they're spaced and joined. You want independent spring action, so a lightweight sleeper won't keep rolling to the middle. Coils should be coated with latex to make them noiseless.

If you want the extra length found in a regular queen-size mattress, you may have to shop around. Some beds are labeled queen size and will be the accepted 60 inches wide, but they may be only 72 inches long, the length of a standard double bed. The mechanism of a sleep sofa does impose some size restrictions.

However, a few 75-inch-long queen-size convertible beds are now on the market, and you can special order longer lengths. As is the case with most custom furniture orders, the extra length will cost you considerably more.

Prices

Prices of sofa beds generally are $50 to $200 higher than for a matching stationary sofa. That's because the sofa bed mechanism is expensive and you are essentially buying two pieces of furniture for the price of one.

A good unit with a double-bed size mattress will cost from $500 to $2,000. A quality sofa with a queen-size bed will cost $1,000 or more.

Ask about warranties. The frame, mechanism, and upholstery filling of a quality sofa bed are guaranteed against defects in workmanship and materials, often for 20 to 25 years.

Buy the best sofa bed your budget allows. The rock-bottom price for a sturdy, simple sofa bed is around $200. It will not have the style and quality features of a more expensive unit, but it will serve for several years as a comfortable guest bed in a den or recreation room.

There are also many lounges and studio-couch designs with trundle beds in the lower price ranges, but from a mechanical point of view, these do not actually qualify as sofa beds. ■

If it comes from Saronno, it must be love.



Because Saronno is where the drink of love began.
With Amaretto di Saronno. The original drink of love. There are all kinds of love in this world. But true love comes only from Saronno.

Amaretto di Saronno: The Original.

Liqueur 56 proof. Imported by Foreign Vintages, Inc., Jericho, New York. © 1978.

10 minutes, one pan

and the chicken tastes like chicken should, the peas taste like peas should, dessert tastes like dessert should.



Presto® WeeCookerie™ whole meal maker. Cooks a delicious three course meal for two in one pan in minutes.

Entrée, vegetables, even dessert in about 10 minutes, automatically.

Turn the Presto Control Master® heat



control on and brown the meat, add vegetables and covered custard cups. Add liquid, cover and dinner is on the way.

WeeCookerie™ whole



meal maker uses the famous Presto *pressure method* of cooking a whole new way. Safely prepares the whole meal fast. Food retains vitamins, minerals and fresh color with no transfer of flavor from food to food.

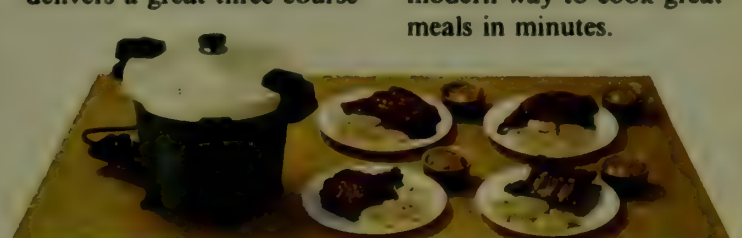
Great for singles, couples, perfect for today's modern lifestyle.

Terrific menu ideas like ribs, potatoes and peach crisp: braised pork chops, french beans and pumpkin custard. 18 fast meal-for two menus in the 64-page idea book included.

More convenient than a slow-cooker because Presto fast-cooking delivers a great three course meal for two in about 10 minutes.

Easy clean nonstick hard surface inside and out. Cooks fast, cleans up fast.

See it, try it. The modern way to cook great meals in minutes.



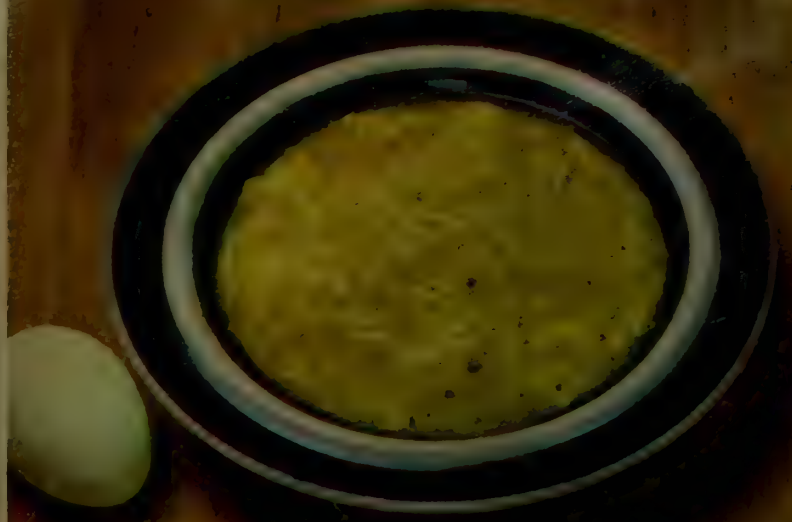
PRESTO® GranCookerie™ family-sized whole meal maker. Cook delicious three course meals for four in one pan in minutes.

PRESTO® WeeCookerie™
WHOLE MEAL MAKER

...innovation to make it first—quality that makes it last and last™

©1978 by NATIONAL PRESTO INDUSTRIES, INC., Eau Claire, WI 54701

Lipton
Quick Trick #1
DROP AN EGG IN LIPTON FOR A NEW KIND OF EGG DROP SOUP.



Prepare Lipton® Noodle Soup with Real Chicken Broth according to package directions. During the 5-minute cooking time, add beaten eggs, shredded cheddar cheese or milk.



Delicious Lipton Soup Mix.
Make it as hearty as you please.

1 pound fresh *or* frozen shelled shrimp
1 10-ounce package frozen artichoke hearts
1 cup frozen peas

Partially thaw fish, if frozen. Cut fish into 1-inch pieces. Thoroughly wash clams. Cover clams with salted water (3 tablespoons *salt* to ½ gallon cold *water*); let stand 15 minutes. Rinse under cold water. Repeat twice.

In paella pan or large Dutch oven cook sausage over medium heat till done. Remove and drain sausage; set aside. Drain off fat in pan. Add water, *uncooked* rice, onion,



Buying information, page 264

FOOD

CLASSIC FISH ENTRÉES

These classic dishes have a rich ethnic heritage as well as distinctive flavor.

Saffron-flavored rice is the traditional base for the famed Spanish dish, *Paella*. Other ingredients vary depending on the locale, but versions from coastal regions generally feature seafood.

The French *Coquilles Saint Jacques* features scallops in a creamy wine sauce baked in the shell.

PAELLA

12 ounces fresh *or* frozen fish fillets, skinned
12 small clams in shells
8 ounces chorizo *or* Italian sausage links, sliced
2 cups water
¾ cup long-grain rice
1 medium onion, chopped (½ cup)
1 medium green pepper, chopped
1 stalk celery with leaves, chopped
¼ cup chopped pimiento
1 clove garlic, minced
1 tablespoon instant chicken bouillon granules
¾ teaspoon salt
½ teaspoon dried oregano, crushed
¼ teaspoon thread saffron, crushed

Lipton
Quick Trick #2
ADD A HOT DOG FOR A HOT NEW SOUP.



Prepare Lipton® Noodle Soup with Real Chicken Broth according to package directions. During the 5-minute cooking time, add sliced frankfurters or cooked sausage, meatballs, or beef cubes.



Delicious Lipton Soup Mix.
Make it as hearty as you please.

Lipton
Quick Trick #3
MIX IN VEGETABLES FOR A GARDEN-GROWN TASTE.



repare Lipton. Noodle Soup with Real
hicken Broth according to package
rections. During the 5-minute cooking
me, add cooked mixed vegetables, corn
carrots.
Delicious Lipton Soup Mix.
ake it as hearty as you please.



Cook mushrooms, green onion, and garlic in the ¼ cup butter or margarine till tender, stirring occasionally. Blend in flour, nutmeg, white pepper, and ¼ teaspoon *salt*. Add milk and the reserved 1 cup wine mixture all at once. Cook and stir till thickened and bubbly. Add scallops; heat through. Spoon mixture into 6 buttered coquilles (baking shells), shallow individual casseroles, or 6-ounce custard cups. Toss bread crumbs with the 2 tablespoons melted butter; sprinkle over scallop mixture. Bake in 400° oven about 10 minutes or till browned. Makes 6 servings. ■



Photographs: Dieter

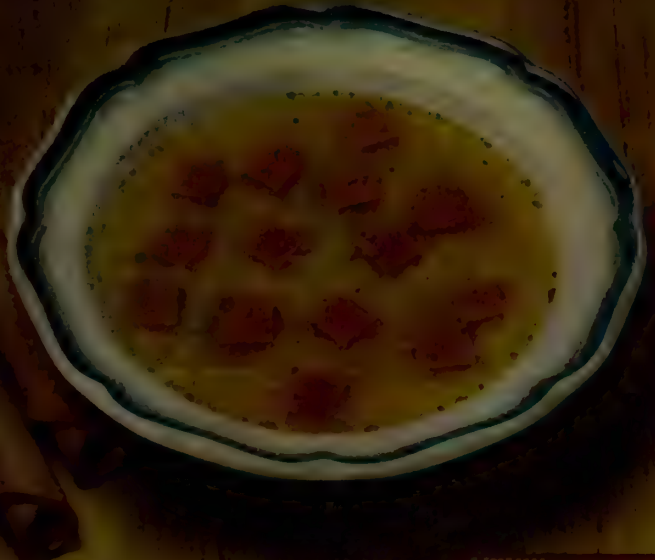
green pepper, celery, pimiento, garlic, bouillon granules; salt, oregano, and saffron. Bring to boiling. Reduce heat; cover and simmer for 5 minutes. Add sausage, fish, clams, shrimp, artichokes, and peas. Return to boiling; reduce heat. Simmer, covered, about 15 minutes longer or till rice is tender, fish flakes easily, and clams open. Discard any clams that do not open. Serves 8.

COQUILLES SAINT JACQUES

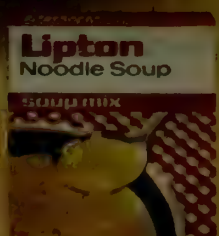
1½ pounds fresh *or* frozen scallops
¾ cup dry white wine
1 tablespoon lemon juice
½ teaspoon salt
1 cup sliced fresh mushrooms
2 tablespoons thinly sliced green onion *or* shallots
1 clove garlic, minced
¼ cup butter *or* margarine
⅓ cup all-purpose flour
⅛ teaspoon ground nutmeg
Dash white pepper
1 cup milk
1 cup soft bread crumbs
2 tablespoons butter *or* margarine, melted

Thaw scallops, if frozen. Halve any large scallops. In saucepan combine scallops, wine, lemon juice, and the ½ teaspoon salt. Bring to boiling. Reduce heat; cover and simmer for 2 to 4 minutes or till scallops are opaque in appearance. Drain, reserving 1 cup of the wine mixture (add water if necessary to make 1 cup liquid).

Lipton
Quick Trick #4
ADD BOLOGNA FOR A FUN SOUP.



Prepare Lipton. Noodle Soup with Real Chicken Broth according to package directions. During the 5-minute cooking time, add bologna or ham.
Delicious Lipton Soup Mix.
Make it as hearty as you please.





Now Benson & Hedges Lights join Benson & Hedges 100's in our newest 100 sweepstakes.

Now for the seventh year, 100 new sweepstakes give you 100 more chances of winning.

There's a car, a camping trailer, a worldwide choice of trips. Will it be Tahiti? Copenhagen with its Tivoli? Or somewhere else? Do you long for a mink coat? Money? A motorized moped bicycle? Will it be tennis, anyone? Ping-pong? Peanut brittle? Or one of our 90 other prizes?

In any case, any winner may have a change of mind and ask for 100 ft. of dollar bills ($200) instead.

Each winner will get a letter telling just what the prize includes, what choice there is (if any) of style or color or flavor, and what options there are on deliveries of perishable goods. Please read the rules carefully and note especially that each sweepstakes must be entered individually and each entry mailed separately in its own envelope, with the sweepstakes number in the lower left corner.

This could be your lucky year. After all, it's our seventh.

OFFICIAL RULES—NO PURCHASE REQUIRED

1. Write the number of the sweepstakes you wish to enter in the space provided on the official entry blank, or on a plain piece of 3"x5" paper.
2. Hand-print your name, address and zip code on your entry, include with it the **bottom panels** from two empty packs of Benson & Hedges 100's, or Benson & Hedges Lights, Regular or Menthol, or the words "Benson & Hedges" hand-printed on a plain piece of paper.
3. Enter as often as you wish, but you may enter only one sweepstakes per entry, and each entry must be mailed separately, to: Benson & Hedges 100's, P.O. Box 2455, Westbury, New York 11591. Entries must be received by Feb. 10, 1979.
4. **IMPORTANT:** You must write the number of the sweepstakes you are entering on the outside of the envelope, in the lower left-hand corner.
5. **Winners will be selected in random drawings from entries for sweepstakes by National Judging Institute, Inc., an independent judging organization whose decisions are final. Winners will be asked to execute an affidavit of release and eligibility. All prizes will be awarded. Only one prize to a family. Liability for taxes is the sole responsibility of the individual winners. In lieu of any prize, winner may elect to receive a cash award of $200.**
6. Contest open to all U.S. residents over 21 years of age, except employees and families of employees of Philip Morris Inc., its advertising agencies and National Judging Institute, Inc. This offer is subject to all federal, state and local laws. Void in Missouri and wherever prohibited, restricted or taxed.
7. **For a list of winners, send a stamped, self-addressed envelope to Benson & Hedges Winners List, P.O. Box 2442, Westbury, New York 11591.**



*Plus travel and accommodations for two.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

100's: 17 mg "tar," 1.1 mg nicotine av. per cigarette, FTC Report May '78.
Lights: 11 mg "tar," 0.8 mg nicotine av. per cigarette, by FTC method.

100 bags etti & a vacuum cleaner	30 100 mins. in a helicopter	31 100 needles & a haystack	32 100 kroner to spend in Copenhagen*	33 100 hr. Amtrak trip anywhere*	34 100 oz. sheepskin coat	35 100 centuries old fossil
100 qts. fried rice	37 100 in. submarine sandwich	38 100 sq. ins. your name in neon	39 100 hustle records	40 100 ping-pong balls & a table	41 100 lbs. grits & a double boiler	42 100 in. Sunfish*
100 hrs. at tennis camp*	44 100 in. Ford Mustang	45 100 jigsaw puzzles	46 100 sq. yds. shag carpet	47 100 jars mustard in Dijon*	48 100 sq. ft. mirror panels	49 100 lbs. coffee beans & a grinder
100 lbs. bs & barbecue sauce	51 100 doz. clams & a steamer	52 100 books 15c stamps	53 100 lb. mushroom anchor	54 100 yr. old patchwork quilt	55 100 lbs. frozen food & a freezer	56 100 oz. CB radio
100 pastries in Vienna*	58 100 frozen crab legs	59 100 Irish coffees in Killarney*	60 100 gals. gas & a moped	61 100 $5 bills for your favorite charity	62 100 mm. lens & a Nikon camera	63 100 diamond earrings
100 lb. grandfather clock	65 100 key lime pies in Florida*	66 100 iron-on patches	67 100 spider plants	68 100 reams paper & a copying machine	69 100 toss pillows	70 100 tacos in Mexico City*
100 es & a food processor	72 100 cartons Benson & Hedges 100's	73 100 pcs. Wedgwood china	74 100 weeks $5 Christmas Club	75 100 sides bacon	76 100 sq. in. remote control color TV	77 100 lb. wedding cake
100 plants berries & a qt. of cream	79 100 thou. Indian nuts	80 100 frozen meals & a microwave oven	81 100 folding chairs			
100 oysters & a pearl	83 100 cassettes & a tape recorder	84 100 cartons Benson & Hedges Lights	85 100 lbs. penny candy			
100 boxes crackers & a barrel	87 100 prs. red suspenders	88 100 books S & H stamps	89 100 gals. fuel oil	90 100 $5 chips in Atlantic City*		
100 rolls & a printing calculator	92 100 ft. depth fish finder	93 100 ins. matched luggage	94 100 yds. weatherstripping	95 100 ft. cord & an electric mower		
100 lbs. pots & pans	97 100 cu. yds. of smoke detection	98 100 cu. ft. natural gas	99 100 lbs. macaroons	100 100 thou. pennies		

Benson & Hedges 100's, P.O. Box 2455, Westbury, NY 11591

I've chosen the following sweepstakes and I've read the rules carefully. The sweepstakes number is _____

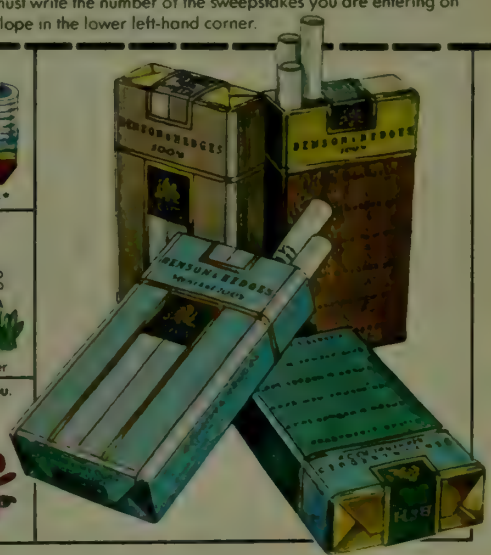
and the prize is _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

IMPORTANT: You must write the number of the sweepstakes you are entering on the outside of the envelope in the lower left-hand corner.



GOOD NEWS

Electrical tester



This single-probe voltage tester lets you locate hot wires and pinpoint electrical problems without making a neutral or ground contact. A buzzer and two lights signal good wires, switches, fuses, and motors. You can use either the permanent probe or a plug-in probe on a coiled cord.

Mono-Probe Voltage Tester, about $40. Mono-Probe Corp., 5471 Huntington Dr., Los Angeles, Calif. 90032.

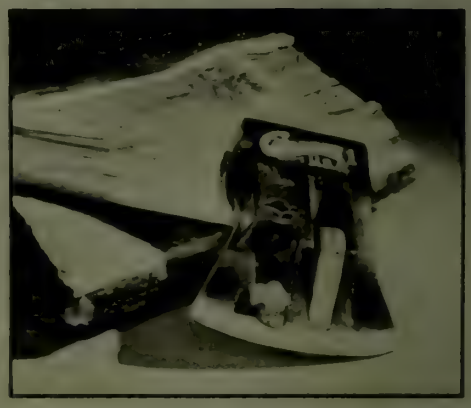
Ultrasonic cleaner



This device gently cleans delicate jewelry, dentures, contact lenses, and other valuables with ultrasonic waves. Solvents or special cleaning powders dissolved in water, both purchased separately, scrub away grease, rust, tarnish, soap, or other grime without harming the object.

Clean N' Brite K42 Ultrasonic Cleaner, about $50. Ultrasonics International, 5951 N.W. 151st St., Miami Lakes, Florida 33014.

Speedy splitter



Woodchoppers will appreciate this work-saving ax. "Fingers" on the ax head push the wood apart as the blade bites into the end of a log to make wood splitting an easier chore. The "fingers" are spring-loaded levers that also help keep the ax blade from sticking in the wood.

Chopper 1 Log Splitting Axe (weight: 6.5 lbs.), about $33, Chopper Industries, P.O. Box 87, Easton, Pa. 18042.

Fabric wall-decorating system



Applying fabric to walls used to be tedious and tricky, but now there's an easy way to do the job. With this track system, the decorating possibilities are almost endless; for example, you can extend the impact of your draperies with a coordinated fabric-covered wall or conceal an unsightly area with an attractive bed sheet. You simply nail or glue the plastic track (see *inset left*) to the wall's perimeter, stretch the fabric over the track's adhesive face, and stuff the excess into the track with a special tool. To clean or change the fabric, you just pull it out of the track (the adhesive can be used again or replaced). A plastic shim for covering wall plates with fabric also is available.

Fabri-Track, about $1.20 per foot; stuffing tool, about $5; Shimmer, about $1.50. Unique Concepts, Inc., 681 Main St., Bldg. 30, Belleville, N.J. 07109.

continued

The Leroux Blackberry.

Before it was in the bottle its flavor was on the vine.



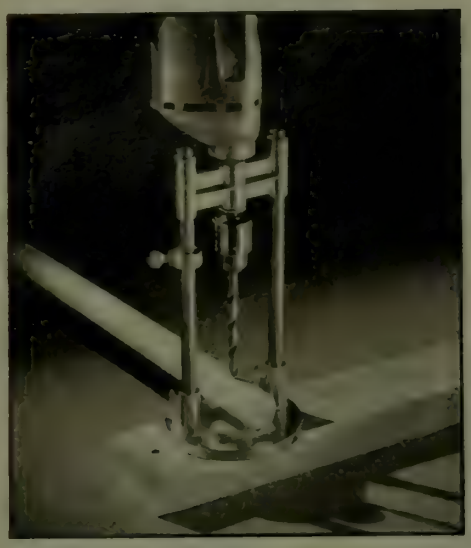
The Leroux Blackberry Sour.
¾ oz. lemon juice or lime juice, 1½ oz. Leroux Blackberry Flavored Brandy, 1 tsp. sugar, mix, strain, garnish with orange slice and cherry.

Experience all 52 flavors from Leroux. All of them natural. Naturally.

Leroux. The Royal Family of International Liqueurs. General Wine & Spirits Co. N.Y.C. 70 Proof.

GOOD NEWS

Drill press



Attach this tool to your portable drill and you can drill precise perpendicular holes in doors, large panels, narrow edges, or round stock. The tool has adjustable guide rods for angle drilling and a depth stop.

Portalign Drill Guide, about $20. Portalign Tool Corp., P.O. Box A-80547, San Diego, Calif. 92138.

Stove paint



Spruce up a freestanding fireplace, wood stove, or stovepipe with this aerosol paint. The silicone-based formula (offered in four colors) won't peel, flake off, or turn a mottled gray at high temperatures.

Thurmalox 270 Spray Paint, about $6. The Dampney Co., 85 Paris St., Everett, Mass. 02149.

Products shown in Good News are available nationally. For more information or the name of the nearest retail outlet, contact the manufactuer at the address listed; please do not send money to the company. All prices are subject to change.

P.E.G.S.™ THE GAME FULL OF GAMES.



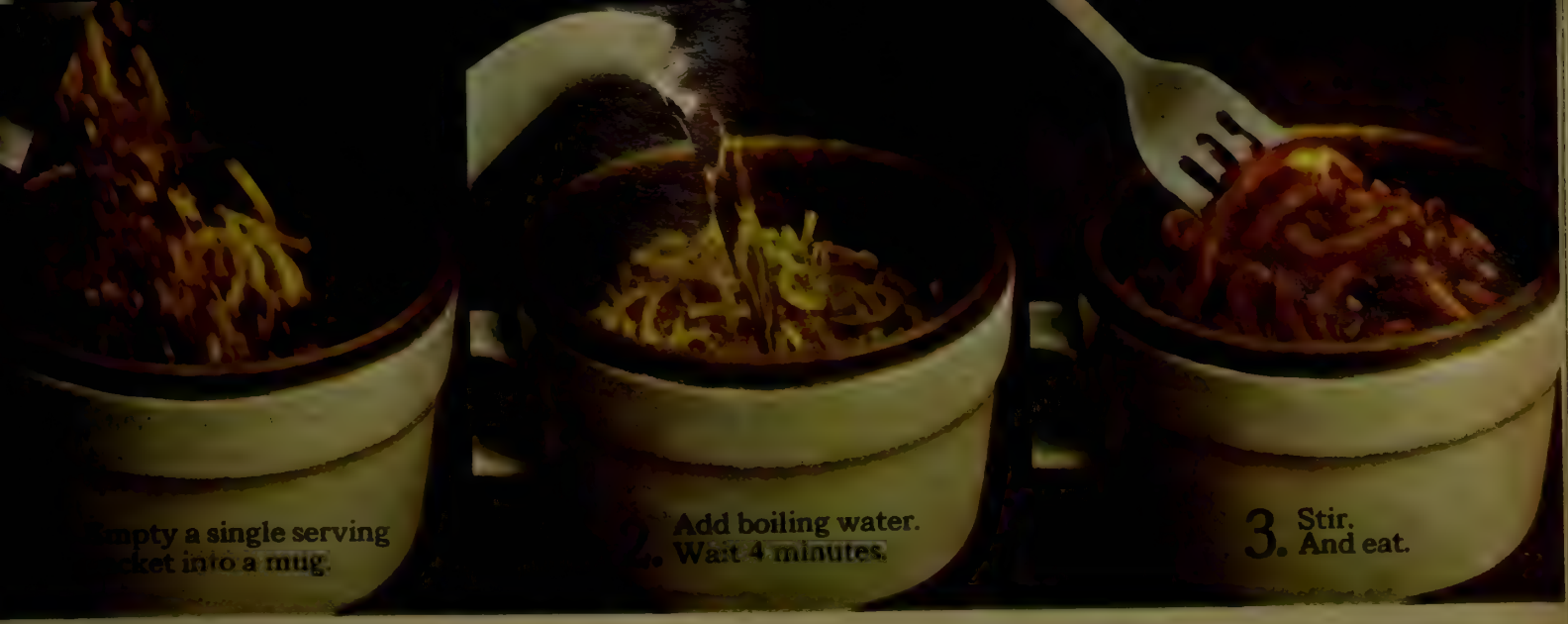
P.E.G.S. isn't just a game, it's 15 different games played on one electronic game board. Some are easy. Some are tough. And that makes P.E.G.S. a real value because it "grows up" with your child and provides challenging games for every age and stage of development. This Christmas get a game for everyone in the family. Get P.E.G.S.!

P.E.G.S. The Parker Electronic Game System



®PARKER BROTHERS

© 1978, Parker Brothers, Beverly, MA



INTRODUCING MUG-O-LUNCH®

Hearty hot dishes you make in a mug.



Now, hot and hearty lunch-time dishes that you make quick and easy as one, two, three.

They're new Mug-O-Lunch family favorites from Betty Crocker.®

Choose Spaghetti with rich, thick tomato sauce. Creamy Macaroni and Cheese, or hearty Beef Noodles. Each box has two single-serving packets.

It's so easy, it practically makes itself. Right before your eyes. With new Mug-O-Lunch, you can make three delicious hot dishes, in almost no time at all.

New from Betty Crocker.

How to install carpet

Don't let the cost of a professional installation keep you from carpeting a needy room. You can do the job yourself, and with less elbow grease than you may think. Just follow these step-by-step instructions.

Bathroom carpet

First, make a pattern or accurate diagram of the area you're carpeting. Some bathroom carpet kits include heavy paper for a pattern. If yours doesn't, you can use brown wrapping paper on a roll or newspaper sheets. Be sure to mark the right side of your pattern plainly. Assemble your tools in advance: tape, scissors, a pencil, a steel measuring tape, and possibly a razor blade.

Starting in a corner, cover the floor with the paper, overlapping the edges ½ inch and taping the pieces of paper together. Fit the paper snugly around fixtures and indentations. Cut slits in the paper from the back of fixtures to the wall.

When the pattern is completed, lay it facedown on the reverse side of your carpet and tape it securely. Cut slits for the fixtures as indicated on the pattern; then cut out the openings for the fixtures. If seaming is necessary, use masking tape on the underside of the carpet. (This tape will have to be removed for washing.) Remove the pattern and you're ready to lay your carpet.

Even though most bathroom carpets have a nonskid backing, you would be wise to use a double-faced tape for extra security. Apply the tape around the perimeter of the room and around any obstructions, such as the toilet.

Foam-backed carpet

A long-time kitchen favorite, today's sturdy foam-backed carpet is available in a variety of textures and patterns, and can be used in many different areas of the home. Made of olefin, nylon, or one of the acrylic fibers, this all-in-one floor covering has a closely tufted loop-pile surface with a high-density foam back. A center layer of hard rubber between the front and back surfaces effectively repels moisture.

Again, you need to make a diagram of the room or area you're carpeting. Include all closets and doorways. If you're covering a stairway, include the tread and the riser dimensions, and the width and number of stairs. Measure a room from wall to wall, not molding to molding. Take your diagram to your carpet dealer for advice about yardage.

Assemble your tools. You'll need a pencil, a yardstick or tape measure, carpet tape or adhesive, and a carpet cutter. (You should be able to get the last two items at a carpet store.)

Remove all furniture and floor mold-

continued



© 1978 The [illegible]

BinB®. The fresh alternative.

Delicious, fresh-cooked mushrooms without fresh-cooked fuss. That's what you get from BinB.

We start with the freshest, firmest mushrooms, just like you do. Then we lock in all that fresh flavor and firm texture by broiling our mushrooms in butter and packing them in a butter broth, not salt water brine. That's why BinB Mushrooms are the fresh alternative.



The Plain-Meat Potatoes

Plain-meat meals this week?

Betty Crocker® has five potato varieties to make your plain-meat meals anything but plain.

Friday's fish sticks.
Tender Creamed Potatoes in creamy, white sauce.

Thursday's meatloaf.
Sour Cream n' Chive Potatoes —with real sour cream!

Wednesday's chicken.
Scalloped Potatoes in velvety-smooth sauce.

Tuesday's hot dogs.
Hash Browns—crisp outside, tender inside.

Monday's hamburger.
Smooth, cheddary-sauced Au Gratin Potatoes.

continued

How to install carpet

ings. Make sure the floor is clean, dry, and free from wax. Fill any large cracks or holes. Apply double-faced tape around the perimeter of the room, but leave the paper backing in place until it's time to position the carpet.

Determine where your seam lines will be, then allow an extra two inches of carpet on the joining edge of each piece. Overlap the carpet edges and cut through both pieces. Use a straight-edge to guide your razor or knife as you cut so your seams will be perfectly matched. Put a strip of tape on both sides of the resulting seam lines.

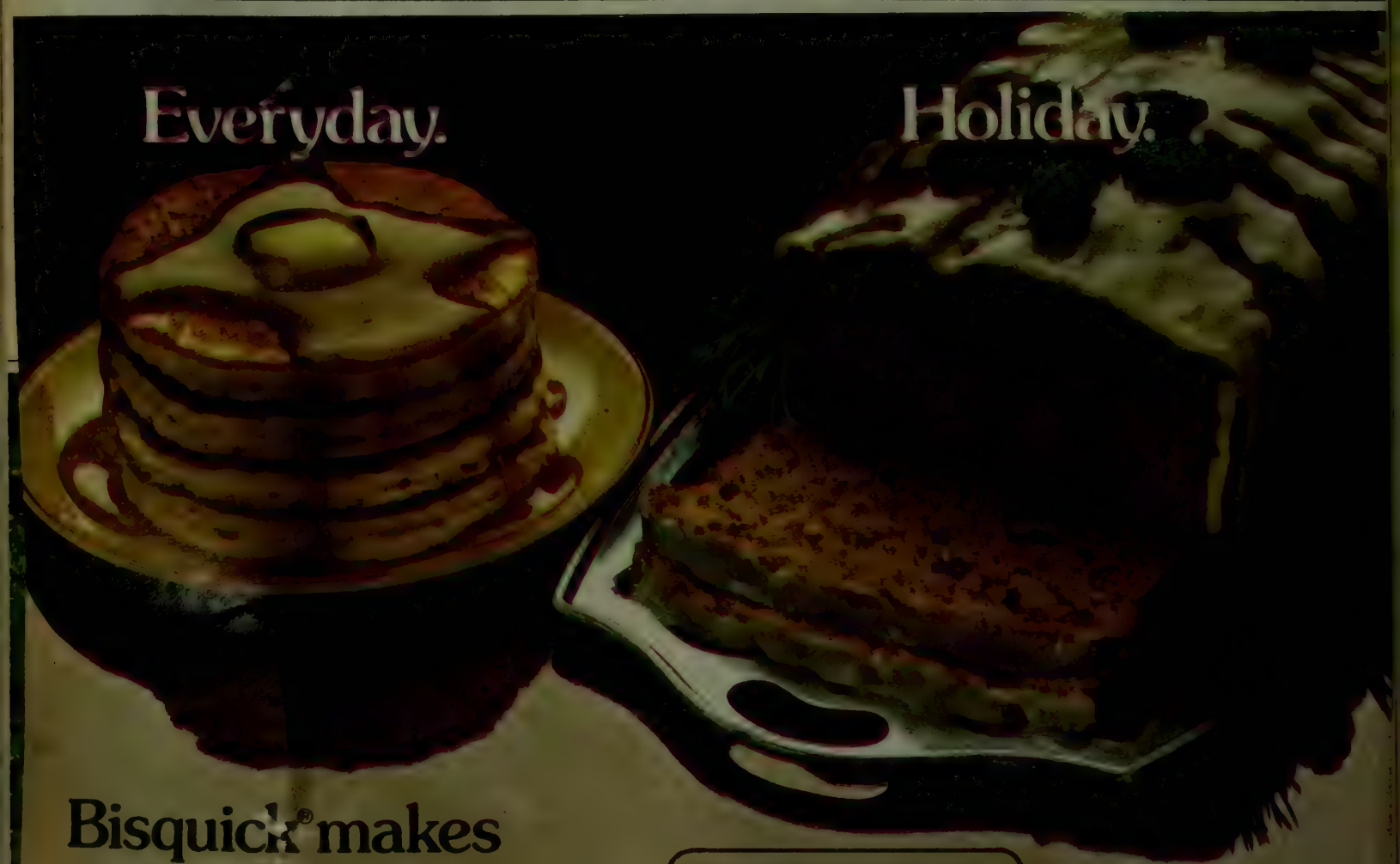
Slowly unroll your carpeting, being sure it touches all walls and fills all doorways. Smooth out any wrinkles, air bubbles, or puckers and push the edge to the wall to make a tight fit. Trim the carpet in all areas except doorways. Follow the contours of the wall as you cut and fit the carpet. Check again for wrinkles and puckers.

Now, starting with the seams, carefully remove the paper backing from the tape and press the carpet into position. As you install your carpet, adjust the edges for a smooth, uniform look. Roll back the second piece of carpet, remove the paper backing from the tape, and roll the carpet into place. Be sure that the seam sides butt tightly and smoothly together.

You can use a seam bond cement to prevent the seam edges from unraveling or fraying.

After the seams are positioned, continue around the room, removing the tape backing a section at a time and pressing the carpet into place.

Now make your final cuts across the doorways, and apply tape to the floor. Install metal edging across the doorways to keep the carpet ends from fraying or becoming safety hazards. ■



Bisquick® makes one as easy as the other.

With Bisquick, it's easy to make a Holiday Pumpkin Loaf or light, fluffy pancakes.

For pancakes, follow the recipe on the box. For a fancy Holiday Pumpkin [illegible] follow the recipe at [illegible]

[illegible] quick makes [illegible] ething to celebrate.



HOLIDAY PUMPKIN LOAF

3 cups Bisquick* baking mix
1 cup sugar
1 egg
1 can (16 ounces) pumpkin
1 teaspoon pumpkin pie spice
½ teaspoon ground cloves
½ teaspoon ground nutmeg
1 cup chopped nuts

Heat oven to 350°. Grease loaf pan, 9x5x3 inches. Beat all ingredients in large mixer bowl on low speed, scraping bowl constantly, 30 seconds. Beat on medium speed, scraping bowl occasionally, 4 minutes. Pour into pan. Bake until wooden pick inserted in center comes out clean, about 1 hour 10 minutes. Cool 10 minutes; remove from pan. If desired, cool completely and spread with Browned Butter Glaze (below); garnish as desired.
Browned Butter Glaze: Heat ¼ cup butter in saucepan over medium heat until delicate brown; remove from heat. Mix in 1 cup powdered sugar. Stir in 2 to 4 tablespoons hot water, 1 tablespoon at a time, until of desired consistency.
High Altitude Directions (3500 to 6500 feet): Heat oven to 375°. Decrease sugar to ¾ cup. Add ¼ cup all-purpose flour and ¼ cup water. Bake about 1 hour.

Bisquick.
Something good always comes of it.™

40% Fewer Calories. 100% Great Taste.

Betty Crocker

LITE Frosting Mix



10¢ Savings

Introducing New BETTY CROCKER® LITE FROSTING MIX. Delicious chocolate and vanilla frosting with 40% fewer calories per serving than our own creamy frosting mixes. There's less sugar, but no artificial sweeteners.

Smooth, light, and spreadable. **New BETTY CROCKER® LITE FROSTING MIX,** the 100% delicious way to cut calories. Just what you'd expect from Betty Crocker.

83U



STORE COUPON

Save 10¢

on your next purchase of

New BETTY CROCKER® LITE FROSTING MIX.

TO CONSUMER: This coupon good only on the product indicated. Only one coupon redeemed per purchase. Any other use may constitute fraud. Coupon not transferable.

TO GROCER: As our agent, accept this coupon on the purchase of the specified product. General Mills will redeem each coupon you so accept for the face value plus 5¢ handling charge. Mail this coupon to General Mills, Inc., Box 900, Minneapolis, Minnesota 55460 for redemption. Coupons will not be honored if presented through third parties not specifically authorized by us. *Any attempt to redeem this coupon otherwise than as provided herein shall constitute fraud. Invoices proving purchase, within the last 90 days, of sufficient stock to cover coupons presented for redemption must be made available upon request.*

Void where prohibited, licensed, or regulated. Good only in U.S.A. Cash value 1/100 cent.

COUPON EXPIRES OCTOBER 31, 1979

10¢ General Mills 83U

An update on CONTACT LENSES



Today's contact lenses are a far cry from the large glass objects first described nearly 500 years ago by Leonardo da Vinci. For millions of Americans of all ages, contacts are minute miracles. The lenses are so well-contoured and comfortable that many persons can wear them for as long as 15 to 17 hours at a time. And work is under way on the ultimate contact lens: one that can be worn 24 hours a day.

Despite the advances that have been made, there is still no universal contact lens because each eye and each wearer's tolerance level is different. Both hard lenses and soft lenses have their advantages—and disadvantages.

If you're thinking about switching from eyeglasses to contacts—or even if you're one of the 13.9 million Americans who already wear contacts—you'll be interested in the following update on contact lenses.

Hard lenses

Hard contact lenses are made of a hard, clear plastic called *polymethyl methacrylate* (PMMA) and have been worn since the 1950s. Yet hard lenses are still being improved upon.

Standard hard lenses provide good all-around clarity for both near- and farsighted people. And, hard lenses can be worn by many persons with astigmatism. (Astigmatism is an irregularity in the shape of the cornea, the transparent front surface of the eye.) Hard lenses help the eye compensate for the condition by creating a more uniformly spherical eye surface.

Of all contacts currently available, hard lenses are the most durable (some lasting ten years or more) and the least expensive. Costs (including vision examinations, lens care materials, and follow-up visits) for PMMA lenses vary —from a low of $175-$225 in Houston to a high of $250-$350 in Los Angeles. Although special tints or other modifications will add to the price of hard contact lenses, they will still cost about a third less than soft lenses.

Hard lenses, however, do have some disadvantages. They're a little more difficult to center on the eye, and they occasionally slip off-center, onto the sclera (or white part of the eye). Also, it takes time (11 days to four weeks) for most wearers to adjust to the hard lenses. Some people are never able to wear hard lenses. Once you stop wearing hard contact lenses for several days, you'll have to build up some of your tolerance again. While some people insist they can wear their hard lenses for up to 16 or 17 hours daily, many others say that nine hours is all they can stand. Eye doctors caution that even if the lenses are comfortable, wearing them too long at a time can be harmful.

Like a bifocal spectacle lens, the bifocal contact contains two lens powers: one for close vision and one for distance. Bifocal contact lenses are either *non-rotational* or *rotational.*

Non-rotational means that the distance lens power is on top of the lens, the near lens power on bottom. Since blinking rotates a contact, the non-rotational bifocal contact lens is weighted at the bottom to keep it always in place.

Rotational means that the distance lens power is in the center, with the near lens power completely surrounding it. Thus when the contact lens rotates normally, the near prescription is always on the bottom.

The best candidate for bifocal contacts is the person who is already wearing regular contact lenses.

In the past, bifocal eyeglass and contact lens wearers had to live with the "jump" that occurs when shifting from distance to near power. A new type of bifocal contact called the *rotational bifocal aspheric* contact lens eliminates the "jump." The lens is ground so that the power is *gradually* changed from the central (distance) power to the outer (near) power.

New lenses made of *cellulose acetate butyrate* (CAB) may be more comfortable than conventional hard contacts because they allow some oxygen and other gases to pass through the lens at all times. Conventional hard contacts only allow oxygen to reach the cornea when the wearer moves the lens by blinking. Check with your doctor to see whether your prescription can be adapted to these new lenses. Prices vary, but these lenses are more expensive than conventional hard contacts.

Soft lenses

If you've tried unsuccessfully to wear hard lenses, and you don't have a significant amount of astigmatism, your doctor may suggest soft contacts. They're easier to get used to than hard lenses. Soft lenses are made of a pliable, water-absorbing plastic called *hydroxyethyl methacrylate* (HEMA). The soft lens is desirable for sports enthusiasts because it is less likely to pop off the eye than a hard lens is. Also, the soft lens is flexible, comfortable, and easy to center on the cornea.

Even if you've never worn contact lenses, it usually takes only a week for your eyes to adapt to the maximum daily wear schedule for soft contacts: 16 to 17 hours. And, if you should stop wearing soft lenses for several days, your eyes will acclimate themselves almost immediately once the lens is reinserted.

Is the soft lens right for you? Vision with soft lenses may not be as good as with hard lenses. Soft contacts can correct fewer vision problems than hard lenses can. About 60 percent of eyeglass wearers can wear soft lenses.

Generally, astigmatics cannot wear soft lenses because the lenses are so flexible that they conform to the shape of the cornea rather than providing a new, more uniform front surface of the eye as hard lenses do. A new, non-rotating soft lens is available that will correct a limited range of astigmatism; ask your doctor if it could help you.

continued

Give this headache all it needs. And nothing more.

Bayer.® 100% pure pain reliever. Nothing else is needed.

What this headache needs is 100% pure pain reliever. And that's Bayer Aspirin. 100% pure pain reliever. Bayer adds nothing because—even for a big headache—nothing else is needed. And rest assured, Bayer Aspirin has relieved millions of headaches without stomach upset.



If your headache is too big for Bayer. . . see your doctor.

Read and follow label directions.

protect your lips!



You can protect your lips from sun, wind, cold and dryness with Blistik—the soft, medicated stick with the lanolin emollient and Sunscreen. Blistik helps relieve drying, chapping, blisters and cold sores.

Blistik—
The lip shield

continued

Contact lenses

Soft contacts (hard contacts, too) shouldn't be worn by those who cannot, or will not, give them the required hygienic care. They should be cleaned in a solution or solutions appropriate to the type of lens. Usually proper daily care takes only a few minutes—a contrast to the complicated care routine of several years ago.

All soft lenses are untinted. Their flexibility and pliability make them less durable than hard lenses. Soft lenses usually must be replaced after only 1½ to two years. And you should be aware that soft lenses are more expensive than hard lenses. If you live in Houston, Texas, they'll cost (including exams, follow-up visits, and soft lens care materials) $200-$250; Oak Lawn, Illinois, $250-$350; and Los Angeles, California, $350-$450.

What else is new?

● *Orthokeratology.* Just as a watchband or ring reshapes the tissue underneath, eye tissue can be reshaped to conform to a hard contact lens. Researchers supported by the National Eye Institute have been experimenting with ways to accomplish this reshaping in a controlled, predictable, and safe manner. Assume you're myopic (nearsighted)—which means that you see only close things clearly. Some eye researchers believe that wearing a series of prescription contact lenses over a period of time can reshape the corneas to the point that vision is improved even after the lenses have been removed. Research continues into the effectiveness and safety of orthokeratology—eye specialists in some major cities are applying the principle on selected patients. Could you benefit from orthokeratology? It is designed for persons who are mildly nearsighted and doesn't work if you're farsighted, have diseased eyes, or have an extremely strong eyeglass or contact prescription. The question of whether orthokeratology benefits the person with an astigmatism is still unresolved; ask your doctor for his or her opinion.

Orthokeratology may take from several months to several years, depending upon how much the cornea has to be reshaped. Generally, the lenses will contain a prescription, which is needed to help you see normally while the treatment is in progress. The prescription, however, does not contribute to orthokeratology; the reshaping is the significant part. Only hard contact lenses can be used and, as your cornea recurves, new lenses will be prescribed. After the process is completed you may also have to wear "retainer" lenses at night.

Orthokeratology costs from $500 to $2,000 depending upon the correction needed.

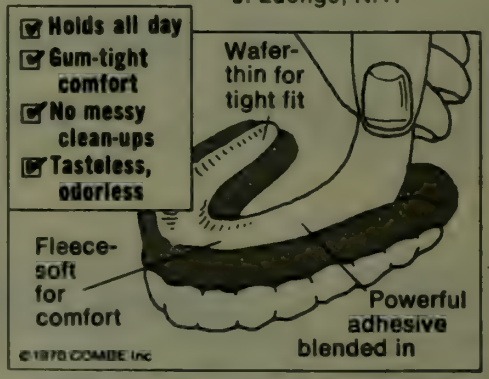
● *Soft contacts as eye bandages.* Contact lenses used to be ruled out for people with diseased eyes. Today, however, soft contact lenses are actually being used to treat some eye diseases. Because soft contacts retain liquids, they may be used to treat certain conditions such as corneal inflammation or "dry" eyes.

● *Correcting color blindness with contacts.* A Waltham, Massachusetts, optometrist has devised a contact lens (called X-Chrom) that promises to make life easier for many of the estimated 8.5 million Americans—mostly

continued on page 138

"I'll never go back to denture paste or powder"

J. Luongo, N.Y.



Thousands discover the patented denture seal that bonds false teeth gum tight all day

Just announced in U.S. SEA-BOND Seals are hailed by European dentists as a breakthrough in denture comfort and security. Tested and proved in a leading American University. Holds so firm it resists loosening even when you bite down hard. Tasteless, odorless, cannot ooze or wash out. SEA-BOND's secret is a powerful all-natural adhesive from the sea blended into a convenient no-mess seal. Up-

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NEW AND IMPROVED



Now Jergens Lotion is new and improved. So hands that work hard don't have to look it.

New Jergens has extra-creamy formulas that are clinically proven to relieve rough, chapped skin. Their rich moisturizers are especially effective. Your hands feel better instantly—with no greasy after-feel.

Try new Jergens Lotion. In two improved formulas. White for dry skin. Yellow for extra dry. They'll help your hands feel new and improved, too!



NEW AND IMPROVED

Let your hands tell you which Jergens you need. Then clip the coupon and save 25¢ on new Jergens White, or new Jergens Yellow. It's the lotion your dry skin has been waiting for!

25¢ OFF JERGENS LOTION

Yellow or White

MR DEALER: If acting as our agent, you allow a retail customer the face value of this coupon toward the purchase price of the product specified hereon. The Andrew Jergens Company will redeem this coupon for the face amount plus 5¢ handling. Any other use constitutes fraud. Proof of purchase of stock to cover coupons presented for redemption must be furnished on request. Void where licensed, taxed, prohibited or otherwise restricted by law. Consumers must pay sales tax. Coupons cannot be assigned or transferred. Cash value 1/20 of 1¢. Mail coupons to JERGENS, P.O. BOX 1200, Clinton, Iowa 52734. This offer expires December 31, 1979.

Good on any size except 1 oz. Trial Size



25¢ STORE COUPON **25¢**

The E.P.T.® In-Home Early Pregnancy Test is a private little revolution any woman can easily buy at her drugstore.

It is highly accurate. Millions of women today in 13 European countries use this testing method. Now its high accuracy rate has been verified here in America by doctors who clinically confirmed the results of tests performed by women themselves in their own homes.

That means you can confidently do this easy pregnancy test yourself—privately—right at home without waiting for appointments or delays. That simple difference is the result of many years of costly research. And it's worth every penny.

At last, early knowledge of pregnancy belongs easily and accurately to us all. It's simple. Fast. And there is no risk, no physical danger whatever, in doing it because a sample of your first morning urine is all that's needed for the test.

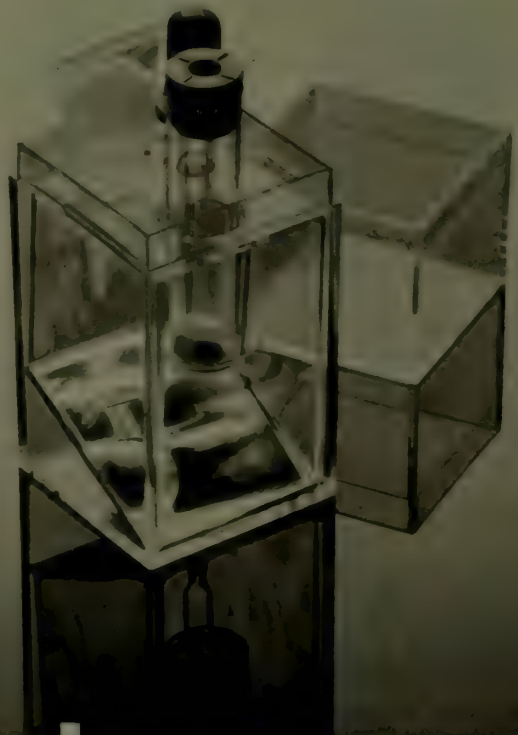
As soon as you become pregnant, your body starts to produce a special hormone—HCG. Starting on the 9th day after the date you expected your menstrual period to begin, there should be sufficient concentration of HCG in your urine to give an accurate reading of pregnancy. And that's all there is to it. Follow the test directions with care, and three drops of urine can tell you quickly and easily what you want to know.

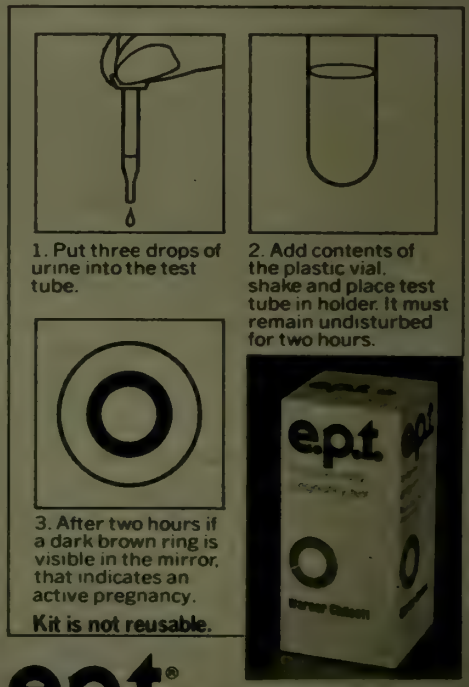
If you get a positive reading, you can assume you are pregnant. Such positive pregnancy readings in our clinical tests proved to be 97% accurate. If your reading is negative, your overdue period should begin soon. If a week passes and you still have not started menstruating, you should take a second E.P.T. test because there may not have been sufficient HCG in your urine at the time of the first test, or you may have miscalculated your period. Negative readings on a first test are about 80% accurate; on repeat testing one week later they are 91% accurate. If your second test result is still negative and your period has not begun, we urge you to consult your doctor as soon as possible.

E.P.T. is very simple to do, but it is important that you follow the instructions carefully to insure an accurate reading.

E.P.T. Early Pregnancy Test gives women a new power, the power of time to help control the quality of their pregnancies.

The first 60 days are critical in fetal development. Improper nutrition, cigarettes, alcohol, even commonly used household medications can be harmful in these crucial first 60 days before most women even know for sure that they are pregnant. Now with E.P.T. you can know. Now, when you call your doctor, you have the results of your test to report. And time is on your side at last.





e.p.t.® in-home early pregnancy test

At last, an accurate early pregnancy test that women can do at home quickly, safely and very easily.

By the time you're 35, you've probably got 40,000 miles on your feet.*



And you can't trade them in.

The average American puts over 1,200 miles a year on his feet.* And they are one means of transportation that have to last you a lifetime. So you better take care of them.

Eight potential signs of trouble.

1. Do you have thick, hardened areas of skin on the soles, sides, or heels of your feet?
2. Are there bumps of hard, dead skin on the tops of your toes?
3. Is there itching or cracking of skin between your toes?
4. Do the arches or insteps of your feet ever ache?
5. Are your feet generally fatigued at the end of the day?
6. Do your feet ever feel hot or tender?
7. Are you embarrassed by foot perspiration or odor?
8. Do your feet, knees, or elbows show signs of rough, dry or hard skin?

If you answered yes to any of the above, here are a few of the ways Dr. Scholl's can help.

1. *Callouses.* Zino® callous pads with medicated disks for removal. Kurotex® moleskin for protection of sore tender areas.



2. *Corns.* Zino® corn pads with medicated disks for removal, or "2"-Drop® liquid as directed for fast removal of hard corns. Also, non-medicated Foam-Ease® pads for protection.
3. *Athlete's Foot.* Dr. Scholl's Solvex® helps keep you on your toes by killing athlete's foot fungi on contact, while controlling the itching and burning.
4. *Weak Arches.* Flexo® Foam Arch provides comfort and soft cushioning support.



5. *Foot Fatigue.* Dr. Scholl's Air-Pillo® Insoles will help put the spring back in your step when you're on your feet all day.
6. *Hot Tender Feet.* Dr. Scholl's Foot Powder, when used daily, soothes, cools and reduces shoe friction.
7. *Perspiration.* Dr. Scholl's Foot Deodorant Spray helps feet stay odor-free.
8. *Rough Dry Skin.* Scholl Rough Skin Remover gently smooths away rough skin on feet, knees and elbows. Scholl Softening Lotion smooths and helps restore moisture balance.



Preventive maintenance for feet.

Daily attention to your feet helps keep trouble from starting up. Not only will your feet feel good, chances are you'll feel good all over. But if a problem persists, see your physician or podiatrist.

Where to go for service.

There's a Dr. Scholl's Foot Care Center near you offering the relief, comfort or beauty product that best meets your individual needs.

So when you think about foot care, go to the Dr. Scholl's display. The best way to get maximum mileage from your feet.



Dr Scholl's

The Service Station for feet.

*Estimated average based on information received from the American Podiatry Association.

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continued from page 134

Contact lenses

men—who are color-blind.

Dr. Harry Zeltzer's lens is a special red color that helps correct the most common red-green color blindness. Only one lens is prescribed, and it's placed on the non-dominant eye. The dominant eye feeds information to the brain about colors that are seen correctly, and the eye with the colored contact feeds information about confusing colors.

The X-Chrom lens can be manufactured with a prescription, or if no correction is needed, a plain lens can be worn. Who will it help? People who are barred from jobs because of inability to distinguish colors—telephone repairmen, drivers who are unable to see red or green stoplights—and even the home handyman baffled by the variety of color codings on transistors in an electronics kit. Dr. Zeltzer says the lens has been used to help some children who were misclassified as learning disabled. Their difficulties are alleged to result from being unable to tell colors apart. The X-Chrom lens might help you mix and match clothing yourself without having to ask "Does this go with that?"

For more information

If you'd like more information about contact lenses, write to the following organizations for their consumer information booklets:

The Corrective Eye Care Foundation or the Contact Lens Manufacturers Association. Both are located at 435 North Michigan Avenue, Chicago, Illinois 60611.

The American Optometric Association, 243 North Lindbergh Blvd., St. Louis, Missouri 63141.

For more information about the X-Chrom lens, write Young Contact Lens Laboratory, 475 Commonwealth Avenue, Boston, Massachusetts 02215.

WHO WEARS CONTACT LENSES AND WHY

Almost 14 million Americans wear contact lenses; 73 percent are women, the majority between the ages of 17 and 24. Age is no barrier to wearing contacts, however—infants have been fitted with contact lenses, and parents have been taught to insert and remove the lenses. Most authorities agree, however, that the youngest age for a youngster to begin wearing contacts is when he or she has the maturity to accept the responsibility of caring for the lenses. So, if your youngster can master the motor skills necessary to insert, center, and remove a lens, and can give the lenses the care they need, there's no reason for the child not to wear contacts.

Parents of teen-agers may think fashion and vanity are the only reason to wear contacts. There are other, much better, reasons to do so, among them:

- More natural and realistic vision. Because the lenses are close to the eye and move with the eye, the wearer always looks through the center of the lens.
- The contact lens wearer, for reasons that are not completely understood, may not have to change lens prescriptions as often as he would eyeglass prescriptions.
- After cataract surgery, contact lenses provide better vision, and are less bulky than normal "cataract lenses."
- Contacts provide better side vision than eyeglasses do.
- Contacts never fog up or get splattered by rain.
- Contact lenses (especially soft contacts) are more convenient for sports activities.
- Wearers of eyeglasses wear one pair—and carry a pair of sunglasses. Contact wearers need only carry sunglasses.
- Some specific medical problems seem to be best treated with contact lenses.
- Contact lenses never go out of style. ■

(Produced in cooperation with LindaAnn Loschiavo)

HOLDS DENTURES FIRM WITHOUT DAILY "FIXINGS"

Snug Cushions hold dentures comfortably tight for weeks

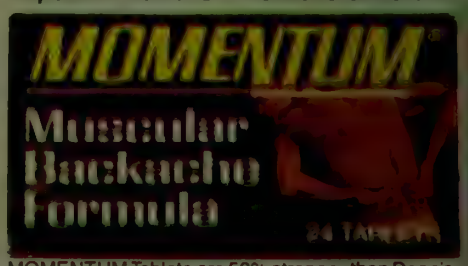
No more "fixings" every morning with messy powders or creams. Even if dentures need "fixing" after every meal, here's important news. Snug cushions restore dentures' holding power so dentures stay comfortably tight for weeks. Snug, the soft, effective temporary aid, forms a "comfort bond" between dentures and gums. Sticks to dentures, not to gums. Rinse, scrub or soak Snug fresh and clean. Easy to remove, but won't wash off or flake away. So, end daily "fixings"! Use Snug to hold dentures comfortably tight for weeks.

SNUG® BRAND RESTORE CUSHIONS



SHOP FOR AND SAVE ON THESE PRODUCTS FOR YOUR FAMILY

Important News for Backache Sufferers!



MOMENTUM Tablets are 50% stronger than Doan's

Before you take Doan's Pills for muscular backache, remember this: MOMENTUM Tablets are 50% stronger than Doan's. That means MOMENTUM gives you 50% more pain reliever per dose to relieve backache.

To reduce pain, soothe inflammation so muscles loosen — you can move more freely in minutes! There's no stronger backache medication you can buy without a prescription than MOMENTUM Tablets. Take only as directed.



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HEALTH UPDATE

GOOD NEWS FOR COFFEE DRINKERS

If you can't start the day without a cup of coffee, the latest research on caffeine is reassuring. A report in *Nutrition Reviews* affirms that a moderate amount of caffeine is a pleasant, mild stimulant that holds small risk of harmful effects.

Eight of ten Americans aged 18 or older consume caffeine daily in amounts equivalent to the caffeine in two cups of coffee, the most popular source of the substance. Caffeine can also be found in tea, cola drinks, and such over-the-counter medications as stay-awake tablets and certain kinds of cold remedies.

While the controversy over the effects of caffeine continues, recent studies do not show that caffeine contributes to heart disease, induces or worsens peptic ulcers, or causes cancer. A few users do develop unusual heart rhythms.

Caffeine is said to prevent attention lapses and improve performance of physical tasks, especially those that involve speed. It doesn't seem to improve intellectual performance, however. Experiments where neither researchers nor subjects knew whether caffeine was being consumed showed that caffeine has a pick-me-up effect that starts about an hour after it's taken and continues for two to three hours.

WORTHWHILE HEALTH BOOKLETS

● To locate hard-to-find items such as Braille playing cards, wristwatches with Braille dials, tools, and instruments modified for use by visually impaired persons, send for *Aids & Appliances for the Blind and Visually Impaired,* free from the Publications Division, American Foundation for the Blind, 15 West 16th Street, New York, New York 10011.

● Facts about female sterilization are described in two new booklets from the American College of Obstetricians and Gynecologists. *Important facts on postpartum sterilization* ("tying the tubes") and *Sterilization by laparoscopy* ("Band-Aid surgery") describe how the particular procedures are performed and explain risks, aftereffects, and rate of success.

To order either or both, write ACOG, Resource Center, Suite 2700, One East Wacker Drive, Chicago, Illinois 60601. Single copies of the booklets are free, but please send a self-addressed, stamped, business-size envelope. ■



"For my headache I want extra strength and safety, too."

Anacin® has extra strength. More strength than any regular headache tablet. And Anacin combines that strength with safety.

Like all leading headache tablets, Anacin starts with a pain reliever recognized safe by a panel of experts, used as directed. But Anacin gives you *more pain reliever than any regular strength headache tablet.* Gives you the safety you expect with the extra strength you want. Read and follow label directions.

Extra strength with safety. That's common sense. That's Anacin.

"Some of the reasons why it pays to sell Avon are priceless."



"I think Christmas is the most wonderful time of the year.
And having time to enjoy it with my family
is the best Christmas present I could get. Selling Avon gives me the freedom
to work my hours around my family's schedule.
Which means my free time is spent with the people I love most: my family.
And no price can be put on that!"

Mrs. Isabelle Murry, Stafford, Texas

It's a beautiful way to work.

AVON

If becoming an independent Avon Representative sounds interesting to you, call 800-243-5000, in Connecticut 1-800-882-5577.
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Just this morning, she had diarrhea.



She had the cramps, the pain, the works. Then she took new, doctor-tested Rheaban®. Almost before she knew it, she was feeling like a new woman. What makes Rheaban such a fast worker? A concentrated, high-adsorbency formula which *goes right to work* on the germs that frequently cause diarrhea. Rheaban's active ingredient is so adsorbent, you get *fast* relief with just *half* the dose recommended by the best seller, which contains kaolin. And Rheaban's fast-acting formula is nonnarcotic, not habit-forming. So get unique new Rheaban, the first diarrhea medicine in easy-to-take tablets and concentrated liquid. Either way, you get big relief in small doses... *fast.*

Use only as directed. © Pfizer Inc. 1978



Rheaban, a gentle, fine product from the Monograph Family of Medicines. When nonprescription medications are needed at home, more professionals prescribe effective relief than those from the Monograph Family. Each product is doctor tested and approved to meet today's strict demands for safety, effectiveness and quality. Each package includes complete label disclosure for maximum consumer protection.

Monograph. The mark of assurance in family medicines.

WHAT CAN YOU DO ABOUT COLD SORES AND CANKER SORES?

Cold sores and canker sores, in and around the mouth and nose, bother almost everyone now and then.

Although unattractive and sometimes painful, cold sores and canker sores usually clear up within two weeks, and they rarely have serious consequences. That's fortunate because medical science hasn't yet found a way to prevent or cure them. And doctors remain baffled about when and why these sores occur.

Nevertheless, there are measures you can take to hasten healing and relieve discomfort. Here are the facts to help you combat those pesky sores.

The symptoms

Persons who repeatedly suffer cold sores or canker sores can often sense their onset. Hours, even days, before the sore is apparent, there may be a telltale sensation of pain, burning, itching, or tingling beneath the skin.

- **Cold sores**, also known as fever blisters, typically occur outside the mouth at the edge of the lip or nostril, although occasionally they occur inside the mouth, too. They erupt in one or more small bumps that eventually turn into tiny blisters that are indented on top and surrounded by redness and swelling. After a couple of days the blisters break, ooze, and form a yellow crusty scab. It takes about 12 days from the time the first bumps appear until the skin clears up again. Cold sores tend to recur in the same general location, but the interval between recurrences varies from one month to many years.
- **Canker sores** appear only inside the mouth (usually on the cheeks and lips but also on the floor of the mouth and on the tongue).

The scientific name for canker sores is *recurrent aphthous ulcers.* They look like small punched-out holes rather than raised blisters and are round or oval, usually less than one-quarter inch in diameter. The base of the sore is yellow or gray and the edge is bright red. Canker sores may appear singly or in clusters. Most people experience them no more than once or twice a year.

Other ulcerations of the mouth area may resemble canker sores (and sometimes cold sores), especially in their early stages, so visit your physician or dentist when the sore is visible. He can properly identify the problem and help you cope with it.

How cold sores develop

A virus called *herpes simplex* is responsible for cold sores and fever blisters. Many people are exposed to herpes simplex in childhood, frequently before age five. Generally

continued

When the heat's on, Sure helps keep me dry.

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I'm a professional research analyst and that means that at the end of every project I have to give the results of my findings to the people who hired me.

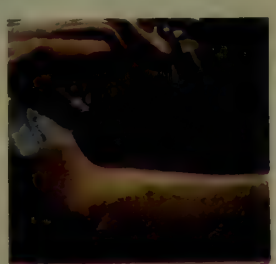
And when you have to stand up in front of a roomful of people, the last thing you want to worry about is your anti-perspirant. Which is why I depend on Sure anti-perspirant.



Sure sprays on dry and really helps keep me dry.

In fact, Sure keeps me so dry, that even when I'm under pressure I still feel confident.

And when everyone is looking at you, that's a nice thing to know.



Sure sprays on dry, unlike most sprays which go on wet and oily



continued

Cold sores and canker sores

the infection goes unrecognized because there are no symptoms of illness or only mild ones. Occasionally a child may have a severe infection with many blisters on the inside of the mouth as well as fever, malaise, loss of appetite, and swollen lymph nodes in the neck.

Once a person is infected, the virus is thought to travel along the nerves from the skin to nerve centers or ganglia where the virus quietly stays for an indefinite time, often a decade or more.

Eventually, in some people, scientists believe, the virus travels down the nerves and signals its arrival at the skin surface with a tingling feeling. A day or so later, after the virus has multiplied, a blister erupts.

Cold sores or fever blisters seem to be triggered by a number of physical and emotional factors. As the names suggest, upper respiratory infections and fever commonly precipitate the sores. Persons whose infection-fighting ability has been altered are more prone to develop cold sores—as a result, for example, of the use of anti-cancer drugs.

Cold sores have been associated with sunburn, exposure to extreme wind and cold, stress, fatigue, hormonal changes, trauma, even kissing.

The virus can be passed from one person to another, especially when blisters are in the oozing stage. However, not everyone exposed to the virus develops cold sores. It's believed that susceptibility to the cold sore virus may be influenced by heredity.

A child who has never been exposed to the virus may develop an infection if kissed by an adult with an active cold sore. However, it's quite possible for an adult to develop no reaction if kissed by someone with an active cold sore.

The herpes simplex virus

Infections resulting from the herpes simplex virus are divided into two broad, related categories: **Type 1** includes infections that generally are "above the waist." They include cold sores, one type of eye infection, and a rare type of brain inflammation.

Type 2 infections are characterized by painful genital blisters. Public health officials are particularly concerned about this type because of its known link to birth defects and its possible association with cervical cancer. Type 2 infections are often, but not always, transmitted by sexual contact and are becoming more prevalent.

How cold sores are treated

The herpes virus is stubbornly unresponsive to treatment. Because the virus strikes on the skin surface and then retreats to the nerve cells where it can't be reached, treatment at the infection site won't keep the problem from recurring.

Nevertheless numerous treatments have been tried. These include vaccines known to be effective for smallpox and polio; applications of the anesthetic ether to the sore; vitamins; hormones; and special dyes activated by light.

"The problem with all of these approaches," says Dr.

continued

Taste the new improved taste of Morningstar Farms.®

We put more flavor in our cholesterol free foods.

If you're watching the saturated fat and cholesterol in your diet, here's some good news. Morningstar Farms just improved its recipes.

You'll find new Breakfast Links and Patties brown up juicy and delicious now, without adding oil.

New Breakfast Strips not only taste more like bacon, but they look and cook that way, too.

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One thing remains the same, of course—there's absolutely no cholesterol or animal fat.

If you've tried Morningstar Farms products in the past, you've got a good reason to try them again. If you're serving them now, you'll enjoy them even more.

In your grocer's freezer.



Morningstar Farms®
Lets you do something about cholesterol.



© 1978 Miles Laboratories, Inc.

continued

Cold sores and canker sores

Irwin M. Freedberg, chairman of dermatology at Johns Hopkins University, "is that we have no proof that any of these treatments work better than doing nothing at all. The infection usually clears up by itself in a few days."

Further, some of the treatments are potentially dangerous. The dye-light treatment, for example, has raised fears that the virus, instead of being killed, might be transformed into one that could produce tumors.

Healing is fastest if cold sores are left open to the air to dry. Witch hazel and camphor spirits are among drying agents that seem to hasten crust formation and may help relieve itching and burning.

Dr. Freedberg says that if further infection *(secondary bacterial infection)* develops, nonprescription antibacterial preparations can be applied to the surface of the skin. Consult your pharmacist to find the best kind. Treatment is important because a secondary infection may leave a scar if neglected.

How canker sores develop

Canker sores usually first appear between the ages ten and 20, and women are twice as likely to have them as men.

The exact cause is unknown but evidence points to an allergic reaction to a common mouth bacterium, a form of *alpha-streptococcus*, as the cause of canker sores. There's also a high correlation between the appearance of canker sores and stressful situations; some people get them every time they pay bills, and university students are more likely to develop them during exam time than during vacation.

Some people find that acidic foods, including citrus fruits, walnuts, vinegar, and tomatoes, trigger canker sores.

Getting rid of canker sores

A person for whom canker sores are a continual problem may benefit from swishing a prescription antibiotic (tetracycline) syrup around the mouth at the onset of the attack. Studies at the National Institutes of Health have demonstrated that tetracycline can speed the healing of the sores as well as making them smaller and less painful. Further, aborting the attacks seems to make them less frequent.

The drug must, of course, be taken under a doctor's supervision and is not recommended for young children or pregnant women because it may produce stains on developing teeth.

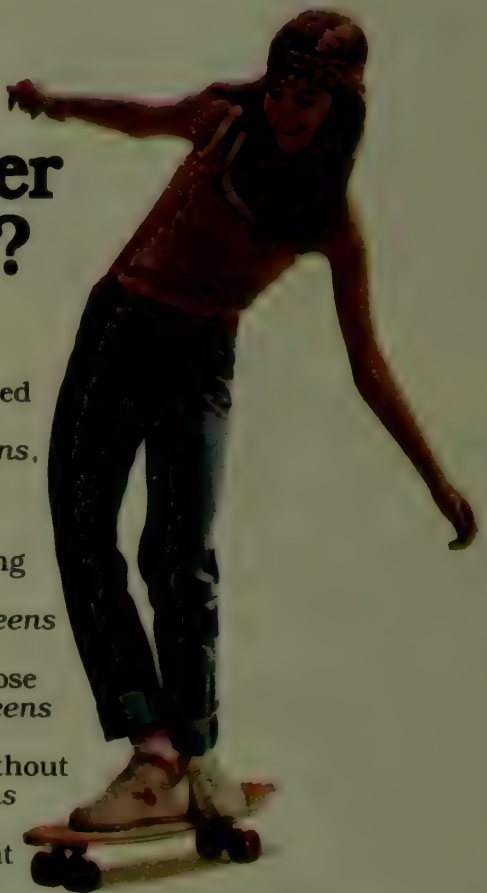
Local anesthetics that are designed to numb the pain of canker sores are usually ineffective because normal mouth secretions rapidly wash such preparations away.

Research advances

Scientists have recently heralded the first successful use of a drug against the brain infection caused by Type 1 herpes simplex virus. They believe that the drug *adenine arabinoside* or ARA-A, may be effective against other herpes simplex infections as well. Already an ointment containing ARA-A has been approved for the treatment of herpes simplex infections of the eye. Tests are under way to determine if a similar ointment stops fever blisters. ■

(Produced in cooperation with Lynne Lamberg)

Why should a healthy teenager take vitamins?

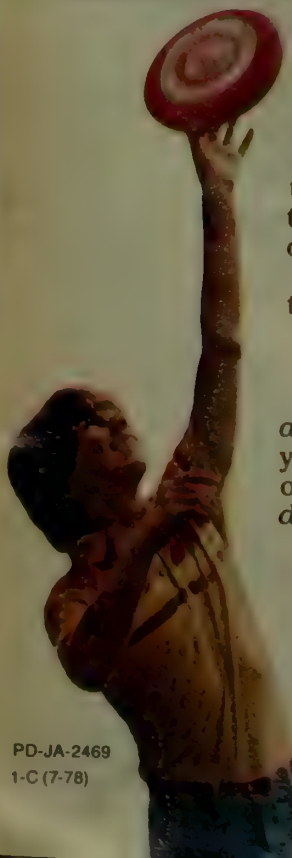


Sorry, can't eat now!

Ever try to get a teenager to slow down long enough to eat three balanced meals a day? Then you'll understand why Parke-Davis developed *abdec teens*, vitamins for teenagers.

Go, go, going and still growing.

Since teenagers are still developing physically and their bodies require proper nutrition, we've made *abdec teens* to supplement their dietary intake.



You can choose either *abdec teens* with iron, or *abdec teens* without iron. *abdec teens* are up to three times more potent than the leading one-per-day multivitamin.

That's up to three times more potent in the essential vitamins A, B, D, E, and C.

You'll feel better, too.

As a parent, you'll feel good about *abdec teens*. Especially when you stop to think how often a healthy teenager *doesn't* stop to eat.



abdec teens™
with or without iron.

Vitamins for teenagers.

PARKE-DAVIS, Div. of Warner-Lambert Co., Morris Plains, N.J. 07950

PD-JA-2469
1-C (7-78)

Souped up vegetables.



Lipton introduces a savory way to add variety to vegetables.

This holiday make your vegetables more festive. It's simple with Lipton® Recipe and Soup Mixes.

Lipton gives vegetables a sensational savory flavor that will have your kids asking for seconds. (And when was the last time that happened?) Try one of these holiday recipes soon. Your family will give thanks for it.

Tater 'n Apple Bake

(Pictured above)

*½ cup Lipton Onion Butter**
½ cup brown sugar
⅓ cup coarsely chopped walnuts
1 teaspoon ground cinnamon
4 cups sliced cooked sweet potatoes (about 4 medium)
3 cups sliced apples
2 tablespoons Lipton Onion Butter

Preheat oven to 375°.

In small bowl, blend ½ cup Lipton Onion Butter with sugar, walnuts and cinnamon. In greased 2-quart casserole, layer ⅓ potatoes and apples and ½ onion butter mixture; repeat. Arrange remaining ⅓ potatoes and apples and top with 2 tablespoons Onion Butter. Garnish, if desired, with additional walnuts. Bake covered, 30 minutes or until apples are tender. Makes about 8 servings.

*LIPTON ONION BUTTER: Thoroughly blend 1 envelope Lipton Onion Soup Mix with 1 container (8 oz.) whipped butter or margarine, softened. Makes about 1¼ cups onion butter. Store covered in refrigerator.

Holiday Vegetables Amandine

2 packages (9 oz. ea.) frozen cut green beans or peas
1 cup sour cream
1 envelope Lipton Onion or Beefy Onion Soup Mix
4 slices bacon, crisp-cooked and crumbled
⅓ cup slivered almonds
¼ cup chopped pimiento

Cook beans according to package directions, omitting salt; drain. Stir in sour cream blended with Lipton Onion Soup Mix, bacon, almonds and pimiento. Heat through, but do not boil. Makes about 6 servings.

Broccoli au Gratin

1 cup water
1 envelope Lipton Onion-Mushroom or Beef Flavor Mushroom Soup Mix
3 tablespoons flour
1 cup light cream or half and half
1 teaspoon Worcestershire sauce
1¼ cups shredded cheddar cheese (about 4 oz.)
*1 bunch fresh broccoli or 1 medium head cauliflower, cooked**
Buttered bread crumbs

Preheat oven to 375°.

In medium saucepan, bring water to a boil; stir in Lipton Onion-Mushroom Soup Mix. Simmer covered 5 minutes. Gradually stir in flour blended with cream and Worcestershire sauce. Bring to boiling point, then simmer, stirring constantly, until sauce is slightly thickened, about 5 minutes. Stir in 1 cup cheese and heat until melted.

In medium shallow baking dish, combine broccoli with sauce. Top with remaining cheese and buttered bread crumbs. Bake 15 minutes or until heated through. Makes about 6 servings.

*Substitution: Use 2 packages (10 oz. ea.) frozen broccoli or cauliflower, cooked and drained.

Lipton® Onion, Onion-Mushroom, Beefy Onion, and Beef Flavor Mushroom.



The soups you cook with. From Lipton.

"YOU HAVE TO TOUCH IT TO BELIEVE IT."

—POLLY BERGEN



SINGER INTRODUCES THE TOUCH-TRONIC* 2001 MEMORY MACHINE.

Never before in history has a sewing machine made sewing so easy.

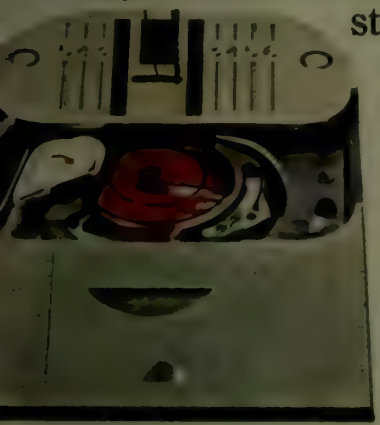
There are no dials to change. No cams to set. No adjustments to make.

Just touch the picture of the stitch pattern you want on the exclusive *Touch-Tronic* Memory Panel, and you've got it.

The machine's *Touch-Tronic* memory remembers any of 27 stitch patterns instantly, with the programmed length and width.

But that's only part of it.

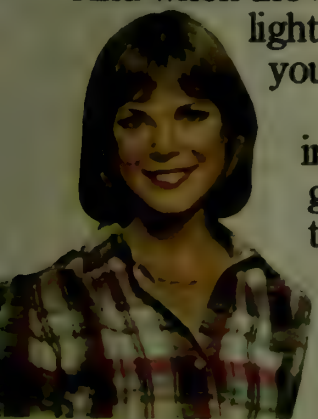
The memory knows how to sew a mirror image of the stitch pattern. All you do is touch the "mirror image" symbol.



TOUCH, THE BOBBIN WINDS ITSELF.

Reverse stitching is easier on the 2001 machine, too. Touch once, and sew in reverse as long as you want. Touch and hold, and you sew in reverse only till you take your finger away.

And when the bobbin's low, a light flashes to remind you to refill it.



"I TOUCHED AND FELL IN LOVE" – Helaine Carlin

We've even built in a needle threader guide to help you thread the needle.

But you don't just get easier sewing with the *Touch-Tronic* 2001 Memory Machine. You also get better sewing.

Like many Singer* machines, the 2001 machine measures your button and makes a buttonhole to fit it in one step.



"I TOUCHED AND BASTED." – Mary Jane Foster

But the 2001 machine does it a bit differently. The memory lets it sew down one side of the buttonhole, make the bar at the bottom, and then sew back up *the same side.* Then it sews down the other side and back up that side.

The result is a buttonhole that's expertly balanced, slightly heavier, and better looking than a machine's ever been able to make before.

Of course, the 2001 machine has other Singer features to make sewing easier.



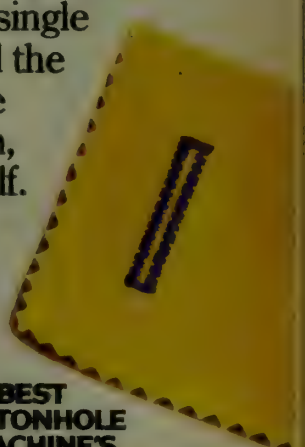
TOUCH, IT HELPS THREAD ITSELF.

Like a bobbin that winds itself, right in the machine, with thread right off the needle. The *Flip & Sew** panel you just drop down to get a narrow arm for sewing in cuffs and pant legs. And our single pattern feature – touch the single pattern symbol and the machine sews one unit of any pattern, then stops by itself.



"I TOUCHED AND SEWED AN INSTANT HEMSTITCH." – Nathalie Blossom

The *Touch-Tronic* 2001 Memory Machine is so easy to use, you can forget about your sewing machine, and concentrate on sewing.



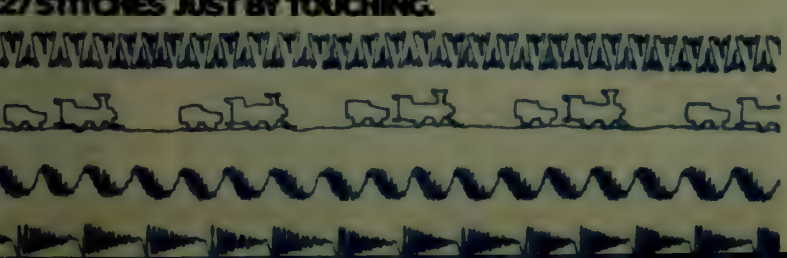
THE BEST BUTTONHOLE A MACHINE'S EVER MADE.

But no matter how much you read about it, you can't really understand how incredible it is until you sew with it.

So come in to Singer.

And touch one.

27 STITCHES JUST BY TOUCHING.



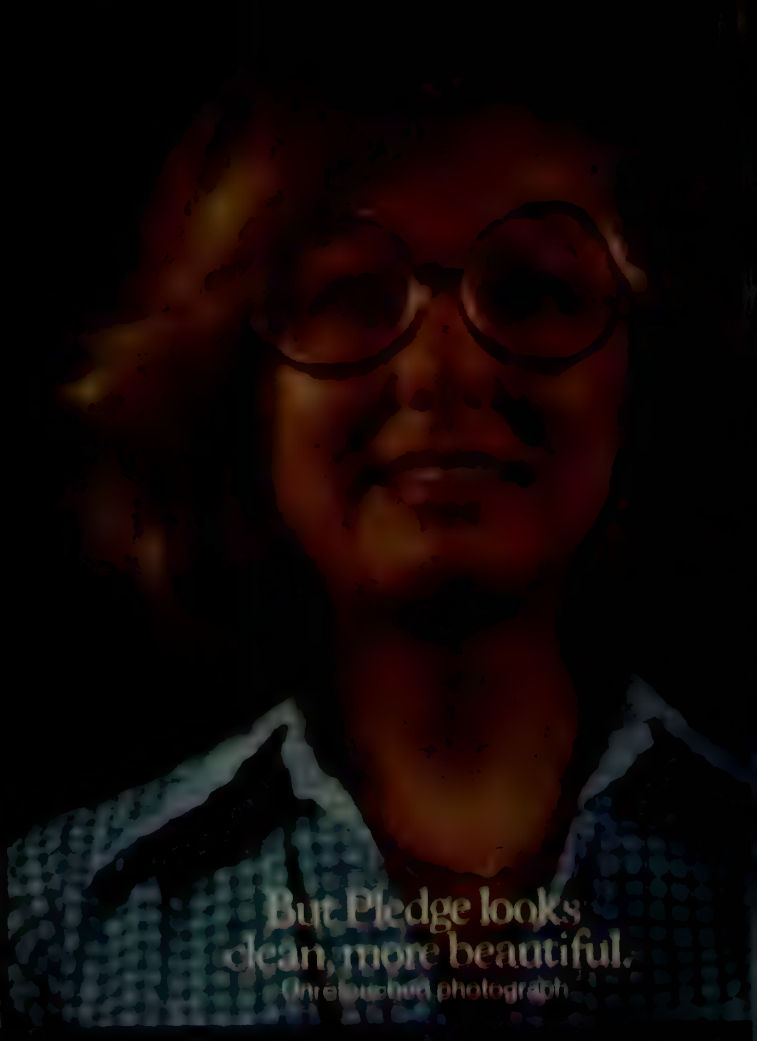
100 MILLION PEOPLE SEW EASIER WITH SINGER.

*A Trademark of the Singer Company.

©1978 The Singer Company

A clear case for Pledge.





See? Your wood looks clean, more beautiful.

You're looking at clear proof that Pledge® does more for the beauty of your furniture.

See the popular polish on the left? The wood's not as beautiful.

But look on the right. Pledge cleans away dirt, fingerprints and smudges. Pledge highlights the beauty of the wood better.

With Pledge, the wood looks clean and more beautiful. You can see the grain.

Now, isn't it clear why you should change to Pledge?

See clean natural beauty. Everytime you dust.





Introducing The Planters Decanter.

Enjoy the good taste of Planters® even when the peanuts are gone.

After you've enjoyed all 24 ounces of our delicious fresh-roasted peanuts, our jar turns into a beautiful Limited Edition Decanter. (With Mr. Peanut® embossed on the bottom.) Collect them and use them as cookie jars, vases, terrariums, whatever. And now's the time to start your collection while you can save 15¢ on each Decanter with this coupon. (Also good on the regular 16-ounce or 24-ounce jar.) What's more, inside each special 24-ounce Decanter there's a coupon worth 20¢ toward your next 24-ounce purchase.

But hurry. This is a limited edition offer.



Planters. Fresh-roasted daily since 1906.

Another fine product of *Standard Brands*

Thematics "Stand-Out Insert" is a trademark of Synergistic Marketing, Inc.,



GOLDEN CHEDDAR BROCCOLI BAKE

- 4 tablespoons margarine
- 2 tablespoons flour
- ¼ teaspoon salt
- 1½ cups milk
- 1½ cups (6 oz.) shredded KRAFT Sharp Natural Cheddar Cheese
- ¾ cup KELLOGG'S® Corn Flake Crumbs
- 1 (12-oz.) can whole kernel corn, drained
- 2 (10-oz.) pkgs. frozen broccoli spears, cooked, drained

Melt 2 tablespoons margarine. Stir in flour and salt. Add milk gradually, mixing until smooth. Cook until mixture boils, stirring constantly. Add cheese, stirring until melted. Mix in ¼ cup Corn Flake Crumbs and corn. Arrange broccoli in 11¾ x7½-inch baking dish. Pour cheese sauce over broccoli. Toss remaining ½ cup Crumbs with 2 tablespoons margarine, melted. Sprinkle over casserole. Bake at 350° F., 30 minutes.

Yield: 8 servings

Note: To make ahead, cover unbaked casserole and refrigerate overnight. Bake uncovered at 350° F. about 45 minutes.

® Kellogg Company © 1978 Kellogg Company

Golden Cheddar Broccoli Bake from Kellogg's and Kr

Appetizing new way to turn tender, fresh-frozen broccoli into a fan gourmet casserole you bake in just 30 minutes. The secret is an e special cheese sauce prepared with KRAFT Sharp Natural Chedd and KELLOGG'S crisp, golden Corn Flake Crumbs.



Beef 'N' Peppers

- 1 clove garlic, minced
- 2 tablespoons shortening
- 1½ pounds (1-inch) lean beef cubes
- 1 teaspoon salt
- ½ teaspoon sugar
- ½ pound fresh mushrooms, sliced
- 1 large green pepper, cut into strips
- 1 jar (12 ounces) Heinz HomeStyle Onion Gravy

Sauté garlic in shortening. Add meat; brown well over high heat, stirring constantly. Sprinkle with salt and sugar; add mushrooms. Cover; simmer 45 minutes, stirring occasionally, or until meat is tender. Stir in green pepper and gravy. Simmer, uncovered, 20-25 minutes until meat is tender and gravy is desired consistency. Serve over rice or noodles, if desired. Makes 6 servings (about 4 cups).

Heinz
© 1978
H. J. Heinz Co

Harvest Time is Gravy Time -
the time for gatherings and lots of good gravy. Bring home the gravy that tastes as good as homemade. Heinz Homestyle Gravy—Onion, Brown, Chicken and Mushroom.

PROBLEM-SOLVING KITCHENS

Does your kitchen balk you at every turn because it doesn't have enough working surface and/or storage space? If so, it's time to take control, effect some changes, and make that kitchen work for you. And these changes needn't be elaborate or cost an arm and a leg. To prove it, we'll introduce you to some homeowners who did the job with ingenious and relatively simple additions. Their ideas may help you shape up your own kitchen, too.

BY JOAN McCLOSKEY



PROBLEM

Jane Galvan's small corridor kitchen was short on counter space and storage areas for pots, pans, and other cooking equipment. Not only that, a decrepit freestanding stove and drab beige walls made working in the room a real downer.

Photographs: Ernest Braun
Designer: Jean Chappell
Source: Barbara East Cathcart

SOLUTION

To make the kitchen attractive and functional, Jane installed a chopping block table and new stove, papered the walls, painted the cabinets, and turned an existing cupboard into open shelves. The table, custom-designed to fit along the wall, provides much-needed working space and is conveniently located adjacent to the stove.

In addition, the table provides an easy-to-clean snacking spot for the kids and a place for a quick breakfast.

The pot rack above the table helped relieve the storage shortage. And the kitchen looks as good as it works. The bold brown-and-white plaid, washable wallpaper, stark white cabinets, and new white stove make the room a cheery and comfortable place to cook or eat in.

Buying information, page 264

PROBLEM-SOLVING KITCHENS

PROBLEM

Although Sue Weinstein's corridor kitchen had butcher block counter tops along both walls, the counters were often filled with kids' snacks and sundry projects. The everyday clutter left no room for food preparation.

SOLUTION

Sue had a chopping block cart designed to be rolled around in her kitchen. Now when she has to clean and chop vegetables, or cut up meat for a stew or soup, she pulls the chopping block cart next to the sink. Then she rolls the cart over to the stove and tosses the ingredients into the stockpot. On baking days she uses the cart for kneading dough or cutting out cookies, then rolls the cart to the ovens where she pops breads or cookies right in.

Buying information, page 264





PROBLEM

In addition to needing more work area, Sue needed more space for storing appliances. Her appliances had to be shelved underneath the counters and pulled out and set up every time they were used.

Photographs: Fred Lyon
Architect: Peter Rooke-Ley
Source: Helen Heitkamp

SOLUTION

To solve her problem, Sue turned the little-used space between the counter top and the open shelves above into a handy and attractive appliance storage center. The appliances now sit on a pullout shelf so Sue can easily slide them out of the storage niche onto the counter. When the appliances aren't in use, an oak roll-top door pulls down to shield them from view and keep out dust.

PROBLEM

For eight years Patsy Mote worked in a kitchen so poorly designed that she had black and blue marks from bumping into appliances. To add to her frustration, the kitchen had almost no counter work space—and that made entertaining difficult.

Photographs: Ernest Braun
Architect: Jack Sidener
Source: Barbara East Cathcart

SOLUTION

When Patsy could afford to remodel her kitchen, she set out to equip it with plenty of timesaving innovations. One of her most practical additions was this movable cabinet which serves as a baking center, cutting board, portable bar, and buffet on wheels—all rolled into one. When not in use, the cabinet acts as a peninsula separating the kitchen from the family/dining room.





PROBLEM-SOLVING KITCHENS

PROBLEM

When the Salazars moved into their older home, Sandy Salazar found that the existing kitchen cabinets were totally inadequate for her needs. The base cabinets had only one shelf, which meant that pots and pans ended up on the floor. All the appliances had to be crammed into this space as well, which made cleaning a tedious chore. Shelf space was nonexistent.

Photographs: Jim Hedrich, Hedrich-Blessing
Architect: Luiz Salazar
Source: Marie B. Schulz

Buying information, page 264

SOLUTION

Sandy's main wish was for open shelves to display and store her four sets of dishes, collection of crockery, and home-canned preserves. But when her husband—an architect—redesigned the kitchen, Sandy got a lot of extras besides.

Pots and pans now hang on a ladder-type structure above the stove where they're always within easy reach. Open storage cubicles under the chopping block counter hold paper towels, napkins, and place mats. Across the way, three tilt-out bins hold a variety of bulky packaged foods.

The Salazars installed a pantry along one wall to hold staples and canned goods. For easy access, the open shelves hold items only one can deep. The shelves rest on movable wooden pegs and can be easily adjusted.







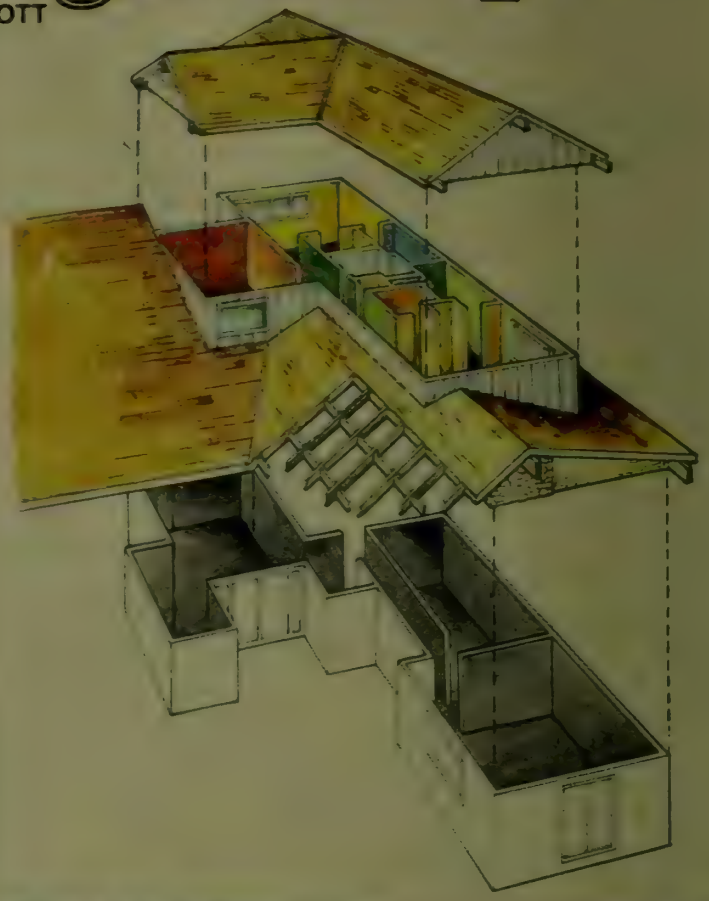
No place to go but up!

BY CHERYL SCOTT

When you need more room but your lot can't yield another square foot of floor space, think vertical. That's what these four families did.

In each case, a second-story bedroom/bath area was added to a ranch-style house. The extra room helped solve these owners' space-squeeze problems, with a bonus—a dramatically new profile for each of the four homes.

Caution: Your house may need some structural shoring up before you add a second story. Consult a qualified architect or engineer.



When they saw this contemporary ranch, these homeowners knew it was the house for them. The price was right, and after an architect confirmed that the house had add-on potential, the owners got busy remodeling.

The 825-square-foot second story, accessible from stairs in the foyer, contains two children's suites, each with bedroom, bath, and walk-in closet. Identical roof pitches and eave and rafter extension treatments help blend the old and new parts of the house.

Photograph: Bill Hedrich, Hedrich/Blessing. Architect: Mark Shekter, Graphic Design Source: Barbara Sims/Linda Magazzine
Drawings: William Schuster/ Blazer/Court



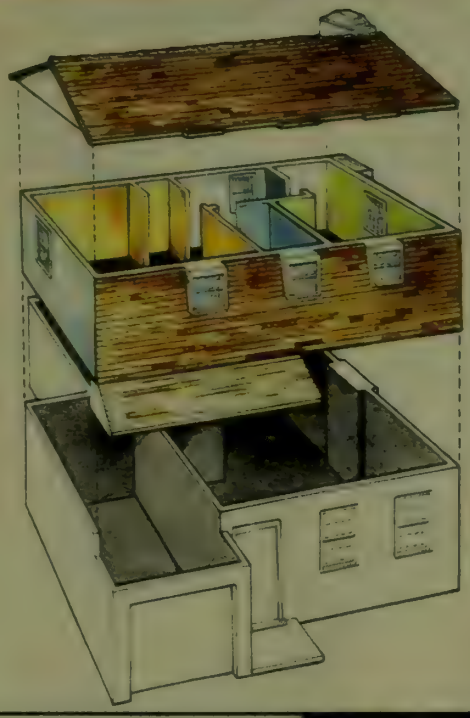






Investigate local building codes before you remodel. When homeowner John Gutknecht checked, he found there were restrictions on the square footage he could add without converting his garage to a two-car size. He also encountered mandatory setbacks. After considering his narrow lot, Gutknecht decided that the only way he could expand his house was upward.

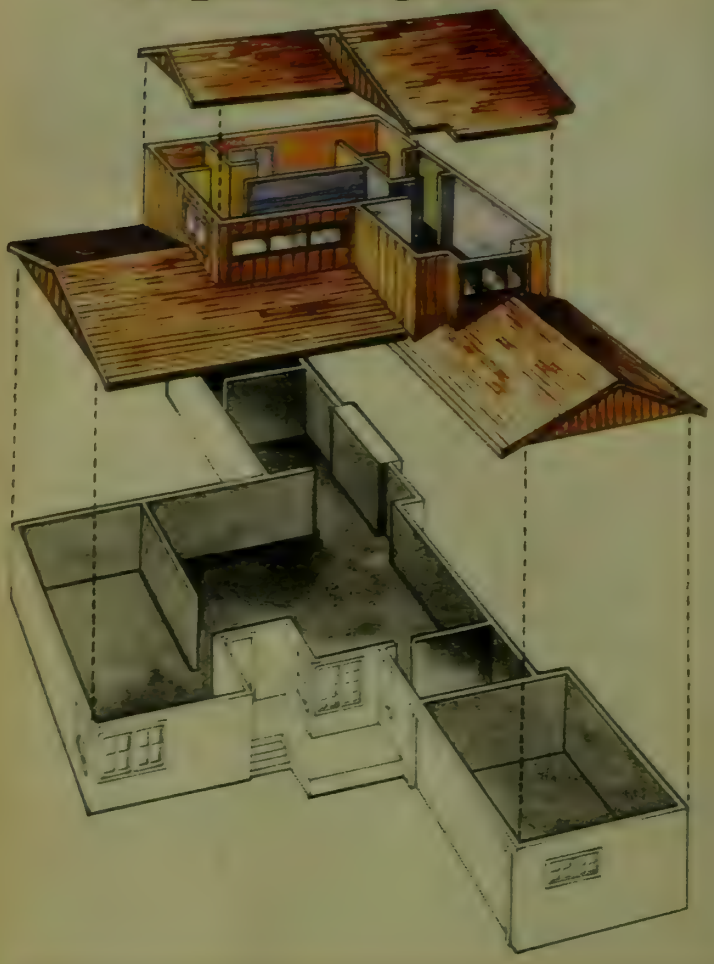
The in-process photos, *above* and *below*, tell the story of this home's successful transformation from a stucco ranch house to a Dutch colonial. A stairway in the living room leads to the two new bedrooms and a bath. (The 50 percent increase in square footage, 500 square feet, was the maximum allowed by local codes.) The added area also freed up first-floor space for an enlarged kitchen and laundry room.



Photograph: George de Gennaro. Source: Pauline Graves



No place to go but up!





The Robsons gained 942 square feet of living area when they added a second story to their ranch home. The family uses one leg of the L-shaped add-on as a master bedroom/bath/dressing area and the other section as a darkroom and a combination sewing/guest room. Space was borrowed from the living room for a stairway to the new second floor.

Before (*above*) and after (*below*) photos demonstrate how adding a second story radically changed the appearance of the house. To highlight their home's new look, the Robsons also re-sided with cedar board and batten, stained the fascia and trim, and added cedar shake roofing.

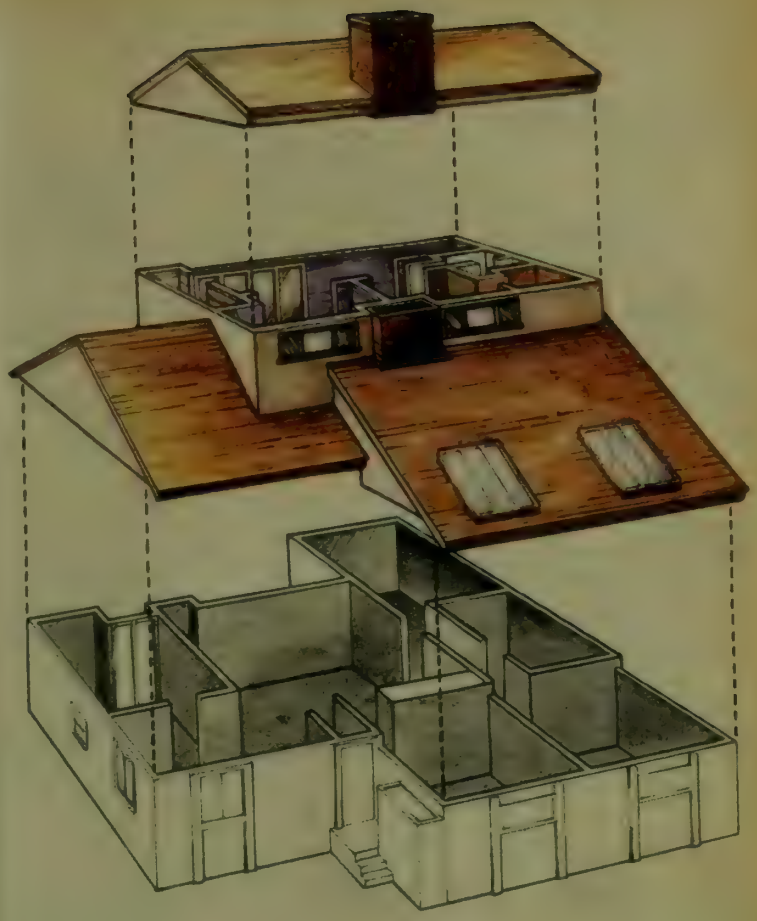
Photograph: George de Gennaro
Designer: The Victor Group
Source: Pauline Graves





Once a traditionally styled house with two front dormers, the Jamison residence has taken on a contemporary look. The spacious second-floor children's area is a decided improvement on the tiny bedrooms the kids used to have. Two bedrooms, a playroom, a compartmented bath, and a storage area make up the 750-square-foot addition, and there's a four-foot-deep balcony, too.

Building on second-story spaces also allowed improvements in the first-floor plan. The old front bedrooms were converted to a much-needed family room and study. Then the sleek lines of the house-plus-addition inspired the updating of the exterior. The bedroom dormers were replaced by sliding windows and 5x5-foot skylights, and tongue-and-groove redwood panels were added to define the window areas.



Photograph: George de Gennaro. Design: Jim Smith
Source: Pauline Graves



THE PERFORMERS

FURNITURE THAT PLAYS TWO PARTS

BY LAUREL LUND AND ROBERT E. DITTMER

When the activities of your on-the-go family outstrip the available floor space at your house, it's time to call on the "performers"—flexible furniture that's designed to play two—or more—roles.

Because these furniture pieces boast hidden talents, they can make almost any room of your house function more efficiently. Whether your problem is bedding down overnight guests, making room for dining, or finding a place for family possessions, the "performers" can provide the solutions. See for yourself on the following pages as we put our players through their paces.

Buying information, page 264



RINGSIDE-SEAT SLEEPERS

If you don't have a guest room, but do have occasional overnight guests, let multi-purpose furniture help you solve the dilemma.

These modular pieces serve as a seating group during the day, then provide a great sleeping spot at bedtime. When the seat cushions are removed from the one-arm love seat, a 52x70-inch foam mattress lies down. Matching modulars sans sleeper are also available from *Selig*.

It's easy to double your home's live-in space with double-feature furniture. For example, it can help you turn a sometime guest room into a full-time gathering spot for family and friends.

This well-designed seating unit has a 47x35x33-inch frame—small enough to nestle into any niche. During the day, the piece offers comfortable, stylish seating. And to accommodate weekend visitors, the overscale chair readily converts to a 32x72-inch bed. The "Cuddler" also comes as a full- or queen-size sleeper and is available in a variety of fabrics to fit your decor. From *Founders Furniture.*





Here's another good-looking seating unit that "moonlights" as a sleeping spot. When an overnight guest is ready to retire, he or she simply flips the chair back forward. The foam seat cushion folds back onto a pullout frame concealed in the chair base to form a 30x75-inch bed. By *Jamison.*





Photographs: Harry Hartman

THE PERFORMERS

FURNITURE THAT PLAYS TWO PARTS

TURNABOUT TABLES

Although we couldn't do without them, tables are conspicuous consumers of valuable floor space. The solution? Select a double-duty table to help utilize your available space to its full potential.

In this space-shy room, a "Hi-lo" table does two jobs beautifully. When friends drop in for midmorning coffee or the family gathers for an evening of games, the 59x34x16-inch unit is the perfect height. Then when mealtime rolls around, you simply rest the table on its side, reposition the chrome base along a built-in metal track, and lock the base in place. Returned to its upright position, the unit rises to the occasion as a full-size dining table roomy enough to seat six. By *Daystrom*.

Buying information: page 264



Who would ever guess that a table could solve your extra-seating problem? This smart 42-inch-square coffee table with bronze glass inserts can do just that. Four sturdy rush-seated benches tuck neatly beneath the table's fruitwood-finish frame. When a roomful of guests creates a standing-room-only crunch, simply pull out the benches to provide front-row seating. The good-looking transitional styling of this table makes it adaptable to any decor. Available from *Drexel/Heritage*.





Here's a table that's just the ticket for mealtime and in-between time. The lightweight 32x14x32-inch unit plays a supporting role as a handy roll-around server. At dinnertime, two drop leaves flip up to help create a generous 36-inch buffet surface. A removable glass tray makes serving even easier. By *Contemporary Shells*.





Photographs opposite and above right: Hedrich-Blessing. Above: Harry Hartman



THE PERFORMERS

FURNITURE THAT PLAYS TWO PARTS

BEHIND-THE-SCENES STORAGE

If storage space at your place is at a premium, think dual-purpose furniture. Here, flexible modular pieces yield plenty of storage space in a skimpy bedroom. Eight pine cabinet units, each measuring 32 by 18 by 19 or 27 inches, neatly stack to form a smart-looking wall storage system near the window. And when two three-drawer chests are butted together at the head of the bed, they form a handsome storage/headboard for a free-floating island bed. From the Bucks County Collection by *Pennsylvania House*.

Buying information, page 264

With one furniture purchase, you can unclutter your closets and add drama to your bedroom decor at the same time. This 90x16x80-inch maple storage piece is tall enough to house hanging garments. On the shelf below, a matching three-drawer chest offers ample room for stackable clothes. And as a bonus, the closet can serve as a freestanding room divider. Just stretch and staple a panel of colorful fabric to one side of the frame. From *Venture Furniture.*





What appears to be a handsome hall console actually doubles as a handy home office. When it's time to get down to business, the flip-up top opens to reveal a drop-down desk. Between jobs, the 36x16x35-inch unit makes an attractive accent piece for any room. Available in teak or light oak from *Bassett Furniture.*



Photographs: Hedrich-Blessing

BEST-EVER RECIPES FOR ALL KINDS OF BIRDS

BY ELIZABETH WOOLEVER

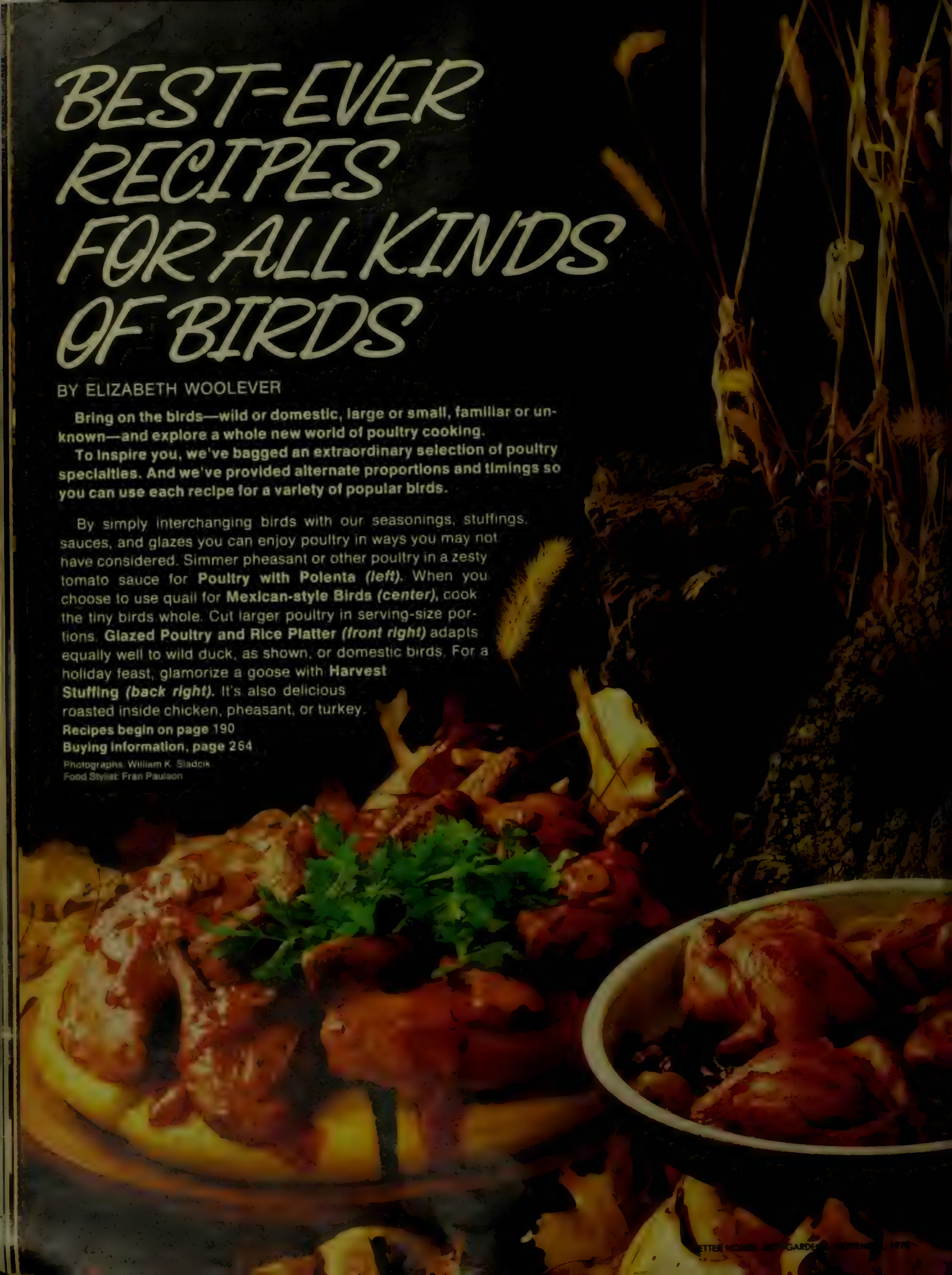
Bring on the birds—wild or domestic, large or small, familiar or unknown—and explore a whole new world of poultry cooking.

To inspire you, we've bagged an extraordinary selection of poultry specialties. And we've provided alternate proportions and timings so you can use each recipe for a variety of popular birds.

By simply interchanging birds with our seasonings, stuffings, sauces, and glazes you can enjoy poultry in ways you may not have considered. Simmer pheasant or other poultry in a zesty tomato sauce for **Poultry with Polenta** ***(left)***. When you choose to use quail for **Mexican-style Birds** ***(center)***, cook the tiny birds whole. Cut larger poultry in serving-size portions. **Glazed Poultry and Rice Platter** ***(front right)*** adapts equally well to wild duck, as shown, or domestic birds. For a holiday feast, glamorize a goose with **Harvest Stuffing** ***(back right)***. It's also delicious roasted inside chicken, pheasant, or turkey.

Recipes begin on page 190
Buying Information, page 264

Photographs: William K. Sladcik
Food Stylist: Fran Paulson









BEST-EVER RECIPES FOR ALL KINDS OF BIRDS

Create an intriguing and flavorful dish each time you use a different kind of poultry. The delicate fruit flavor of **Honey-Orange Sauce** ***(back left)*** enhances small Cornish hens as well as family-size roasting chickens. The glazed apples, carrots, and new potatoes in **Curried Poultry and Vegetables** ***(front left)*** add a special touch to duck or other poultry. You can count on **Peanut-Sesame Oven-fried Poultry** ***(front right)*** to give fried chicken fresh appeal. Or you can get equally tasty results with quail, turkey, or wild duck. We chose **Bacon, Vegetable, 'n Rice Stuffing** ***(back right)*** to fill turkey, but it's a great stuffing for any smoked bird. When grilling the smaller birds, be sure to heat any remaining stuffing in a casserole.

Recipes begin on page 190
Buying information, page 264

BEST-EVER HOLIDAY MAKE-AHEADS

To really enjoy the holidays, you have to strik a balance between fun-filled and frantic. And w have the recipes to help you do just that. Each one can be prepared several days to months ahead, then stored in your refrigerator or freezer or on your cupboard shelf till needed. It's a great way to go all out for the holidays, without being too tuckered out to join in the festivities.

COFFEE CAKES AND DESSERTS



Age **"Fruitcake" Coffee Cake** *(above left)* in brandy-soaked cheesecloth so cake stays moist while flavors mellow.



To serve **Cherry Savarin** *(above right)*, thaw the cake and drizzle it with kirsch, rum, or brandy syrup to add flavor.



Invert a large paper plate over unbaked **Holiday Fig-Apple Pie** *(below left)* to protect top crust during freezing.



Freeze **Pumpkin Tassies** *(below right)* first on a tray to preserve shapes.

Recipes begin on page 204
Buying information, page 264



BEST-EVER HOLIDAY MAKE-AHEADS

SIDE DISHES AND SALADS



Freeze **Wild Rice Pilaf** *(center)* in foil-lined dish till firm; remove dish.



Stash away **Cranberry Frost Salad** *(above)* for an instant meal accompaniment. The sugar, cheese, and whipped cream keep ice crystals small and texture smooth.



Turn to **Carrot-Celery Relish** *(below)* with its zesty marinade when you need a condiment fast. Mix occasionally to distribute ingredients.

Photographs: William K. Sladcik

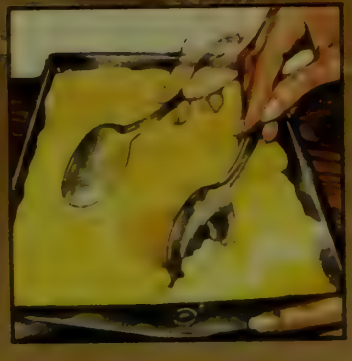




Add a few spoonfuls of **Mulled Beverage Mix** *(left)* to spice up your favorite hot or cold drink. Keep some mix on hand for unexpected guests.



Pull **Smoked Cheese and Wine Logs** *(center)* from the refrigerator or freezer, then use a wire cheese slicer to do a neat job of cutting.



Break up frozen **Sunshine Slush** *(above right)* enough to spoon into a glass, then blend with carbonated water. Or, serve as punch.



Invert **Apricot Cordial** *(below right)* daily in the jar to dissolve the sugar and blend the flavors.

Recipes begin on page 204.
Buying information, page 264

HE COOKS

SHRIMP AND CHICKEN SALAD



Photograph: Dieter

Bobbie Cooley of Bowen, Illinois, spends his working hours as a hair stylist. But when he wants to relax, he turns to puttering in the garden—and in the kitchen. The two hobbies go hand in hand because he uses his homegrown produce in a variety of dishes.

Because everyone in Bobbie's family likes all types of seafood, he makes seafood salads often. One of his favorites is Shrimp and Chicken Salad, a tangy combination of shrimp, chicken, peaches, pineapple, and celery. "The recipe has been in my family a long time—handed down from my grandmother to my mother to me," he says.

Although Bobbie most often serves the salad to his family, he says it goes over big with guests, too. When you taste it, you'll understand why.

SHRIMP AND CHICKEN SALAD

Bobbie usually serves this refreshing salad with soup, a vegetable, and rolls—

1½ cups elbow macaroni
3 cups diced cooked chicken
1 cup cleaned, peeled, cooked shrimp
1 8¾-ounce can peach slices, drained and chopped
1 8¼-ounce can pineapple chunks, drained
1 cup chopped celery
¼ cup sliced green onion
½ of a 14-ounce can (⅔ cup) *sweetened condensed* milk
½ cup lemon juice
2 tablespoons salad oil
2 tablespoons prepared mustard
¼ teaspoon salt
Lettuce cups
1 hard-cooked egg, sieved (optional)

In a saucepan cook macaroni in boiling salted water according to package directions. Drain. In a large bowl combine drained macaroni, diced chicken, the shrimp, drained peaches, drained pineapple, celery, and sliced green onion. In a bowl stir together sweetened condensed milk, lemon juice, salad oil, prepared mustard, and salt. Blend into macaroni-chicken mixture. Cover and chill several hours or overnight. To serve, spoon salad into lettuce cups. Garnish with sieved egg, if desired. Makes 6 to 8 servings. ■

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If yours is selected for the He Cooks feature, we'll pay you $50 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. Recipes become the property of Meredith Corporation.

FRANCE

As close as the Campbell's Soup on your shelf.



Beef Burgundy

4 slices bacon
1½ pounds beef top round cut in 1¼-inch cubes
1 can Campbell's Golden Mushroom Soup
¼ cup burgundy
2 tablespoons chopped parsley
⅛ teaspoon pepper
12 small whole white onions (about ¾ pound)
2 cups sliced mushrooms (about ½ pound)

In large saucepan, cook bacon until crisp; remove and crumble. Brown beef in drippings; pour off fat. Add soup, wine, parsley, and pepper. Cover; cook over low heat 1 hour 30 minutes. Add onions and mushrooms; cover and cook 1 hour more or until beef is tender. Serve over wide noodles. Garnish with bacon and additional parsley.



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Look what's hiding in your cupboard.



Chicken Caruso and Rice

A little rice can turn ordinary chicken into a delicious, hearty meal the whole family will love. Rice makes your dishes go further and taste better. It even makes them look more appealing.

And you can use rice in many different ways: as a side dish, in casseroles, desserts, mixed with vegetables, even in salads. So whenever you want a quick and easy, good-tasting meal—remember rice. Then see what's hiding in your cupboard.

Chicken Caruso and Rice

2 whole chicken breasts (about 1½ pounds), skinned, boned, and cut in thin strips
Garlic salt and pepper
3 tablespoons butter or margarine
1 jar (15½ ounces) spaghetti sauce (2 cups)
1 teaspoon Italian seasoning
2 cups sliced celery
3 cups hot cooked rice

Season chicken with garlic salt and pepper. Saute in butter about 2 minutes. Stir in spaghetti sauce and Italian seasoning; cover and simmer 10 minutes. Add celery; continue cooking until celery is tender crisp. Serve over beds of fluffy rice. Sprinkle with grated Parmesan cheese, if desired. Makes 6 servings.

For more easy-to-make rice recipes, write to:
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Box 22800, Houston, Texas 77027

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Get the Rice out.

Rice Council of America

How to braid breads

You can give your favorite kneaded yeast bread or coffee cake an intriguing twist by shaping it into a braid. For picture-perfect results, just follow these simple directions.

Plan to make one braid from a recipe based on 2½ to 3 cups of flour; two braids from a recipe based on 5 cups of flour.



Photograph: Dieter

Preparing the dough: Mix up the bread dough following recipe instructions. Knead the dough and let it rise in a warm place till double. Punch down. For each braid, divide the dough into thirds and shape each portion into a ball. Cover and let rest 10 minutes so dough is easier to handle. On a lightly floured surface roll each ball into an evenly thick rope about 16 inches long. Line up the three ropes, 1 inch apart, on a greased baking sheet.

Braiding the bread: Begin in the middle of the ropes and work toward the ends. Working from the middle is easier and helps avoid stretching the dough which results in an uneven loaf.) Braid the ropes loosely, as shown, so the dough has room to expand without cracking or losing its shape. Gently straighten on the baking sheet. Pinch the ends of the ropes together and tuck the sealed portion under the braid so the ropes won't come apart during baking. Cover the braid and let rise in a warm place till almost double. For a crisp, shiny crust, brush the braid with a mixture of 1 *egg yolk* and 1 tablespoon *milk*. If desired, sprinkle with a little *sugar, sesame seed,* or *poppy seed*. Bake as directed in the recipe. ■


Dole Pineapple in its own juice.
No extra heavy syrup,
no sugar added–just juice.
Dole
sliced
pineapple
IN UNSWEETENED PINEAPPLE JUICE
IN ITS OWN JUICE
no sugar added
(And what other
canned fruit can make
a creamed cheese and ham
sandwich a natural?)
CASTLE & COOKE, INC.

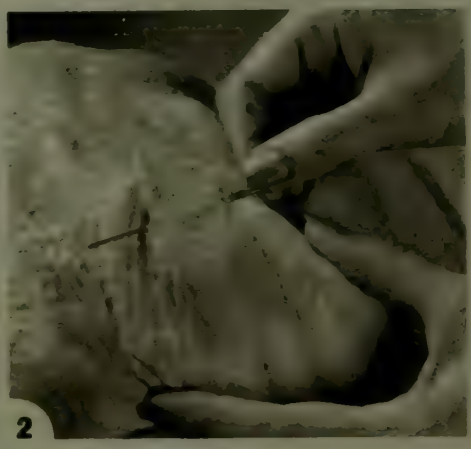
STEP-BY-STEP COOKING:

How To Stuff Poultry

Stuffing the star-attraction bird goes hand in hand with holiday feasting. You can make the job much easier by following these step-by-step instructions.



1



2



3

Photographs: Dieter

1. Prepare your favorite stuffing recipe. For the final mixing, be sure to use a bowl that's large enough for distributing all of the ingredients. The mixture should be evenly moist throughout.

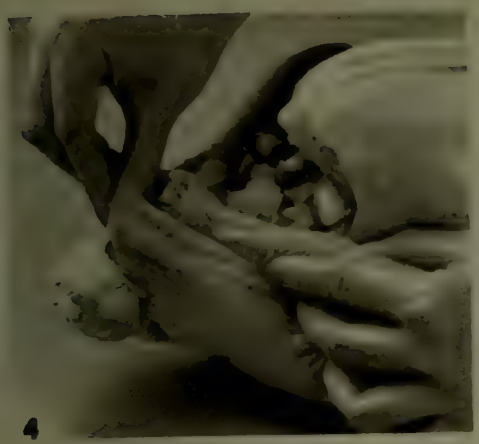
To avoid the danger of food spoilage, do not stuff the bird until just before cooking. If the stuffing is made ahead of time, chill it separately from the bird.

Remove giblets from body cavity and neck piece from neck cavity. Rinse bird; pat dry with paper toweling. Season the inside of body cavity with salt, if desired. Loosely spoon some of the stuffing into the neck cavity of a large bird.

2. Pull the neck skin over the stuffing in the neck cavity. Secure the skin to the back of the bird with a small skewer.

3. Place the bird, neck end down, in a large mixing bowl or sink. Lightly spoon more of the stuffing into the body cavity of the bird. Holding the bird by its legs, gently shake down the stuffing. Do not pack stuffing in tightly or it will become too compact and firm,

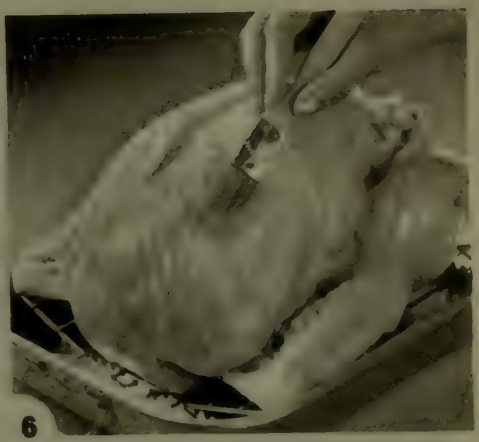




4



5



6

and heat will not penetrate thoroughly. (Bake any extra stuffing in a small casserole, covered, the last 20 to 30 minutes of roasting or till stuffing is heated through.)

4. If the bird has a band of skin across the tail, tuck the drumsticks under the band to hold them in place. If there is no band, tie the legs together with a piece of string, then tie the legs to the tail to secure them.

5. Place the poultry on its back. Twist the tips of the wings under the back of the bird. This makes the bird more compact and easier to carve. It also helps prevent the wings from overbrowning during cooking.

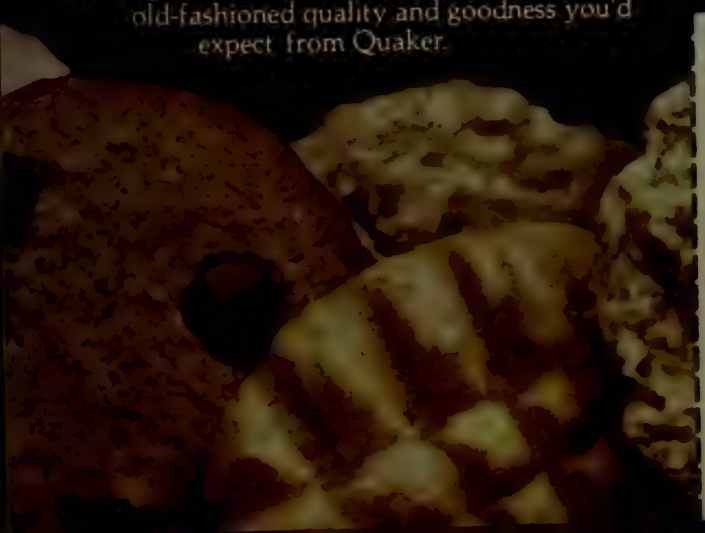
6. Place the stuffed bird, breast side up, on a rack in a shallow roasting pan. Brush skin of bird, *except domestic duck or goose,* with cooking oil or melted butter or margarine. Insert a meat thermometer in the center of the inside thigh muscle, not touching bone. Roast poultry in a preheated oven as directed in the recipe or in the label directions on the wrapper. Poultry is done when the meat thermometer registers 185° and the drumsticks move easily in the sockets. Let the bird stand about 15 minutes to make carving easier. Before carving, transfer the stuffing to a warm serving bowl.

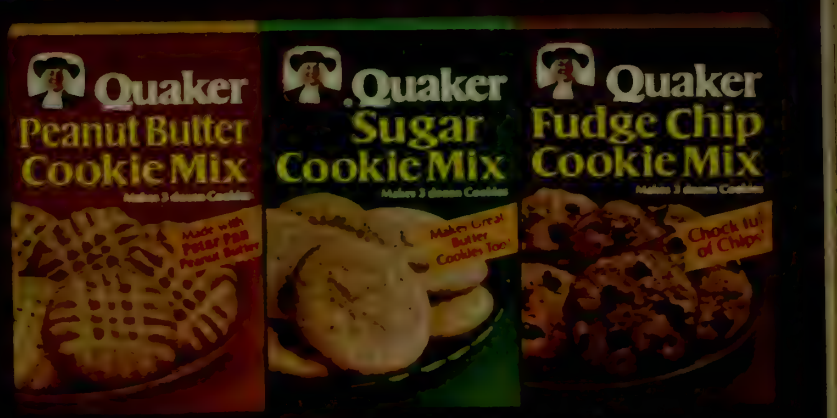
Storing leftover stuffing

Cool the stuffing if necessary, then refrigerate promptly in a tightly covered container separate from meat and gravy. Store in refrigerator up to 2 days. To freeze stuffing, cool quickly. Wrap in moisture-vaporproof material; seal, label, and freeze separately up to 2 months. Never freeze stuffed poultry. ■

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ALMOND YULELOG

- 3/4 cup Blue Diamond® Blanched Whole Almonds
- 4 eggs, separated, at room temperature
- 3/4 cup granulated sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1/3 cup sifted cake flour
- 3 tablespoons unsweetened cocoa
- 3/4 teaspoon baking powder
- 1/4 teaspoon salt
- Sifted powdered sugar
- Plum Cream Filling
- 1/2 cup plum jam

Grease 15 x 10 x 1-inch jelly roll pan; line with waxed paper; lightly grease waxed paper. Reserve 15 almonds for garnish. Whirl remaining in blender or food processor until finely ground; set aside. In small bowl beat egg yolks with electric mixer until thick and lemon-colored, about 3 to 5 minutes; gradually add 1/2 cup of the sugar, beating until pale yellow. Blend in vanilla and almond extracts. In large bowl beat egg whites to soft peaks; gradually add remaining 1/4 cup of sugar, beating to stiff peaks. Fold yolk mixture into whites. Sift together flour, cocoa, baking powder and salt; blend in ground almonds. Fold into egg mixture. Spread in prepared jelly roll pan. Bake in 375 degree F. oven for 8 to 10 minutes or just until surface springs back when gently pressed with fingertip. Immediately turn out onto towel generously dusted with powdered sugar; peel away waxed paper. Roll up, starting with narrow end; cool. Unroll, spread with chilled Plum Cream Filling; reroll. Melt plum jam; brush on cake roll. Garnish with remaining almonds as shown in photograph. Refrigerate about 2 hours before serving. Makes 10 servings.

PLUM CREAM FILLING: Combine 1 teaspoon unflavored gelatin with 1/2 cup plum jam. Place over medium heat until gelatin dissolves; cool 10 minutes. Stiffly whip 1 cup heavy cream. Fold in cooled jam mixture. Refrigerate at least 3 hours before spreading on cake roll.

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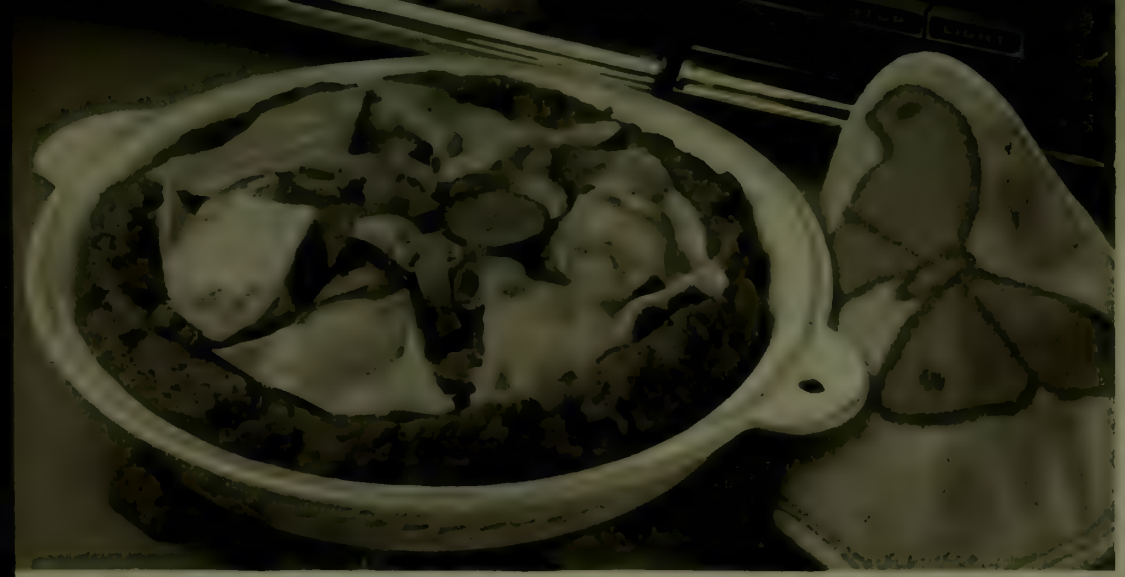
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File under Appliance cooking

Buying information, page 264

MICROWAVE CASSEROLES

Mushroom-Zucchini Hamburger Pie

This first-place meat loaf cooks in 20 minutes—

1½ cups sliced fresh mushrooms
1 medium zucchini, sliced (1 cup)
1 medium onion, finely chopped (½ cup)
3 tablespoons dry red wine *or* water
½ cup catsup
1 teaspoon prepared mustard
1 beaten egg
½ cup milk
½ cup seasoned fine dry bread crumbs
¼ teaspoon salt
Dash pepper
1 pound ground beef
3 to 4 ounces American or cheddar cheese, sliced and cut into triangles

In medium bowl combine mushrooms, zucchini, onion, and wine; micro-cook, covered, at HIGH for 7 to 8 minutes or till vegetables are tender. Stir in catsup and mustard; set aside. In another bowl combine egg, milk, bread crumbs, salt, and pepper. Add ground beef; mix well. Press meat mixture into bottom and sides of a 9-inch pie plate to form a shell. Micro-cook, uncovered, for 8 minutes, giving dish a half-turn once. Drain off fat. Spoon vegetable mixture over meat shell; place cheese triangles atop. Micro-cook, covered, at HIGH for 1 to 2 minutes or till cheese melts. Makes 6 servings.

Annette Fisher, Bellevue, Wash.



File under Breads

Photographs: Dieter

CORNMEAL SPECIALTIES

Cheesy Cornmeal Spoon Bread

This easy top-rated corn bread boasts three cheesy layers—

3 slightly beaten eggs
¾ cup cottage cheese
1 3-ounce package cream cheese, softened
½ cup butter *or* margarine, melted
2 10-ounce packages corn bread mix
1¼ cups milk

Combine eggs, cottage cheese, and cream cheese; set aside. Brush bottom of a 12x7½x2-inch baking dish with *1 tablespoon* of the butter or margarine. Sprinkle *½ cup* of the *dry* corn bread mix in baking dish; drizzle with *3 tablespoons* of the milk. Spoon *½ cup* of the cheese mixture over all; drizzle with *1 tablespoon* more butter. Repeat layers 2 more times, using all of cheese mixture. Then continue layering with *½ cup* dry corn bread mix, *3 tablespoons* milk, and *1 tablespoon* butter till all ingredients are used. Bake in 350° oven for 30 to 35 minutes or till golden. Makes 10 to 12 servings.

Mrs. Marilyn Hanson, Fairfield, Conn.



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Peanut Butter Corn Bread

Especially good served with warm jelly—

1¼ cups all-purpose flour
⅔ cup cornmeal
1½ teaspoons baking powder
1 teaspoon salt
½ cup packed brown sugar
⅔ cup buttermilk
⅔ cup peanut butter
⅓ cup cooking oil
1 egg

In medium bowl stir together flour, cornmeal, baking powder, and salt. Place brown sugar in another bowl. Add buttermilk, peanut butter, oil, and egg. Beat with rotary beater or by hand till well blended. Add to dry ingredients; mix well. Spread in a greased 9x9x2-inch baking pan. Bake in 350° oven for 35 minutes or till a wooden pick inserted in center comes out clean. Cut in squares to serve. Makes 9 servings.

Mrs. Georgia P. Gilcrease, Glenns Ferry, Idaho



Cornmeal Herb Bread

Soften 2 packages *active dry yeast* in mixture of ½ cup warm *water* (110°) and 1 teaspoon *honey* for 5 minutes. Combine 1 cup *water*, 1 cup *evaporated milk* (room temperature), and yeast mixture. Add 2 *beaten eggs*, ½ cup *honey*, ½ cup *cooking oil*, and 1 tablespoon *salt;* blend well. Stir in 3 cups *whole wheat flour*, 2 cups *all-purpose flour*, 1½ cups *cornmeal*, 2 tablespoons *poppy seed*, 1 teaspoon *each celery seed, dried sage*, and *dried basil*, crushed, and ½ teaspoon dried *dillweed*. Stir in 1½ to 2 cups more *all-purpose flour* to make a moderately stiff dough. Knead 8 to 10 minutes. Shape into ball; place in greased bowl. Cover; let rise 1¾ hours or till double. Punch down. Divide in half; shape each half into a ball. Cover; let rest 10 minutes. Shape into loaves; place in 2 greased 9x5x3-inch loaf pans. Let rise till double. Brush dough with mixture of 1 beaten *egg yolk* and 1 tablespoon *water;* sprinkle each loaf with 1 tablespoon *sesame seed*. Bake in 375° oven 30 minutes; cover with foil the last 15 minutes. Makes 2 loaves.

Judith A. Wandschneider, Enterprise, Ore.



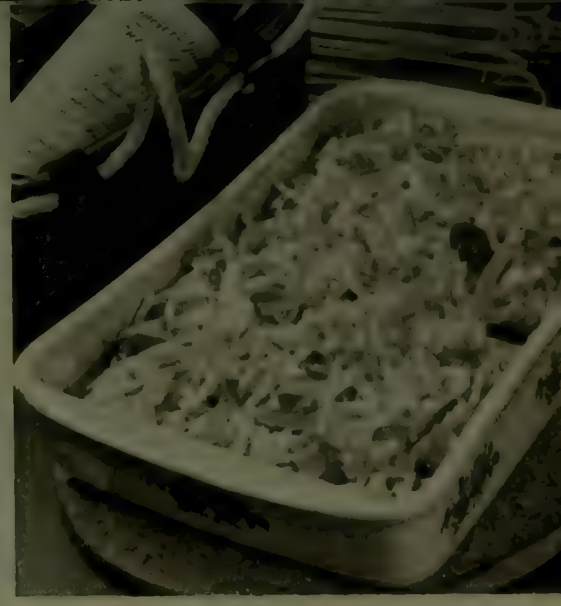
Bavarian Bratwurst Casserole

A classic made easy in the microwave—

12 ounces *smoked* bratwurst links, cut in thirds
1 16-ounce can sauerkraut, drained
2 medium apples, cored and thinly sliced
¼ cup raisins
¼ cup finely chopped onion
2 tablespoons brown sugar
2 teaspoons caraway seed
1 cup beer
1 tablespoon lemon juice
2 tablespoons all-purpose flour
¼ cup cold water

Place sausage in a 2-quart casserole dish. Micro-cook, covered, at HIGH for 1½ minutes, turning once. Meanwhile, stir together sauerkraut, apple, raisins, onion, brown sugar, and caraway. Add to sausage. Pour beer and lemon juice over all, stirring to combine. Cook, covered, for 10 minutes or till apples are tender, stirring once. Combine flour and water; add to sausage mixture. Cook, covered, 2 minutes more till thickened and bubbly, stirring once or twice. Makes 4 servings.

Mrs. Georgia Clark, Sacramento, Calif.



Ham 'n Cheese Spaghetti Bake

This family-style main dish is hearty, tasty, and microwave-easy—

6 green onions, sliced
1 4-ounce can sliced mushrooms, drained
2 tablespoons butter *or* margarine
1 cup cottage cheese
1 cup dairy sour cream
½ teaspoon celery salt
¼ teaspoon pepper
8 ounces spaghetti, cooked and drained
3 cups cubed cooked ham
1 cup shredded cheddar cheese (4 ounces)

In a 12x7x2-inch baking dish combine onions, mushrooms, and butter or margarine. Micro-cook, covered, at HIGH for 3½ minutes, stirring once. Stir in cottage cheese, sour cream, celery salt, and pepper. Add spaghetti and ham; mix well. Cover; cook at HIGH for 12 to 14 minutes, giving dish a quarter turn twice. Sprinkle cheese atop. Cover; let stand 5 minutes to melt cheese. Makes 6 to 8 servings.

Marcia Hudson, Granada Hills, Calif.

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2-quart loaf dish with storage cover

8" x 8" utility dish

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TURKEY ROASTING GUIDE

Will your big holiday meal star roast turkey? These cooking tips can make stuffing and roasting the bird much easier.

Preparing the bird

Thaw frozen turkey in its original wrap. Place bird on a tray and thaw in refrigerator for 2 to 3 days. Or, place frozen turkey (in original wrap or in plastic bag) in a sink or deep pan filled with *cold* water. Allow up to 6 to 8 hours thawing time for large turkeys. Change the water often (warm water raises the outside temperature of the bird too quickly and can cause bacterial growth).

After thawing, remove the wrappings. Free legs and tail. Remove giblets from body cavity. Also, remove neck piece tucked inside neck cavity. Rinse turkey in cold running water and pat dry with paper toweling. Season body cavity with salt, if desired. *Do not stuff turkey until just before cooking.* If you want to make the stuffing ahead of time, chill it separately.

● **Microwave thawing:** For faster defrosting, you can micro-thaw a whole turkey up to 10 pounds. Leave bird in its original wrap, but remove any metal fastener. Place turkey, breast up, in a shallow nonmetal baking dish. Thaw, uncovered, in a counter-top microwave oven on *medium-low* power for 30 minutes; let stand 5 minutes. Give bird a quarter turn. Repeat as often as necessary (10 minutes per pound). If foil can be used in your oven (check your owner's manual), cover parts that begin to brown with small pieces of foil. Let stand 30 minutes before roasting.

Stuffing the bird

Spoon some stuffing loosely into neck cavity; pull neck skin over stuffing and fasten securely to back of bird with a small skewer. Place turkey, neck down, in a large mixing bowl or sink. Lightly spoon more stuffing into the body cavity. Holding turkey by its legs, gently shake down the stuffing. Do not pack stuffing in tightly or it will become too compact to heat through properly. If turkey has a band of skin across the tail, tuck drumsticks under band to hold them in place. Otherwise, tie legs securely to tail. Twist tips of wings under back.

For unstuffed turkey, place quartered onions and celery in body cavity.

TURKEY ROASTING CHART

Since each bird differs in size, shape, and tenderness, use the roasting times as a general guide.

Type of turkey	Ready-to-cook weight	Oven temp.	Guide to roasting time
Whole	6-8 lbs.	325°	3½-4 hrs.
	8-12 lbs.	325°	4-4½ hrs.
	12-16 lbs.	325°	4½-5½ hrs.
	16-20 lbs.	325°	5½-6½ hrs.
	20-24 lbs.	325°	6½-7½ hrs.
Halves	9-10 lbs.	325°	5-5½ hrs.
Breasts	3-5 lbs.	325°	1½-2½ hrs.
	5-9 lbs.	325°	2½-3½ hrs.
Hindquarters	2-6 lbs.	325°	2-4 hrs.
Foil-wrapped turkey	7-9 lbs.	450°	2¼-2½ hrs.
	10-13 lbs.	450°	2¾-3 hrs.
	14-17 lbs.	450°	3-3¼ hrs.
	18-21 lbs.	450°	3¼-3½ hrs.
	22-24 lbs.	450°	3¼-3¾ hrs.

Number of servings: When buying turkeys 12 pounds and under, allow ¾ to 1 pound per serving. For 12- to 24-pound turkeys, allow ½ to ¾ pound per serving.

Roasting the bird

● **To roast a whole turkey:** Preheat oven to 325°. Place thawed turkey, breast side up, on a rack in a shallow roasting pan. Use an adjustable or flat rack that holds the entire bird off the bottom of the pan. Brush bird with cooking oil or melted butter or margarine. If meat thermometer is used, insert in center of inside thigh muscle, making sure bulb does not touch bone. (The thermometer is placed here because the thigh area requires the longest cooking time.) Cover loosely with a foil "cap," barely touching bird. Press lightly at ends of drumsticks and neck. Baste dry areas of skin occasionally with pan drippings, cooking oil, or melted butter during roasting.

When the turkey is two-thirds done, cut the band of skin or string between legs so heat can reach inside of thighs. About 45 minutes before turkey is done, remove foil cap to assure even browning. Roast till thermometer registers 185°. Also, test the thickest part of the drumstick. It should be very soft and should move up and down and twist easily in the socket.

Remove from oven; cover loosely with foil to keep warm. Let stand 15 minutes to make carving easier.

● **To roast halves or quarters:** Preheat oven to 325°. Season cut sides of turkey with salt. Place, skin side up, on rack in shallow roasting pan. Brush skin with cooking oil or melted butter or margarine. Cap loosely with foil. Insert meat thermometer in center of inside thigh muscle or thickest part of breast, not touching bone. Roast, uncovered, till meat thermometer registers 185°, removing foil the last 45 minutes of roasting.

● **To roast turkey pieces:** Preheat oven to 325°. Season cut sides of turkey with salt. Place pieces, skin side up, on rack in shallow roasting pan. Brush skin with cooking oil or melted butter or margarine. Insert meat thermometer in center of thickest muscle, not touching bone. Roast, uncovered, till meat thermometer registers 185°.

● **To roast a whole turkey in foil:** Preheat oven to 450°. Place turkey, breast up, in the center of a piece of greased, wide, heavy foil. Bring ends of foil up over breast; overlap fold and press up against ends of turkey. Place bird in shallow roasting pan (no rack). Open foil the last 20 minutes of roasting to brown the turkey. ■

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B.

C. **New 10-oz. Servalier® Set!** Four colorful containers pretty enough for your table. In Lemon Lime, Burnt Orange and Brown.



1 Combine ½ cup flour, ½ cup packed brown sugar, ½ cup old fashioned or quick oats, uncooked, and 1 tsp. cinnamon. Cut in ⅓ cup PARKAY Margarine 'til mixture resembles coarse crumbs.



2 Toss 1 cup crumb mixture with two 17 oz. cans ROYAL PRINCE or PRINCELLA Yams, drained, and 2 cups cranberries; place in 1½ qt. casserole. Top with remaining crumbs. Bake 350°, 35 min.



3 Sprinkle with 1½ cups KRAFT Miniature Marshmallows. Broil 'til lightly browned. Makes six servings. Yam yummy with turkey, ham or roast pork.

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Berry Mallow Yam Bake



begins on page 166

Preparing poultry

Keep these hints in mind when preparing poultry:

- Individual birds vary in size, shape, and tenderness, so use the cooking time in the recipe as a general guide. If the weight of your bird differs from that in a recipe, estimate the cooking time by checking the timings for similar-size varieties.
- When you want cut-up turkey or domestic goose, have the butcher cut frozen poultry in half lengthwise (or quarters, if possible). At home, thaw the poultry. Cut into pieces with a sharp knife or kitchen shears as follows: 2 wings, 2 drumsticks, 2 thighs (4 thigh pieces for goose, due to its elongated body), 4 breast pieces, and 2 back pieces.
- Cut up smaller birds by working from the inside out. To halve birds lengthwise, divide the breast lengthwise through the center by cutting along the breastbone. Open up the bird and cut lengthwise through the backbone. To quarter birds, divide each half into 2 crosswise pieces by cutting between the ribs and the thigh, then snapping the backbone.
- Keep poultry moist during roasting, baking, or broiling by basting dry areas with cooking oil, melted butter or margarine, or pan drippings. Or, for continuous basting, lay uncooked bacon slices over whole birds. (The bacon method works especially well for skinned birds or birds containing little fat, such as game birds.)
- Use a basting bulb or long-handled spoon to remove pan juices or fat when needed.

Roasting, baking, or grilling

- To prepare poultry, rinse it in cold running water and pat dry with paper toweling. Season the body cavity with salt, if desired. Do not stuff the bird until just before cooking.
- To stuff the bird, spoon some stuffing loosely into the neck cavity; pull the neck skin, if present, over the stuffing and fasten securely to the back of the bird with a small skewer. Lightly spoon the remaining stuffing into the body cavity. If the bird has a band of skin across the tail, tuck the drumsticks under the band; otherwise, tie the legs securely to the tail. Twist the tips of the wings under the back. This makes the bird more compact and easier to carve. It also helps keep the wings from overbrowning.



- If a meat thermometer is used, insert it in the center of the inside thigh muscle, the part of the bird that requires the most cooking time. Make sure the bulb does not touch the bone.



- To check doneness, push the meat thermometer into the poultry a little farther. If the temperature drops, continue cooking till the thermometer registers 185°. Also, test the thickest part of the drumstick by pressing it between fingers protected with paper toweling. The drumstick should move up and down and twist easily in the socket.
- When cooking a whole, large bird, cut the band of skin or string between the legs when the bird is two-thirds done so the thighs will cook evenly. When the bird is done, cover it loosely with foil to keep it warm. Let it stand about 15 minutes to make carving easier.

Grilling

- Determine the cooking temperature of coals by holding your hand just above the hot coals at the height the poultry will be cooking. Then begin counting "one thousand one, one thousand two." If you need to withdraw your hand after 3 seconds, the coals are *medium-hot;* after 5 seconds, the coals are *medium-slow.*

Broiling

- To broil birds, place them on the rack of an unheated broiler pan. Place it on the oven rack under the broiler, allowing 5 to 6 inches between the poultry and the heating element. If there isn't sufficient space between the poultry and the heat, remove the rack and place the poultry directly in the broiler pan.

POULTRY WITH POLENTA

CHOICE OF POULTRY (see selections listed on page 192)
2 tablespoons cooking oil
½ pound Italian sausage links, cut into 1½-inch pieces
1 medium onion, cut into thin wedges
1 clove garlic, minced
1 8-ounce can stewed tomatoes, cut up
1 8-ounce can tomato sauce
1 4½-ounce jar sliced mushrooms, drained
½ cup dry red wine
¼ cup snipped cilantro *or* parsley
1 bay leaf
1 teaspoon dried thyme, crushed
½ teaspoon salt
2 tablespoons cornstarch
2 tablespoons cold water
1 recipe Polenta

In 4-quart Dutch oven (8-quart for turkey or domestic goose) brown poultry in hot oil. Remove from pan. Drain off any excess fat. Cook sausage, onion, and garlic till onion is tender. Drain off fat. Stir in *undrained* tomatoes, tomato sauce, mushrooms, wine, snipped cilantro, bay leaf, thyme, and salt. Add poultry. Bring to boiling; reduce heat. Cover and simmer till poultry is tender. (Simmer *quail* 25 to 30 minutes; *chicken, domestic or wild duck, wild goose, pheasant, or Cornish hens* 45 to 60 minutes; *turkey or domestic goose* about 1¼ hours.) Remove poultry and sausage; keep warm.

Skim excess fat from tomato mixture. Combine cornstarch and water; stir into tomato mixture. Cook and stir

continued

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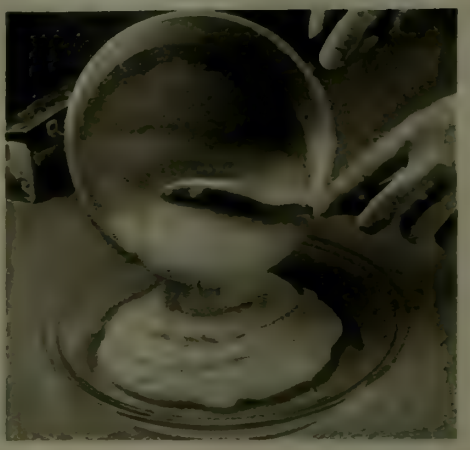
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continued

Preparing poultry

till thickened and bubbly. Serve with poultry and Polenta. Garnish with additional cilantro or parsley sprigs, if desired.

To make Polenta: In saucepan bring 3¼ cups *water* to a full boil. Combine 1¼ cups *cornmeal,* 1¼ cups cold *water,* and 1 teaspoon *salt;* stir into the boiling water. Reduce heat. Cook, uncovered, for 3 to 5 minutes or till thick,



stirring frequently. Serve with poultry and sauce. *Or,* turn into a 9-inch pie plate. Cover with foil. Chill about 30 minutes or till firm. Bake in 350° oven about 20 minutes or till heated through. Cut into wedges to serve.

POULTRY CHOICES FOR POULTRY WITH POLENTA

Use recipe ingredients on page 190 with any of the following poultry selections. Makes 4 servings.

One 3-pound broiler-fryer chicken, cut up
One 4- to 5-pound domestic duck *or* wild goose, cut up
Two 2-pound wild ducks *or* pheasants, quartered
Four 1- to 1½-pound Cornish game hens, halved lengthwise
Eight 4- to 6-ounce quail (tie legs of each bird together)

Double recipe ingredients to use with any of the following poultry selections. Makes 8 servings.

One 7- to 8-pound turkey, cut up
One 8- to 9-pound domestic goose, cut up

MEXICAN-STYLE BIRDS

CHOICE OF POULTRY (see selections listed on page 194)
2 tablespoons olive *or* cooking oil
1 medium onion, cut into thin wedges
½ cup diced fully cooked ham
½ cup dry white wine
⅓ cup raisins
2 to 3 tablespoons seeded, rinsed, and chopped green chili peppers
2 tablespoons toasted slivered almonds
2 tablespoons snipped parsley
1 clove garlic, minced
⅛ teaspoon ground cinnamon
⅛ teaspoon ground coriander
Dash ground nutmeg
Dash ground cumin
1 tablespoon cornstarch
1 tablespoon cold water

In 12-inch skillet brown poultry in hot oil; drain off fat. Add onion, ham, wine, raisins, chili peppers, almonds, parsley, garlic, and spices. Bring to boiling. Reduce heat; cover and simmer till poultry is tender. (Simmer *quail* 25 to 30 minutes; *chicken, domestic or wild duck, wild goose, pheasant, or Cornish hens* 45 to 60 minutes;

continued

This is that fantastic fudge you just creme up.



FANTASY FUDGE

3 cups sugar
¾ cup margarine
⅔ cup *undiluted* CARNATION Evaporated Milk
1 12-oz. pkg. semi-sweet chocolate pieces
1 7-oz. jar KRAFT Marshmallow Creme
1 cup chopped nuts
1 teaspoon vanilla

Combine sugar, margarine and milk in heavy 2½-quart saucepan; bring to full rolling boil, stirring constantly. Continue boiling 5 minutes over medium heat, stirring constantly to prevent scorching. Remove from heat; stir in chocolate pieces until melted. Add marshmallow creme, nuts and vanilla; beat until well blended. Pour into greased 13x9-inch pan. Cool at room temperature; cut into squares. Makes approx. 3 lbs.



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continued

Preparing poultry

turkey or domestic goose about 1¼ hours.) Arrange poultry on serving platter; keep warm.

Skim excess fat from wine mixture. If necessary, add enough water to mixture to measure 1¾ cups liquid. Combine cornstarch and the 1 tablespoon water; stir into wine mixture in skillet. Cook and stir till thickened and bubbly. Serve over poultry.

POULTRY CHOICES FOR MEXICAN-STYLE BIRDS

Use recipe ingredients on page 192 with any of the following poultry selections. Makes 4 servings.

One 3-pound broiler-fryer chicken, cut up

One 4- to 5-pound domestic duck *or* wild goose, cut up

Two 2-pound wild ducks *or* pheasants, cut up

Four 1- to 1½-pound Cornish game hens (tie legs of each bird to tail; twist wing tips under back)

Eight 4- to 6-ounce quail (tie legs of each bird together)

Double recipe ingredients to use with any of the following poultry selections. Makes 8 servings.

One 7- to 8-pound turkey, cut up

One 8- to 9-pound domestic goose, cut up

GLAZED POULTRY AND RICE PLATTER

¼ cup soy sauce
2 tablespoons dry sherry
2 tablespoons water
1 teaspoon sugar
½ teaspoon grated fresh gingerroot *or* ⅛ teaspoon ground ginger
CHOICE OF POULTRY (see selections listed on page 195)
Cooking oil
1 6-ounce package (3 cups) long grain and wild rice mix
1 cup fresh *or* canned, rinsed and drained bean sprouts
¼ cup green onion bias-sliced into 1-inch lengths
2 tablespoons butter *or* margarine
Green onion fans (optional)

For basting sauce: In small saucepan combine soy sauce, sherry, water, sugar, and gingerroot or ground ginger. Boil gently, uncovered, for 1 minute. Set aside.

If using halved or quartered birds, break wing, hip, and drumstick joints so pieces will lay flat. Twist wing tips under back.

Place poultry, skin side down, in broiler pan or broiler rack (see general broiling instructions on page 190). For large birds, broil only meaty pieces the total time, adding wings and back pieces after half the cooking time. Brush poultry, *except domestic duck or goose,* with cooking oil. (During broiling, remove drippings from pan as needed.) Broil 5 to 6 inches from heat till poultry is tender, turning and brushing with cooking oil after half the cooking time. (Broil *quail* 12 to 15 minutes; *wild duck or pheasant* about 30 minutes; *chicken, domestic duck, wild goose, or Cornish hens* 40 to 45 minutes; *turkey or domestic goose* 45 to 50 minutes.) Brush poultry frequently with the basting sauce during the last 5 to 10 minutes, turning poultry as



needed for even cooking.

Meanwhile, cook rice mix according to package directions. Stir in bean sprouts, the sliced green onion, and the butter or margarine. Spoon onto a warm serving platter; arrange poultry over rice. Garnish with green onion fans, if desired.

POULTRY CHOICES FOR GLAZED POULTRY AND RICE PLATTER

Use recipe ingredients on page 194 with any of the following poultry selections. Makes 4 servings.

One 3-pound broiler-fryer chicken, quartered

One 4-pound domestic duck *or* wild goose, quartered

Two 2-pound wild ducks *or* pheasants, halved lengthwise *or* cut into quarters

Four 1- to 1½-pound Cornish game hens, halved lengthwise

Eight 4- to 6-ounce quail, halved lengthwise

Use recipe ingredients on page 194 except double rice mixture ingredients to use with any of the following poultry selections. Makes 6 to 8 servings.

One 6- to 7-pound turkey, cut up

One 7- to 8-pound domestic goose, cut up

HARVEST STUFFING

Double the stuffing for a 20- to 24-pound turkey—

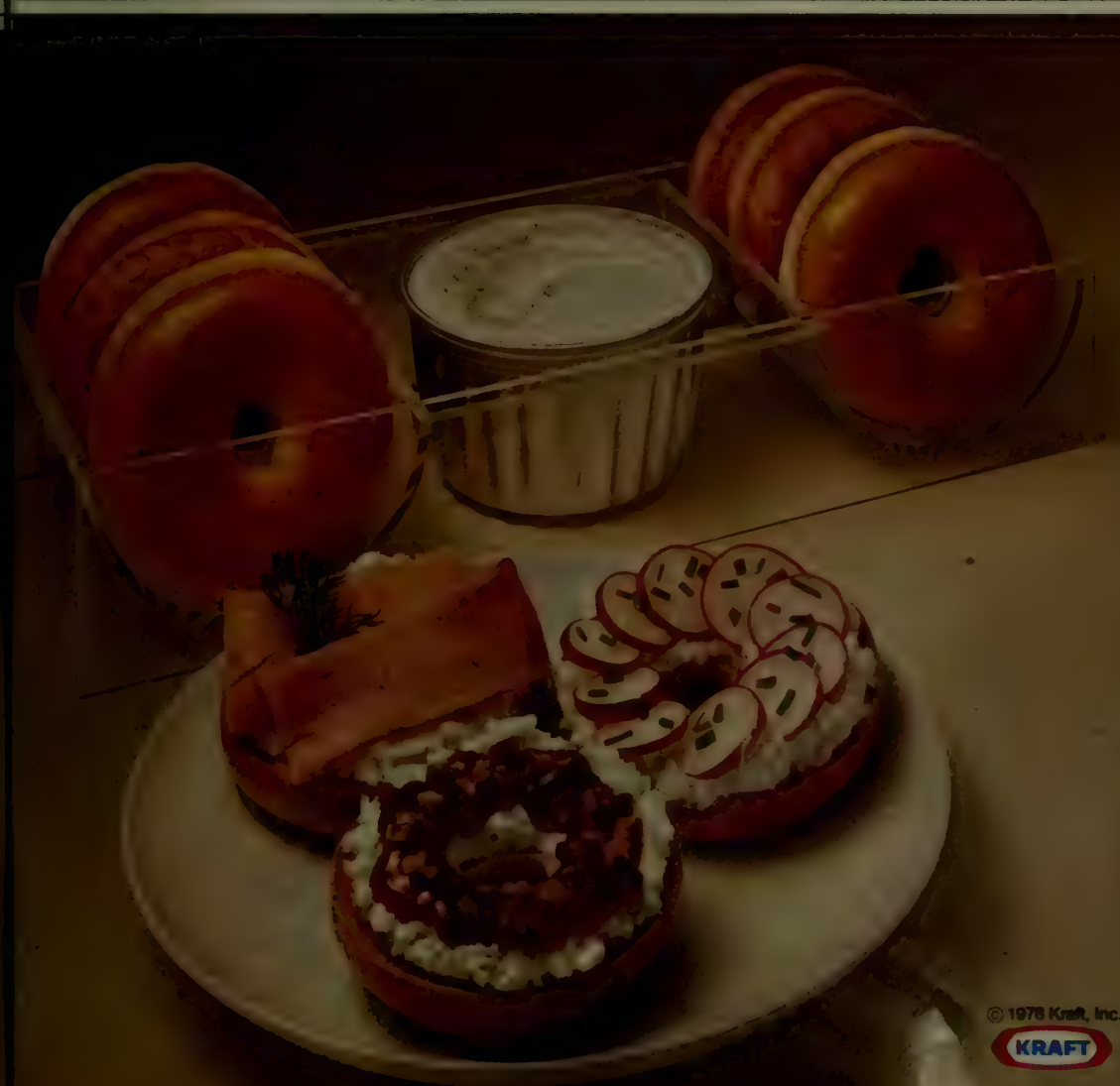
1 cup shredded carrot
1 cup chopped celery
1 medium onion, chopped (½ cup)
½ cup butter *or* margarine
1 teaspoon ground sage *or* poultry seasoning
½ teaspoon salt
¼ teaspoon ground cinnamon
⅛ teaspoon pepper
8 cups dry whole wheat *or* white bread cubes (about 11 slices bread)
2 cups finely chopped, peeled apple (2 medium apples)
½ cup chopped walnuts
¼ cup wheat germ
½ to ¾ cup chicken broth
CHOICE OF POULTRY (see selections listed on page 197)
Cooking oil, melted butter *or* margarine, *or* bacon slices
Red grapes (optional)
Apple wedges (optional)

To prepare stuffing, in skillet cook carrot, celery, and onion in butter or margarine till tender but not brown. Stir in sage or poultry seasoning, salt, cinnamon, and pepper. In a large mixing bowl combine bread cubes, chopped apple, walnuts, and wheat germ. Add cooked vegetable mixture. Drizzle with enough chicken broth to moisten, tossing lightly.

Prepare and stuff poultry for roasting as directed on page 190. Spoon some stuffing into neck cavity; skewer neck skin to back. Lightly spoon remaining stuffing into body cavity. (Bake any additional stuffing in a small casserole, covered, the last 20 to 30 minutes of roasting.) Tuck drumsticks under band of skin across tail or tie legs to tail. Twist wing tips under back.

Place poultry, breast side up, on rack in shallow roasting pan. Brush skin of bird, *except domestic duck or goose,* with cooking oil or the melted

continued



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KRAFT

continued

Preparing poultry

butter or margarine, or lay uncooked bacon slices over breast. Prick skin of domestic duck or goose well all over to allow fat to escape. (During roasting, remove excess fat.)

Insert meat thermometer. Roast, uncovered, in 375° oven (325° for turkey) till meat thermometer registers 185° and drumstick moves easily in socket. Brush dry areas of skin occasionally with pan drippings, cooking oil, or melted butter or margarine. (Roast *quail* 35 to 45 minutes; *pheasant* 1¼ to 1½ hours; *Cornish hens* 1½ to 1¾ hours; *wild duck or goose* 1½ to 2 hours; *chicken or domestic duck* 2 to 2½ hours; or *domestic goose* 2¾ to 3¼ hours. Roast *turkey*, covered loosely with foil, in a 325° oven for 4 to 4½ hours, uncovering the last 45 minutes.) Garnish with red grapes and apple wedges, if desired.

POULTRY CHOICES FOR HARVEST STUFFING

Use recipe ingredients on page 195 with any of the following poultry selections. Makes 8 to 10 servings.

One 10-pound turkey *or* domestic goose

Halve recipe ingredients to use with any of the following poultry selections. Makes 4 to 6 servings.

One 5-pound whole roasting chicken *or* domestic duck

Two 2- to 3-pound wild geese

Three 2-pound pheasants *or* wild ducks

Six 1- to 1½-pound Cornish game hens

Eight 4- to 6-ounce quail

HONEY-ORANGE SAUCE

CHOICE OF POULTRY (see selections listed on page 201)

- 2 oranges
- Cooking oil, melted butter *or* margarine, *or* bacon slices
- ½ cup water
- 2 tablespoons vinegar
- 1 tablespoon honey
- 1 teaspoon instant chicken bouillon granules
- Dash ground ginger
- 1 tablespoon cornstarch
- 1 tablespoon cold water
- ½ cup red grapes, halved and seeded
- 2 teaspoons orange liqueur

Rinse poultry and pat dry with paper toweling. Season body cavity with salt, if desired. Cut *one* of the oranges into wedges; reserve remaining orange for sauce. Place orange wedges in body cavity; skewer neck skin to back. Tuck drumsticks under band of skin across tail or tie legs to tail. Twist wing tips under back.

Place poultry, breast side up, on rack in shallow roasting pan. Brush skin, *except domestic duck or goose*, with cooking oil or melted butter or margarine, or lay uncooked bacon slices over breast. Prick skin of domestic duck or goose well all over to allow fat to escape. (During roasting, remove excess fat.)

Insert meat thermometer. Roast, uncovered, in 375° oven (325° for turkey) till meat thermometer registers 185° and drumstick moves easily in socket. Brush dry areas of skin occasionally with pan drippings, cooking oil, or

continued on page 201

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continued from page 197

Preparing poultry

melted butter or margarine. (Roast *quail* 35 to 45 minutes; *chicken or pheasant* 1¼ to 1½ hours; *Cornish hens* about 1½ hours; *wild duck* 1½ to 2 hours; *domestic duck* 1¾ to 2¼ hours; or *wild or domestic goose* 2¼ to 2¾ hours. Roast *turkey,* covered loosely with foil, in a 325° oven for 3½ to 4 hours, uncovering the bird the last 45 minutes of roasting.)

Meanwhile, cut peel from the remaining orange. Using sharp knife, remove white membrane and slice enough peel into julienne strips to measure 1 tablespoon. Section the orange over bowl to catch juice; add orange sections to juice and set aside. Simmer the orange peel strips, covered, in a small amount of water for 15 minutes; drain well.

Remove poultry from roasting pan; remove and discard orange wedges. Keep poultry warm. Skim fat from drippings; reserve ¼ to ½ cup drippings. (If necessary to increase drippings from bird, melt butter or margarine in roasting pan, stirring to loosen crusty bits.) Pour drippings into a saucepan. Stir in the ½ cup water, the vinegar, honey, bouillon granules, and ginger. Cook and stir till boiling. Combine cornstarch and the 1 tablespoon water; stir into vinegar mixture. Cook and stir till thickened and bubbly. Stir in orange sections and juice, cooked orange peel, red grapes, and orange liqueur. Heat to boiling. Serve with roast poultry.

POULTRY CHOICES FOR HONEY-ORANGE SAUCE

Use recipe ingredients on page 197 with any of the following poultry selections. Makes 4 servings.

One 3-pound whole broiler-fryer chicken
One 4- to 5-pound domestic duck *or* wild goose
Two 2-pound wild ducks *or* pheasants
Four 1- to 1½-pound Cornish game hens
Eight 4- to 6-ounce quail

Double recipe ingredients to use with any of the following poultry selections. Makes 8 servings.

One 7- to 8-pound turkey
One 8- to 9-pound domestic goose

CURRIED POULTRY AND VEGETABLES

½ cup honey
¼ cup prepared mustard
¼ cup butter *or* margarine
2 tablespoons finely chopped onion
2 tablespoons water
1 clove garlic, minced
2 teaspoons curry powder
1 teaspoon salt
¼ teaspoon crushed dried red pepper
¼ teaspoon ground ginger
CHOICE OF POULTRY (see selections listed at right)
Cooking oil, melted butter *or* margarine, *or* bacon slices
8 new potatoes *or* 2 large potatoes, peeled and quartered
6 medium carrots, bias-sliced into ½-inch pieces
2 medium apples, cored and cut into wedges
Watercress (optional)

In small saucepan combine honey, mustard, the ¼ cup butter or margarine, the onion, water, garlic, curry powder, salt, red pepper, and ginger. Bring to boiling, stirring constantly. Remove from heat; set aside.

Rinse poultry and pat dry with paper toweling. Skewer neck skin to back. Tuck drumsticks under band of skin across tail or tie legs to tail. Twist wing tips under back.

Place poultry, breast side up, on rack in shallow roasting pan. Brush skin, *except domestic duck or goose,* with cooking oil or melted butter or margarine, or lay uncooked bacon over breast. Prick skin of domestic duck or goose well all over to allow fat to escape. (During roasting, remove excess fat.) Insert meat thermometer. Roast, uncovered, in 375° oven (325° for turkey).

Meanwhile, in covered pan cook potatoes and carrots in boiling salted water for 20 to 25 minutes or till nearly tender. Drain. The last 20 minutes of roasting time, discard any fat in roasting pan from poultry. Arrange vegetables and the uncooked apples around poultry in pan. Spoon honey mixture over poultry, vegetables, and apples. Roast about 20 minutes longer or till meat thermometer registers 185° and vegetables and apples are tender. Baste occasionally with honey mixture during roasting and again just before serving. (Roast *quail* 35 to 45 minutes; *chicken or pheasant* 1¼ to 1½ hours; *Cornish hens* about 1½ hours; *wild duck* 1½ to 2 hours; *domestic duck* 1¾ to 2¼ hours; or *wild or domestic goose* 2¼ to 2¾ hours. Roast *turkey,* covered loosely with foil, in a 325° oven for 3½ to 4 hours, uncovering the last 45 minutes.) Arrange poultry, vegetables, and apples on serving platter. Garnish with watercress, if desired.

POULTRY CHOICES FOR CURRIED POULTRY AND VEGETABLES

Use recipe ingredients at left with any of the following poultry selections. Makes 4 servings.

One 3-pound whole broiler-fryer chicken
One 4- to 5-pound domestic duck *or* wild goose
Two 2-pound wild ducks *or* pheasants
Four 1- to 1½-pound Cornish game hens
Eight 4- to 6-ounce quail

Double recipe ingredients to use with any of the following poultry selections. Makes 8 servings.

One 7- to 8-pound turkey
One 8- to 9-pound domestic goose

PEANUT-SESAME OVEN-FRIED POULTRY

You can use this crunchy coating on skinned or unskinned birds, except fatty domestic duck or goose—

1 cup finely chopped peanuts (5 ounces)
¼ cup toasted sesame seed
2 tablespoons snipped parsley
1 teaspoon paprika
½ teaspoon salt
½ teaspoon finely shredded orange peel
¼ teaspoon ground cinnamon
¼ teaspoon cayenne
2 slightly beaten eggs
2 tablespoons water
CHOICE OF POULTRY (see selections listed on page 202)
Parsley sprigs (optional)

In paper or plastic bag combine peanuts, sesame seed, snipped parsley, paprika, salt, orange peel, cinnamon, and cayenne. Combine beaten eggs and water. Dip poultry in egg mixture, one or two pieces at a time, then shake poultry in peanut mixture

continued

continued

Preparing poultry

to coat the pieces evenly.

Place poultry, skin side up, in large shallow baking pan; arrange so pieces do not touch. Sprinkle with any remaining peanut mixture. Bake, covered, in 375° oven till poultry is half done; uncover and continue baking till poultry is tender. Do not turn. (Bake *quail* 35 to 45 minutes; *chicken, wild goose or duck, pheasant, or Cornish hens* 45 to 60 minutes; *turkey* about 1¼ hours.) Garnish with parsley sprigs, if desired.

POULTRY CHOICES FOR PEANUT-SESAME OVEN-FRIED POULTRY

Use recipe ingredients on page 201 with any of the following poultry selections. Makes 4 servings.

One 3-pound broiler-fryer chicken, cut up

One 4-pound wild goose, cut up

Two 2-pound wild ducks *or* pheasants, quartered

Four 1- to 1½-pound Cornish game hens, halved lengthwise

Eight 4- to 6-ounce quail (tie legs of each bird together)

Double recipe ingredients to use with the following poultry selection. Makes 8 servings.

One 7- to 8-pound turkey, cut up

BACON, VEGETABLE, 'N RICE STUFFING

Hickory chips (about 6 cups)
2 slices bacon
½ cup chopped carrot
½ cup chopped celery
2 tablespoons thinly sliced green onion
1 cup chicken broth
½ cup long grain rice
1 tablespoon soy sauce
1 teaspoon poultry seasoning
CHOICE OF POULTRY (see selections listed on page 204)
Cooking oil, melted butter *or* margarine, *or* bacon slices
Endive (optional)

About 1 hour before cooking time, soak hickory chips in enough water to cover. Drain chips. Meanwhile, to prepare stuffing cook bacon in a saucepan till crisp. Drain, reserving drippings in saucepan. Crumble bacon and set aside. Cook carrot, celery, and green onion in reserved bacon drippings about 5 minutes. Add chicken broth, *uncooked* rice, soy sauce, and poultry seasoning. Bring to boiling; reduce heat. Cover and cook over low heat for 20 to 25 minutes or till liquid is absorbed. Stir in crumbled bacon.

Prepare and stuff poultry for grilling as directed on page 190. Spoon some stuffing into neck cavity; skewer neck skin to back. Lightly spoon remaining stuffing into body cavity. (Bake any additional stuffing in a small casserole, covered, in a 375° oven for 20 to 30 minutes.) Tuck drumsticks under band of skin across tail or tie legs to tail. Twist wing tips under back.

In grill with hood, arrange *medium-hot* coals (*medium-slow* for turkey or domestic goose) around a heavy foil drip pan (see general grilling instructions on page 190). Sprinkle coals with some of the dampened chips. Place poultry, breast side up, on grill over foil pan. Brush skin, *except domestic*

continued

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Like making hot snacks, warming leftovers, baking casseroles, cooking frozen dinners and appetizers. And used together with your big oven, it lets you cook different dishes at different temperatures. Its thermostat controls the temperature from 200° to 500° F.

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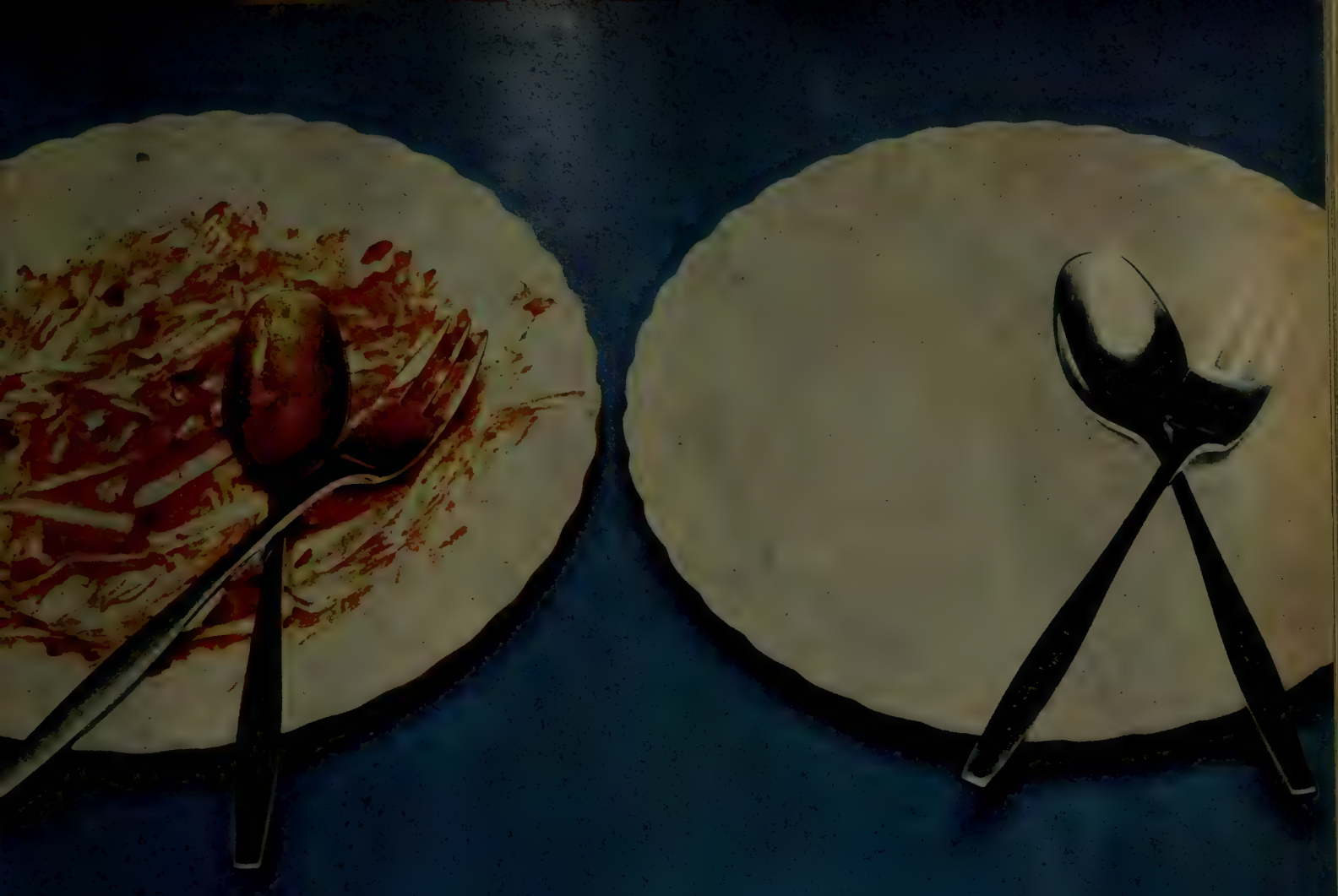
The model featured here is the T26. Other broil models are the T114 and (two-slice) T23. The T104 and (two-slice) T93B are GE's non-broil models.

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ECONOMICS LABORATORY, INC.

continued

Preparing poultry

duck or goose, with cooking oil or melted butter or margarine, or lay uncooked bacon over breast. Prick skin of domestic duck or goose well all over to allow fat to escape. (During grilling, remove excess fat from drip pan.)

Insert meat thermometer. Lower hood. Grill poultry till meat thermometer registers 185° and drumstick moves easily in socket. Brush dry areas of skin occasionally with cooking oil or melted butter or margarine. (Grill *quail* 15 to 18 minutes; *wild duck or Cornish hens* 1 to 1½ hours; *pheasant* 1¼ to 1¾ hours; *chicken* 1½ to 2 hours; *domestic duck or wild goose* 2 to 2½ hours; *turkey or domestic goose* 2¾ to 3½ hours.) Sprinkle hickory chips over coals every 20 to 30 minutes. Add more coals, as needed. Garnish with endive, if desired.

POULTRY CHOICES FOR BACON, VEGETABLE, 'N RICE STUFFING

Use recipe ingredients on page 202 with any of the following poultry selections. Makes 4 servings.

One 3- to 4-pound whole roasting chicken
One 4- to 5-pound domestic duck *or* wild goose
Two 2-pound wild ducks *or* pheasants
Four 1- to 1½-pound Cornish game hens
Eight 4- to 6-ounce quail

Double recipe ingredients to use with any of the following poultry selections. Makes 8 servings.

One 7- to 8-pound turkey
One 8- to 9-pound domestic goose

begins on page 170

Holiday make-ahead recipes

STORING MAKE-AHEAD FOODS

- Keep refrigerator between 34° F. and 40° F. for maximum protection.
- Make sure upright or chest freezer or refrigerator-freezer maintains a temperature 0° F. or lower.
- Cool foods quickly before wrapping for freezing. Set a pan of hot food in ice water and cool.
- Before freezing, wrap foods in moisture-vaporproof material such as freezer paper, heavy foil, or plastic wrap. Or, cover containers with a tight-fitting lid, fixing tape around the edges to make a leakproof seal. Label with contents and date.
- Thaw frozen foods in their unopened packaging. Avoid refreezing prepared foods.

PIES

- Fruit pies freeze best. Custard, cream, chiffon and meringue pies may curdle or toughen slightly when frozen.
- For crisp crusts and just-baked flavor, freeze two-crust fruit pies before baking.
- Start with firm-textured fresh fruits to compensate for a slight softening caused by freezing. The lemon juice included in many recipes prevents light-colored fruits, such as apples, apricots, peaches, and pears, from browning when cut.
- Do not cut slits in the top crust before freezing. Without slits, there is less chance that the crust will break, the filling dry, or any juices leak if the pie is tilted or jarred during storage.

BREADS

- For best texture and volume, bake yeast products before freezing.
- Do not frost or glaze bread before freezing as the wrapping material would damage the frosting.

CASSEROLES

- Freeze most casseroles before baking, especially when all the ingredients are already cooked. Exceptions include dishes that contain uncooked rice, raw vegetables, or uncooked meat that has been frozen and thawed.
- Undercook starchy ingredients such as rice, beans, noodles, and potatoes as they can soften when frozen and reheated.
- Do not freeze mixtures containing hard-cooked egg whites, raw vegetables, mayonnaise, or sour cream.
- Freeze casserole toppings separately to keep them from becoming soggy.
- Use shallow baking dishes to speed freezing and thawing. Or, freeze smaller quantities of prepared food in individual servings.
- One handy way to freeze a casserole is to line the baking dish with a piece of heavy foil three times the length of the dish. Add the prepared food and cool. Seal foil over the food, then label and freeze. When the food is frozen, lift it, wrapped, from the dish and store it in the freezer. Return food to the same baking dish for reheating.
- If gravies or sauces separate when frozen, stirring may help return them to their original consistency.

"FRUITCAKE" COFFEE CAKE

As the coffee cake ages, it takes on the firm texture of a fruitcake—

2½ cups all-purpose flour
1 cup packed brown sugar
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
¼ teaspoon ground cloves
½ cup butter *or* margarine
2 tablespoons butter *or* margarine
2 beaten eggs
¾ cup milk
¼ cup brandy
1¼ cups chopped mixed candied fruits and peels (6 ounces)
¾ cup chopped pecans
Brandy
Orange slices (optional)
Frosted red grapes (optional)

In large mixing bowl thoroughly stir together flour, brown sugar, baking powder, baking soda, salt, and spices. Cut in the ½ cup butter or margarine till mixture resembles coarse crumbs. Remove ½ cup crumbs to a small bowl and cut in the 2 tablespoons butter or margarine. Set aside for topping.

Combine eggs, milk, and the ¼ cup brandy; add to crumbs in large bowl and stir till moistened. Fold candied fruits and peels and *¼ cup* of the pecans into the batter. Turn into greased and floured 9x9x2-inch baking pan. Combine the reserved crumbs and remaining ½ cup pecans; sprinkle over batter. Bake in 375° oven for 40 to 45 minutes. Cool in pan 10 minutes. Remove from pan; cool on wire rack.

Cut enough cheesecloth to wrap cake several times. Dip cheesecloth in brandy; squeeze to remove excess liquid. Wrap coffee cake in layers of moistened cheesecloth, then in foil. (Moistening the cake with the soaked cheesecloth allows it to absorb the liquid evenly.) Store in the refrigerator at least overnight or as long as 3 weeks. Remoisten cheesecloth with brandy as needed. Serve with orange slices and frosted red grapes, if desired.

continued



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Snug Sack™

The original Snug Sack™ body garment... another great idea from Heritage Quilts.

continued

Holiday make-ahead recipes

CHERRY SAVARIN

2 cups all-purpose flour
1 package active dry yeast
¾ cup milk
¼ cup sugar
¼ cup butter *or* margarine
½ teaspoon salt
1 egg
½ cup dried currants *or* light raisins
½ cup chopped citron
½ cup water
¼ cup sugar
¼ cup kirsch, rum, *or* brandy
1 16-ounce can pitted dark sweet cherries
2 tablespoons sugar
2 tablespoons cornstarch

In small mixer bowl stir together *1½ cups* of the flour and the yeast. In saucepan heat milk, the ¼ cup sugar, the butter or margarine, and salt just till warm (115° to 120°), stirring till butter almost melts. Add to dry mixture in mixer bowl; add egg. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in currants, citron, and the remaining flour. Cover and let rise in warm place 1 to 1¼ hours or till double. Stir down batter; spoon into a well-buttered 6½- or 7-cup fluted tube pan. Cover and let rise 30 to 45 minutes or till almost double. Bake in 350° oven about 35 minutes or till golden brown. Cool in pan 5 minutes, then invert onto wire rack. When completely cooled, wrap in moisture-vaporproof material. Seal, label, and freeze as long as 2 months.

Thaw in wrapping at room temperature for 2 to 3 hours. In saucepan combine water and the ¼ cup sugar. Bring to boiling, stirring till sugar dissolves. Boil gently, uncovered, for 5 minutes. Remove from heat; cool slightly. Stir in kirsch. Place cake on wire rack over tray. Prick cake with tines of long fork. Slowly spoon syrup over top and sides of cake, allowing syrup to soak in. Repeat till all syrup is used.

Drain cherries, reserving syrup. Halve cherries; set aside. Add enough water to reserved syrup to measure 1⅔ cups liquid. In small saucepan combine the 2 tablespoons sugar and

continued



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continued

Holiday make-ahead recipes

the cornstarch; stir in reserved cherry liquid. Cook and stir till thickened and bubbly. Stir in cherries; cool slightly. Serve cherry sauce with cake. Makes 12 servings.

HOLIDAY FIG-APPLE PIE

1 cup sugar
½ teaspoon salt
½ teaspoon ground cinnamon
¼ teaspoon ground cloves
¼ teaspoon ground nutmeg
4 *firm* medium apples, peeled, cored, and thinly sliced (4 cups)
1 cup snipped dried figs
½ cup jellied cranberry sauce
½ teaspoon finely shredded lemon peel
¼ cup lemon juice
Pastry for 2-crust 9-inch pie
1 tablespoon butter *or* margarine
1 teaspoon sugar
¼ teaspoon ground cinnamon

In mixing bowl combine the 1 cup sugar, the salt, the ½ teaspoon cinnamon, the cloves, and nutmeg. Add apples, figs, cranberry sauce, lemon peel, and lemon juice; mix well.

On floured surface roll out *half* the pastry to a 13-inch circle. Line a 9-inch pie plate with pastry circle. Trim pastry to edge of pie plate. Fill with apple mixture; dot with butter or margarine. On floured surface roll out remaining pastry to 13-inch circle. Place top crust over apple mixture. *Do not* cut slits in top crust. Seal and flute edge. Sprinkle with mixture of the 1 teaspoon sugar and ¼ teaspoon cinnamon. Cover with inverted large paper plate to protect crust. Wrap in moisture-vaporproof material; seal and label. If desired, place in a labeled, sturdy box or freezer container for additional protection. Freeze as long as 2 months.

To serve, unwrap and cut slits in top crust for escape of steam. Cover edge with foil. Bake frozen pie in 450° oven for 15 minutes. Reduce temperature to 375°; bake for 15 minutes. Remove foil; bake 30 to 35 minutes longer or till done.



PUMPKIN TASSIES

½ cup butter *or* margarine, softened
1 3-ounce package cream cheese, softened
1 cup all-purpose flour
¼ cup packed brown sugar
⅛ teaspoon salt
⅛ teaspoon ground cinnamon
⅛ teaspoon ground nutmeg
⅛ teaspoon ground allspice
2 well-beaten eggs
¾ cup canned pumpkin
¼ teaspoon rum extract
½ cup frozen whipped dessert topping, thawed
Coarsely chopped pecans

In mixing bowl blend softened butter or margarine and cream cheese; stir in flour. Cover and chill for 1 hour. On lightly floured surface roll dough to 1/16-inch thickness. Cut into 2½- to 2¾-inch rounds with cookie cutter. Pat rounds into 1¾-inch muffin pans. Bake in 400° oven about 10 minutes or till golden brown. Cool in pans.

In saucepan combine brown sugar, salt, cinnamon, nutmeg, and allspice. Stir in eggs, pumpkin, and rum extract. Cook and stir over low heat for 2 to 3 minutes or till thickened. Remove from heat; cover and chill thoroughly. Fold in whipped dessert topping. Pipe or spoon 2 to 3 teaspoons pumpkin mixture into each tart shell. Garnish with coarsely chopped pecans.

To freeze, arrange on baking sheet or tray. Freeze, uncovered, several hours or till firm to protect shape. Place in single layer in pan or box for additional protection. (If desired, store in 2 or 3 containers so you can thaw just the amount you want to use.) Wrap in moisture-vaporproof material. Seal, label, and freeze as long as 2 months. Thaw wrapped tarts about 30 minutes at room temperature. Store any extras in refrigerator. Makes 32 to 36 tarts.

WILD RICE PILAF

1 cup wild rice (6 ounces)
2¼ cups water
1 tablespoon instant chicken bouillon granules

continued

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In a world of fast food mentalities and disposable utensils, sterling silver endures as a classic. This precious metal will be one of your most valued possessions, year after year. Without question, sterling is the elegant expression of successful lifestyle. And unlike other fine purchases, it won't wear out.

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Holiday make-ahead recipes

1½ cups sliced fresh mushrooms
1½ cups sliced celery
¼ cup butter *or* margarine
1 10-ounce package frozen artichoke hearts
¼ cup sliced green onion
2 tablespoons chopped pimiento
1 teaspoon finely shredded lemon peel
1 tablespoon lemon juice
¾ teaspoon salt
½ teaspoon dried thyme, crushed
⅛ teaspoon pepper

Run cold water over rice in a strainer for 1 to 2 minutes, lifting rice with fingers to rinse thoroughly. In 3-quart saucepan combine rice, the 2¼ cups water, and the bouillon granules. Bring to boiling. Reduce heat; cover and simmer for 30 minutes (rice should be undercooked). Do *not* drain.

Meanwhile, cook mushrooms and celery in butter or margarine for 4 to 5 minutes or just till crisp-tender. In strainer rinse artichokes under hot water to separate. Stir artichokes, green onion, pimiento, lemon peel, lemon juice, salt, thyme, and pepper into mushroom mixture. Stir into rice.

Turn into a shallow 2-quart casserole or 12x7½x2-inch baking dish. Cool. Cover with moisture-vaporproof material. Seal, label, and freeze as long as 3 months.

To reheat casserole without thawing, bake, covered, in 400° oven for 1½ to 1¾ hours or till heated through. Or, thaw casserole before reheating by letting it stand overnight in the refrigerator. Bake, covered, in 325° oven for 45 to 60 minutes or till heated through. Garnish with lemon slices and parsley, if desired. Makes 8 to 10 servings.

CRANBERRY FROST SALAD

1 cup fresh *or* frozen cranberries, finely chopped
⅓ cup sugar
2 medium oranges
1 8-ounce package cream cheese, softened
1 teaspoon vanilla
1 medium apple, finely chopped
½ cup chopped dates
1 cup whipping cream
Lettuce

Combine cranberries and sugar; let stand 10 minutes. Meanwhile, peel and section *one* orange, reserving juice. Finely chop orange sections; set aside. Squeeze remaining orange to make a total of ⅓ cup juice.

Beat together the ⅓ cup orange juice, the cream cheese, and vanilla till fluffy. Stir in orange sections, cranberries, apple, and dates. Whip cream till soft peaks form. Fold whipped cream into cream cheese mixture.

Turn mixture into a 5-cup mold, 8x4x2-inch loaf pan, or 8 or 9 individual molds. Cover with moisture-vaporproof material. Seal, label, and freeze at least 3 hours or as long as 1 month.

Before serving, let stand at room temperature for 10 to 15 minutes to soften slightly. Unmold onto lettuce-lined plate. Garnish with additional orange sections, if desired. Makes 8 or 9 servings.

CARROT-CELERY RELISH

4 medium carrots, cut into 3-inch pieces
1½ cups bias-sliced celery

• • •

1 medium onion, chopped (½ cup)
½ cup chopped green pepper
½ cup white tarragon vinegar
¼ cup dry white wine
2 tablespoons sugar
2 tablespoons salad oil
1 clove garlic, minced
1 teaspoon mustard seed
1 teaspoon coriander seed, crushed
¼ teaspoon salt
Dash pepper

In a saucepan cook carrots and celery, covered, in a small amount of boiling water for 5 minutes or till crisp-tender; drain. Cut carrots into thin sticks. In saucepan combine onion, green pepper, vinegar, wine, sugar, oil, garlic, mustard seed, coriander seed, salt, and pepper. Bring to boiling.

Pour vinegar mixture over carrots and celery, tossing lightly to coat evenly. Cool. Cover and refrigerate at least several hours or as long as 2 weeks. Stir vegetable mixture occasionally to evenly distribute marinade. Drain before serving. Makes about 3 cups relish.

MULLED BEVERAGE MIX

1½ cups water
¾ cup sugar
6 inches stick cinnamon, broken
6 whole cloves
Peel of ¼ lemon, cut into thin strips
½ cup lemon juice
Chilled *or* heated apple juice, cranberry juice cocktail, dry red *or* white wine, rosé, *or* sparkling pink catawba juice

In saucepan combine water, sugar, cinnamon, cloves, and lemon peel. Bring to boiling, stirring till sugar is dissolved. Reduce heat; cover and simmer for 10 minutes. Stir in lemon juice. Strain through cheesecloth. Cover tightly and refrigerate as long as 6 weeks.

To serve, pour mix into a glass or mug and add desired beverage. Use 2 tablespoons mix to ¾ cup (6 ounces) beverage. (Serve chilled drink with ice, if desired.) Garnish with orange slices and maraschino cherries on a skewer, if desired. Makes 1½ cups mix or enough for 12 servings.

SMOKED CHEESE AND WINE LOGS

2 8-ounce packages cream cheese, softened
2 cups shredded smoked cheddar cheese (8 ounces)
½ cup butter *or* margarine, softened
¼ cup dry red wine
1 tablespoon finely snipped chives
2 teaspoons prepared horseradish
1 cup finely chopped walnuts
Assorted crackers *or* melba toast rounds

In mixer bowl combine cream cheese, cheddar cheese, butter or margarine, wine, the 1 tablespoon snipped chives, and the horseradish. Beat with electric mixer till fluffy. Cover and chill slightly. On waxed paper, shape mixture into two logs about 1½ inches in diameter. Roll logs in chopped walnuts. Wrap in clear plastic wrap or foil and refrigerate as long as 1 week. Or, wrap in moisture-vaporproof material; seal, label, and freeze as long as 6 weeks.

To serve, unwrap chilled cheese logs or thaw frozen, wrapped logs for 1½ to 2 hours or till soft enough to slice without crumbling. Serve as cheese spread with crackers. Or, slice with a wire cheese slicer or serrated knife into even rounds. Place atop

continued

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1. Our tub can cut down on your washloads. The larger your washer tub, the fewer times you have to load it. So we made sure the tub in this Hotpoint was roomy enough for large loads. It's also perforated for better washing and rinsing. And for those times when you have to do your laundry fast, there's a Rapid Wash cycle that will do a complete wash-rinse-spin in approximately 10 minutes.

2. Most washers come with only one agitator. This Hotpoint gives you two. You get a regular agitator for all your normal washloads. Slip it off and underneath it, you'll find a Handwash® agitator specially designed to handle small, lightly soiled loads and delicate items. It's part of Hotpoint's Handwash® System...a system that saves you water (up to 24% compared to the low level setting on the same washer). And if you're saving hot water, you're also saving energy.



3. Extras that help make doing laundry easier. Not every washer gives you an extra rinse cycle. Or an automatic Soak and Wash cycle. But this Hotpoint does. It also has bleach and fabric softener dispensers. And a self-cleaning filter ring with five feet of filtering surface, so you won't have to pick lint off clothes.

4. Don't forget to compare service. Dependable service is important. And Hotpoint's Customer Care® service puts you a phone call away from professional service in over 800 cities, coast to coast. So before you buy your new washer, stack it up against this one. We think a Hotpoint will end up in your laundry room.



A LOT OF APPLIANCE FOR YOUR MONEY

Hotpoint

A Quality Product of General Electric Company

continued

Holiday make-ahead recipes

melba toast rounds. Broil 4 inches from heat about 1½ minutes or till cheese is bubbly.

SUNSHINE SLUSH

- **3 cups water**
- **1 cup sugar**
- **2 ripe medium bananas, cut up**
- **2 12-ounce cans (3 cups) unsweetened pineapple juice**
- **1 6-ounce can frozen orange juice concentrate, thawed**
- **1 6-ounce can frozen lemonade concentrate, thawed**
- **2 tablespoons lemon juice**
- **1½ cups light rum *or* vodka (optional)**
- **1 28-ounce bottle carbonated water, chilled**

In saucepan combine water and sugar. Bring to boiling, stirring till sugar is dissolved. Boil gently, uncovered, for 3 minutes; remove from heat and cool. Meanwhile, in blender container combine bananas and *half* the pineapple juice. Cover and blend till smooth. Stir into cooled syrup. Stir in the remaining pineapple juice, orange juice and lemonade concentrates, and lemon juice. Stir in rum or vodka, if desired. Turn into 13x9x2-inch pan or plastic freezer container. Cover with moisture-vaporproof material. Seal, label, and freeze at least several hours or as long as 2 months. (If desired, break up partially frozen mixture and store in smaller containers to use as needed.)

To serve, remove mixture from freezer. Let stand at room temperature 5 to 10 minutes if mixture contains liquor or about 30 minutes if mixture contains no liquor. Draw a large spoon across surface of frozen mixture to make slush. Spoon or scoop slush into each glass. Slowly pour in carbonated water, using equal amounts of slush and carbonated water. Or, spoon entire slush mixture into a punch bowl. Add carbonated water, pouring down side of bowl. Stir gently to combine. Makes about 14 cups punch (with liquor) or 12½ cups punch (without liquor).

APRICOT CORDIAL

Make the liqueur far enough ahead to allow two weeks' aging—

- **8 ounces dried apricots, quartered (1⅔ cups)**
- **2 cups water**

• • •

- **¾ cup sugar**
- **2 cups vodka**
- **1 cup brandy**
- **2 inches stick cinnamon, broken**
- **¼ teaspoon cardamom seed**

In saucepan combine apricots and water; bring to boiling. Reduce heat; cover and simmer about 15 minutes or till fruit has absorbed as much water as possible. Cool.

Combine fruit mixture and sugar; pour into a ½-gallon screw-top jar. Add vodka, brandy, cinnamon, and cardamom; cover tightly and shake well. Let stand at room temperature for 2 weeks to ripen and ferment, inverting jar once each day to completely dissolve sugar and blend flavors. Strain through cheesecloth into a decanter. Cover. (Serve apricots over ice cream or use as a relish.) Makes about 3 cups liqueur.



The General Electric Brew Starter's making your coffee.

Brew Starter's the only coffeemaker that turns itself on and starts to brew automatically. So you wake up to delicious, fresh-brewed coffee. Here's how it works. Before going to sleep, just put coffee and water in your Brew Starter. Then set the timer and flick the automatic switch... Brew Starter does the rest!

Brew Starter from General Electric. Now you don't wait for the coffee—the coffee's waiting for you.

GENERAL ELECTRIC



NO WEIGHTING.



It doesn't take any fancy fixin' to make a Dole® banana taste good. Just peel the bright yellow wrapper and ...mmm! You'll love the smooth and creamy texture. Ditto the naturally sweet flavor. If that isn't enough, a Dole banana's good for you. A medium-size banana contains only about 101 calories. It has no cholesterol. And it's 99.8% fat-free. Before you order one of those ultra-rich, super-high-calorie sundaes, think again. Then go to the head of line and have a Dole banana.

The Dole Banana.
As a snack, it's a natural.

CASTLE & COOKE, INC.

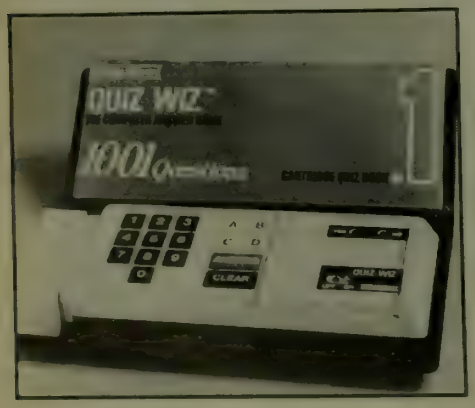
GOOD NEWS PLUS

Take-along toys and games



Photographs Harry Hartman

It isn't easy to keep a nine-year-old happy on a long car trip to Grandma's. But help is here in totable packages. Parker Brothers' "Merlin" is a thinking wizard that stores six games in its computer memory from ticktacktoe to difficult feats of deduction. No game is played by the computer the same way twice, so you can't just learn the six and call it quits. The cost: about $33.



Another electronic challenge is "Quiz Wiz" from Coleco, a multiple-choice question and answer game for the whole family. A vinyl case holds the computer, programmed game cartridge, and quiz book with 1,001 questions on almost as many topics—all for about $20. Additional cartridges and quiz books are available on various subjects from sports to movies for about $4 each.



Gabriel has met the "uneasy rider" problem head on with specially packaged backgammon and checkers, called "Pouchos." The whole thing—roll-up board, playing pieces, and rules—pops into a drawstring pouch for the road. Each "Poucho" is $3. Also available from Gabriel is a pocket version of the strategy game "Othello," priced at $5. A hinged board (ridged like a sailor's dining table) locks open magnetically and, closed, stores the pieces.



If you have someone in the family who gets homesick for a dollhouse, why not take along "The Little Soft House" from Knickerbocker Toys? This whimsical soft sculpture playhouse has its own tiny rag doll, stuffed bed and chair, roll-back roof, and carrying handle, all for $13.

A gift of CARE

Since May 11, 1946, when food packages first arrived in Europe at Le Havre, France, CARE has been helping indigent families overseas. One of the nicest ways to be a part of this fine program is to join the CARE Holiday Gift Plan. Not only will you save yourself the fuss of choosing gifts, but through CARE you (and, because of you, your friends) can provide necessities of life—food, education, medical care—to those who need them. If you're interested in this idea, send a list of names and addresses, with a minimum $2 contribution for each name, to CARE, Dept. HOL, Box 570, N.Y., N.Y. 10016. CARE will send each gift recipient a card stating that you made a contribution in his or her name. It's just about the perfect gift: no-hassle buying and no exchanges.

Nutrition on film

Four helpful filmstrip kits have been developed by Tupperware to teach food buymanship and nutrition. At a minimum cost—each under $15—the kits give the basics and then some on good eating habits, storing and freezing, meal management, and money saving. Although designed primarily for high school and college teachers of home economics, health and physical education, nutrition, social studies, and related subjects, these noncommercial, audiovisual teaching aids are just right for any adult group seriously interested in community health and child development. There are condensed versions in 16 mm film which Tupperware makes available to accredited civic organizations as a community service. For more information on either educational filmstrip kits or free-loan films, write Tupperware Home Parties, Educational Services Dept., P.O. Box 2353, Orlando, Fla. 32802.

continued

Have a night on the town. At home.

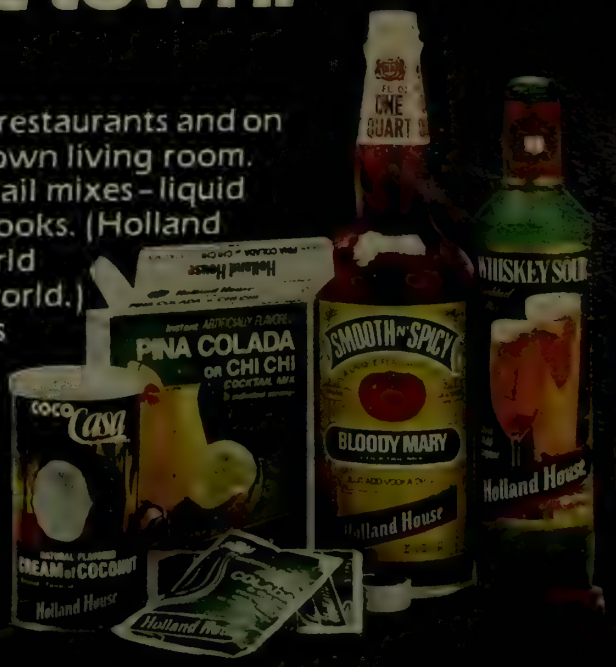
Enjoy those exciting drinks you have in restaurants and on vacation in an even more comfortable spot. Your own living room.

Holland House makes 40 different cocktail mixes – liquid and dry. And each offers a drink as delicious as it looks. (Holland House is the largest selling cocktail mix in the world because our cocktails are the best tasting in the world.)

What's more, a Holland House cocktail is easy to make. You simply add as much of your favorite liquor as you like. Or as little.

So be a perfect host and serve the perfect drink. In the perfect place . . . your home.

Holland House Cocktail Mixes.



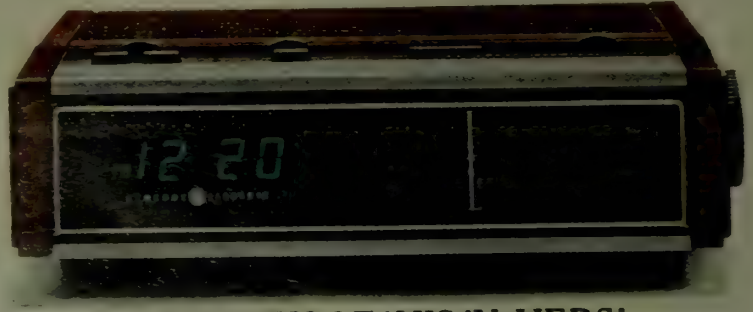


FOR PEOPLE WHO SLEEP TOGETHER BUT DON'T WANT TO WAKE UP TOGETHER. THE GE 'HIS 'N HERS' CLOCK RADIO.



Two people need two alarms. If he wants to set his at 6AM to go jogging, fine. She can set hers for later.

That's what this great General Electric Electronic Digital Clock Radio is all about. You can set it for two different wake-up times. And it will wake each of you at these times every day, until it's reset or turned off. It wakes you to music. Or to a gentle tone alarm. Today's technology provides other great features. Like an easy-to-read time and alarm display that can be adjusted forward or backward. An earphone jack for private listening. A control to adjust the brightness of the time display for your comfort.



THE NEW GE 'HIS 'N HERS' ELECTRONIC DIGITAL CLOCK RADIO

It even displays the month and date at the push of a button. And because it's electronic, it's accurate and quiet.

The GE 'His 'N Hers' Clock Radio. With two separate wake-up times.

Model 7-4685

GENERAL ELECTRIC

GOOD NEWS PLUS

Easy-order slipcovers

Wouldn't it be great if you could order a custom-made slipcover to go with a new chair or sofa right from the manufacturer who made the furniture? Well, you can if you choose a chair or sofa from the Pennsylvania House "Cover Ups" program. The program offers nine frames to choose from, including full size sofas, love seats, and chairs. All are traditional shapes that fit with just about any decorating scheme, and are suitable for living areas as well as the bedroom. The fabric choice is wide, too. There are 14 solid color ducks, two floral prints in several color combinations, plus a patchwork, a small geometric, and an allover mini print—each in two color selections. That's a grand total of 26 fashionable fabrics, all 100-percent cotton and treated for soil resistance. The slipcover is available at the time of purchase or later, and you can get extra yardage for draperies or a do-it-yourself project. What an easy way to change the personality of your room! A chair cover is $99; love seat, $149; and sofa, $199. Check any Pennsylvania House dealer, or write "Cover Ups," Pennsylvania House, Lewisburg, Pa. 17837 for more information.

Mail-order craft supplies

If you have trouble finding special craft supplies in your local shops, be advised that there are now a number of good mail-order sources for every kind of craft material. Among the best, most complete, and least expensive sources is Craft Service. Their catalog offers just about every craft material imaginable, including casting resin, macrame cord, leather, Swistraw, beads, seagrass, tiles, beeswax—even doll eyes. To receive a catalog, send 50 cents to Craft Service, 377 University Avenue, Rochester, N.Y. 14607. ■



Now you can program a perfect meal with one incredible touch.

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But what really sets the Quasar oven apart is the fact that you don't have to use those features to make a perfect meal.

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Then you take out the food. And enjoy. The new Quasar microwave oven. It's incredible. And incredibly easy.



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makes cooking special again.
Quasar Electronics Company, Franklin Park, Illinois 60131

Homemade Breads from an After-school Entrepreneur

BY SALLY PEDERSON

What 15-year-old Mike Feniger of Long Island, New York, lacks in experience, he makes up for in moxie! After just one evening's experience in bread making, Mike started a miniature bake shop business that nets sufficient profits for his "Fun Money" fund, with some left over for college savings.

Mom's encouragement spurred Mike's initial interest in bread baking, and it wasn't long before she surrendered the kitchen to his flour-flinging enthusiasm. By doubling, tripling, and quadrupling recipes, Mike produced enough fresh-from-the-oven wares to peddle throughout the neighborhood.

"I was too embarrassed to go door to door with the bread myself," admitted Mike, so younger brother John became his marketing manager, salesman, and delivery boy. Free samples from the

continued



According to Mike, "Every bread is the same basic recipe."





Photographs: Home Scout Bonnie Maranian

It's hard to keep from eating up the profits—especially with younger siblings John and Sharon always eager for a taste.

On the antique cupboard are (clockwise) *Blueberry Walnut Bread, Russian Black Bread, Whole Grain Molasses Bread, Challah,* and *Pinwheel Bread.*

rom top to bottom:
lichelangelo 4-pc. serving set in stainless.
elish tray in silverplate with glass insert.
enetia iced drink spoon set in stainless.

Fluted serving dish in silverplate.
Set of 4 napkin rings in silverplate.
Act II 20-pc. service in stainless with tray.

Chateau 4-pc. steak knife set in stainless.
Compote in silverplate.
Bamboo salt and pepper set in silverplate.



t fine stores. © Oneida Ltd., 1978.

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The new Kodak Ektralite 10 camera.

On Christmas Day, it's a simple aim-and-shoot camera. But on Christmas night, or any other night, it's Ektralite, the new Kodak Ektralite 10 camera.

Convenient built-in electronic flash. Get sharp, clear pictures indoors or out. Day or night. The Ektralite camera's built-in electronic flash freezes all the action.

Ask your photo dealer (or ask Santa Claus) about the Ektralite 10, a new "Can-Do" camera from Kodak.

© Eastman Kodak Company, 1978

Stop action indoors with a built-in flash.



Kodak gifts say "open me first" to save Christmas in pictures.



Above, **Mike rolls out and shapes white and whole wheat doughs together for *Pinwheel Bread.* Each slice of the baked loaf *(below)* reveals the two-tone spiral.**

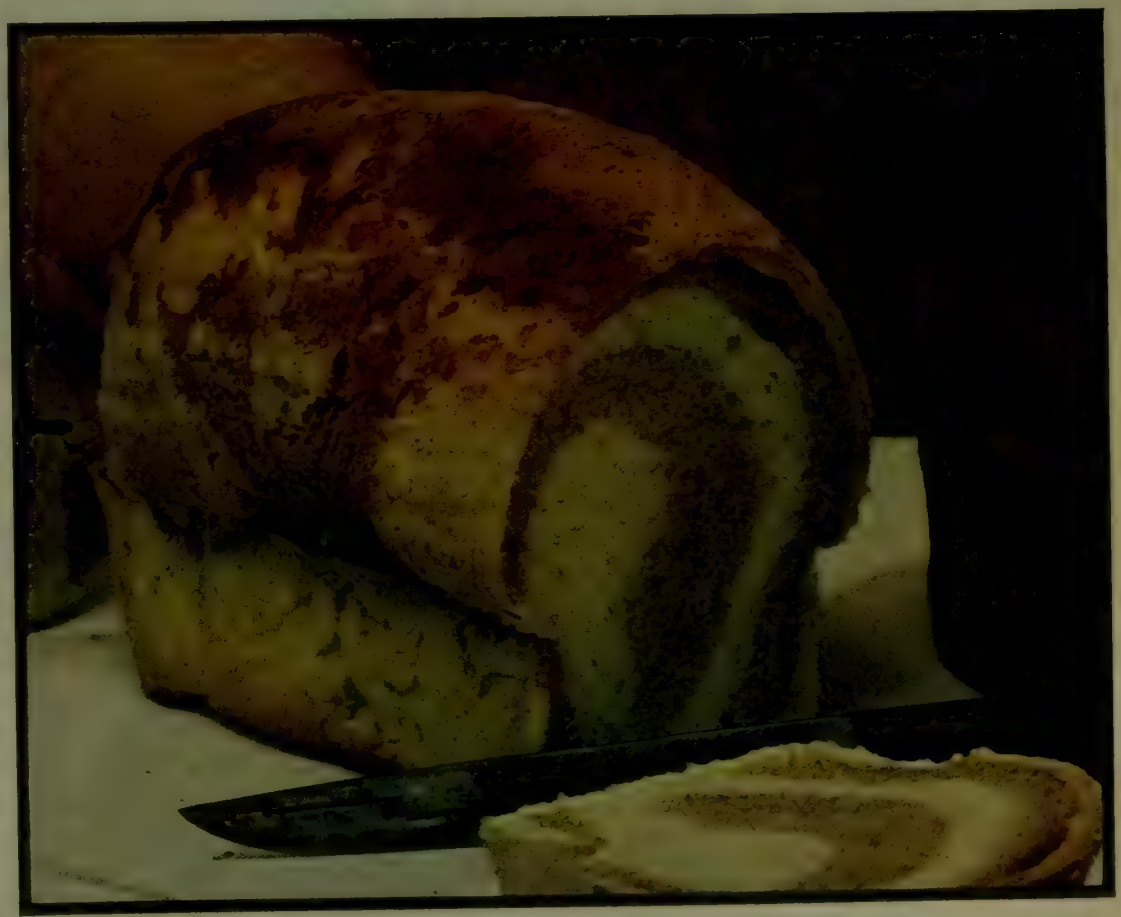
first bread batch hooked ten to 12 customers, and they placed standing orders for whatever Mike's weekly baking binge churned out.

Mike doesn't have any cooking secrets—in fact, he discounts the mystique that surrounds most bakery "chefs." Every bread, he points out, is the same basic recipe: flour, sugar, salt, and yeast. Some have shortening and some don't. "I could really invent a bread if I wanted," Mike confides.

Right now, Mike is satisfied to try recipes he finds in magazines, cook books, newspapers, and Mom's recipe file. Mike has already conquered challah, sourdough, bagels, and more.

Does he plan to become a baker someday? Well, no, veterinary medicine is his choice. "But I plan to keep making bread—just because I enjoy it," Mike adds.

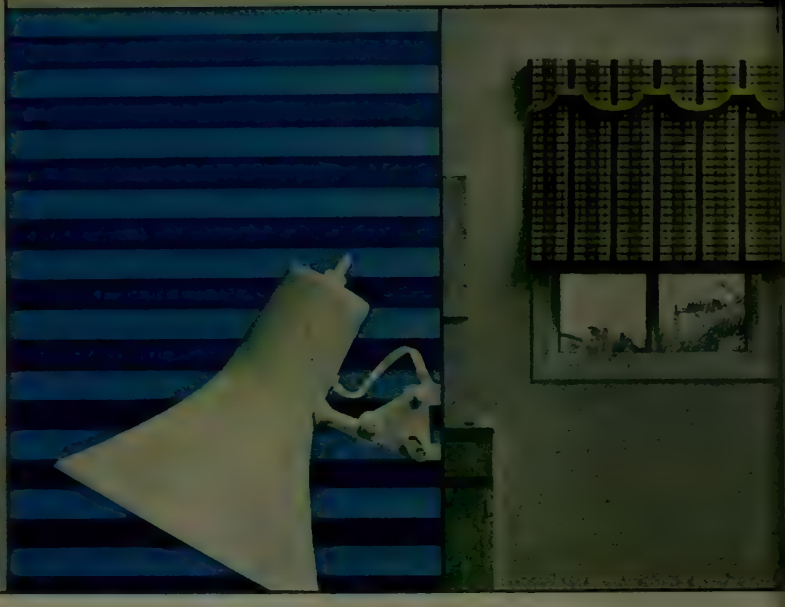
Recipes begin on page 225











We've got you

From den to living room, kitchen to dining room, bedroom to bath—even patio doors—Liken Home Furnishings has you covered.

Take our famous Del Mar Woven Woods, for instance. Equally at home in any room of the house, every woven wood shade we build (and we build more shades, in more patterns and styles, than anyone else) is made from the choicest of imported woods.

Stained in walnut, pecan or five other natural colors, the slats are handsomely interwoven with hundreds of decorator yarns, plied for stability and strength.

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They're the beautiful new coverings you've seen in all the best of windows. Available in over 50 colors, these stylishly slim slats (and the devilishly simple plexiglass control wand) are as practical as they are pleasing.

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Soft, glare-free lighting and substantial
ergy savings. They're fantastic.

You'll find Verosol, as well as our woven woods and metal blinds, in thousands of shops and stores all across the country. Probably in places you've bought from for years.

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There's more room inside the Horizon than you'd ever expect in a car this size. With the back seat folded down, Horizon becomes a mini-station wagon. With the back seat up, four full-size adults can ride in complete comfort. Even on long trips.



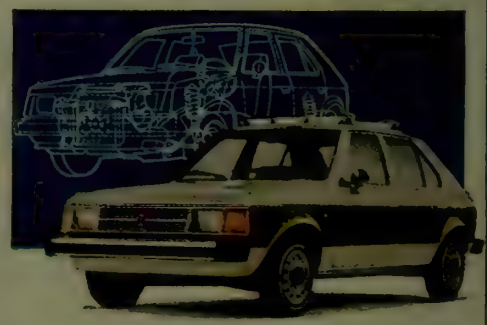
And long trips take less gas than you'd imagine. You get 38 miles to the gallon on the highway and 25 in the city.*

Put all that together and you've got the new 1979 Plymouth Horizon . . . the car that's caught America's imagination.

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See your Chrysler-Plymouth dealer for a test drive.

*EPA estimates based on manual transmission. Your mileage may vary, depending on your driving habits, your car's condition and its optional equipment. California mileage lower.



THAT'S IMAGINATION. THAT'S PLYMOUTH.

begins on page 218

Homemade breads

PINWHEEL BREAD

White and dark doughs are rolled into one loaf for this impressive homemade bread. Check the photographs on page 221 for shaping instructions—

2 packages active dry yeast
2 cups warm water (110° to 115°)
2 cups milk
½ cup sugar
½ cup shortening
2 tablespoons salt
8½ cups all-purpose flour
¼ cup molasses
4 to 4½ cups whole wheat flour

In large mixing bowl dissolve yeast in warm water. In saucepan heat together milk, sugar, shortening, and salt just till warm, stirring constantly till shortening almost melts (110° to 115°). Add to yeast mixture in mixing bowl. Stir in *4 cups* of the all-purpose flour; beat till smooth. Cover and let rise in warm place 1 hour. Stir batter down. Turn about half of the batter (4 cups) into another mixing bowl. To one-half of the batter, stir in enough of the remaining all-purpose flour to make a moderately stiff dough. Turn out onto floured surface; knead 6 to 8 minutes or till smooth and elastic. Place in greased bowl, turning once to grease surface. Cover. To remaining half of batter, stir in molasses till well blended. Add enough of the whole wheat flour to make a moderately stiff dough. Turn out onto floured surface; knead 6 to 8 minutes or till smooth and elastic. Place in greased bowl, turning once to grease surface. Cover. Let both doughs rise 45 to 60 minutes or till double. Punch doughs down; let rest 10 minutes. Divide each portion in thirds. On lightly floured surface roll out each portion of dough to a 12x8-inch rectangle. Place one dark portion of dough atop one light portion. Roll up tightly into loaf, beginning at short side. Place loaf in a greased 9x5x3-inch loaf pan. Repeat with remaining portions to make 3 loaves. Cover; let rise 45 to 60 minutes or till almost double. Bake in 375° oven for 30 to 35 minutes; cover with foil after 20 minutes to prevent top of loaf from over browning. Remove from pans. Cool thoroughly on wire rack. Store in plastic bags. Makes 3 loaves.

CHALLAH

This classic Jewish bread calls for pareve (kosher) margarine—

7 to 7½ cups all-purpose flour
2 packages active dry yeast
2 cups water
¼ cup sugar
¼ cup pareve margarine
2 teaspoons salt
3 eggs
1 egg yolk
1 tablespoon water
Poppy seed

In large mixer bowl combine *3 cups* of the flour and the yeast. In saucepan heat together the 2 cups water, the sugar, pareve margarine, and salt just till warm, stirring constantly till margarine almost melts (110° to 115°). Add to dry mixture in mixing bowl; add 3 eggs. Beat at low speed with electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a soft dough. Turn out onto lightly floured surface and knead about 8 minutes or till smooth and elastic. Place in lightly greased bowl, turning once to grease surface. Cover and let rise in warm place about 45 minutes or till double. Punch down; divide dough into 3 portions. Divide each portion into 3 pieces. Cover and let rest 10 minutes. Roll each piece into a 16-inch rope. Using three ropes for each loaf, braid and secure ends, forming 3 loaves. Place on greased baking sheets. Cover and let rise about 35 minutes or till almost double. Brush loaves with mixture of egg yolk and the 1 tablespoon water. Sprinkle with poppy seed. Bake in 375° oven for 25 to 30 minutes or till lightly brown. Makes 3 loaves.

BLUEBERRY WALNUT BREAD

When fresh blueberries are not available, use frozen unsweetened berries—

1¾ cups all-purpose flour
⅔ cup sugar
1½ teaspoons baking powder
½ teaspoons baking soda
½ teaspoon salt
1 orange
2 tablespoons butter *or* margarine
Boiling water
1 beaten egg
1 cup blueberries
1 cup chopped walnuts
¼ cup all-purpose flour

In mixing bowl stir together the 1¾ cups flour, the sugar, baking powder, soda, and salt. Grate peel from orange to make 2 teaspoons. Squeeze juice from orange into measuring cup. Add butter or margarine and enough boiling water to measure ¾ cup liquid. Add to dry ingredients in bowl; add egg and orange peel. Stir just till dry ingredients are moistened. In small bowl toss together blueberries, nuts, and the ¼ cup flour. Carefully stir into batter. Pour into greased 8x4x2-inch loaf pan. Bake in 350° oven for 55 to 60 minutes or till bread tests done. Cool in pan 10 minutes. Remove and cool on wire rack. When bread is completely cooled, wrap and store overnight. Slice to serve. Makes 1 loaf.

RUSSIAN BLACK BREAD

Rye flour makes bread dough slightly stickier than dough made with wheat flour—

3½ to 4 cups all-purpose flour
4 cups rye flour
2 cups whole bran cereal
2 packages active dry yeast
2 tablespoons instant coffee crystals
2 tablespoons caraway seed
1 tablespoon sugar
1 tablespoon salt
1 teaspoon fennel seed, crushed

• • •

2½ cups water
⅓ cup molasses
¼ cup butter *or* margarine
1 square (1 ounce) unsweetened chocolate
2 tablespoons vinegar

• • •

1 tablespoon cornstarch
½ cup cold water

In large mixer bowl combine *3 cups* of the all-purpose flour, *1 cup* of the rye flour, the bran cereal, the yeast, coffee crystals, caraway, sugar, salt, and fennel. In saucepan heat together water, molasses, butter or margarine, chocolate, and vinegar, just till warm, stirring constantly till chocolate and butter almost melt (110° to 115°). Add liquid to dry ingredients in mixer bowl; beat ½ minute at low speed, scraping sides of bowl constantly. Beat 3 minutes at high. By hand, stir in remaining rye flour and enough of the remaining all-purpose flour to make a moderately stiff dough. Turn out onto lightly floured surface; knead 8 to 10

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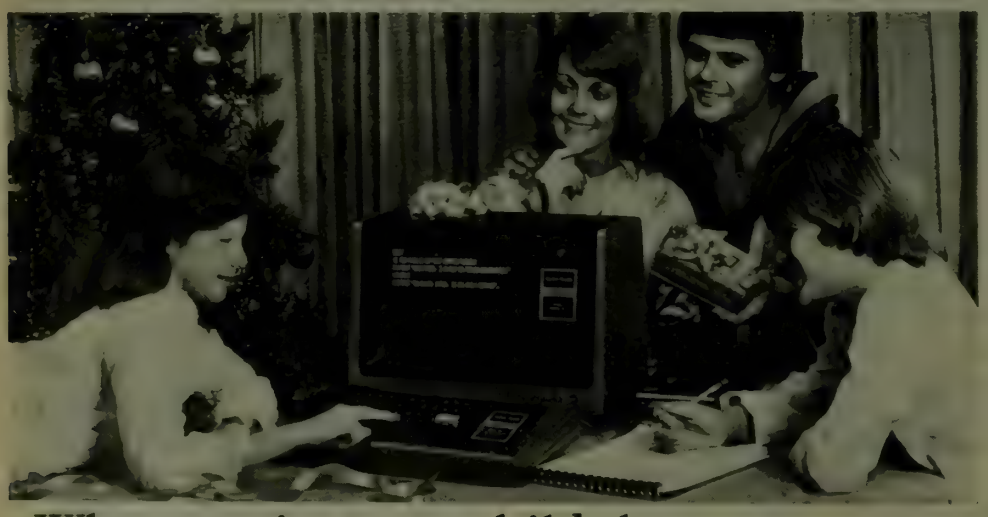
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That's just one of many comments Radio Shack has received from proud parents about our breakthrough home computer. The same parent also says, "It is amazing to know that your system is such that a child of 13 can go so far (with your computer) in a short period of time."
It could be that Radio Shack's computer is the unique *perfect gift* that will have a payoff beyond your wildest dreams. About $599 buys the whole system. Ask for TRS-80™ at your neighborhood Radio Shack store. Everybody knows about it.



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Homemade breads

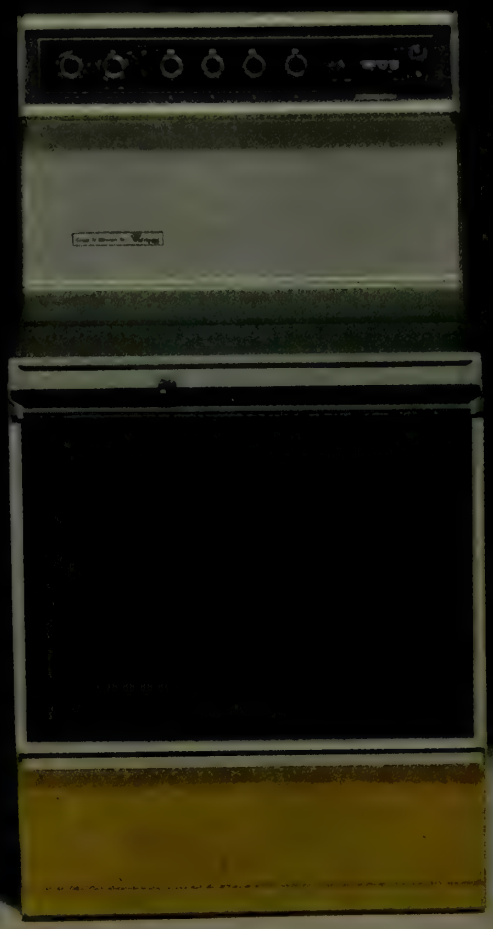
minutes or till smooth and elastic (dough may be slightly sticky). Shape into ball; place dough in greased bowl, turning once to grease surface. Cover and let rise in warm place about 1¼ to 1½ hours or till almost double. Punch dough down; divide in half. Shape each into a ball. Place on greased baking sheets. Flatten slightly with palm of hand. Cover and let rise in warm place about 30 to 45 minutes or till almost double. Bake in 375° oven for 50 to 60 minutes, or till browned and bread sounds hollow when tapped. Remove from baking sheet and cool on wire rack. Meanwhile, in small saucepan combine cornstarch and cold water. Cook and stir till mixture thickens and bubbles; cook one minute more. Brush over *hot* bread. Makes 2 loaves.

WHOLE GRAIN MOLASSES BREAD

4¾ to 5 cups all-purpose flour
2 packages active dry yeast
3 cups warm water (110° to 115°)
⅓ cup light molasses
⅓ cup cooking oil
5 teaspoons salt
5 cups whole wheat *or* rye flour
1 beaten egg white
Poppy seed *or* sesame seed

In large mixer bowl combine *4 cups* of the all-purpose flour and the yeast. Stir together water, molasses, oil, and salt; add to dry mixture in bowl. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in whole wheat or rye flour and enough of the remaining all-purpose flour to make a moderately stiff dough. Turn out onto lightly floured surface; knead 8 to 10 minutes or till smooth and elastic. Place in greased bowl, turning once to grease surface. Cover and let rise in warm place about 50 to 60 minutes or till double. Punch dough down. Divide into 3 equal portions. Shape into loaves; place in 3 greased 8x4x3-inch loaf dishes, or 3 greased 1½-quart casserole or soufflé dishes. Cover and let rise about 40 to 50 minutes or till nearly double. Brush tops of loaves with egg white; sprinkle with poppy or sesame seed. Bake in 375° oven 40 to 45 minutes or till done. Makes 3 loaves. ■

How we topped a great range.





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Hence this convenient Whirlpool Cook'N Counter™ range. We've covered the burners with a counter top made of tempered black glass that resists heat, scratches and breaks. It not only gives you extra counter space, but it gives your kitchen a beautiful clean look. When you're cooking, it folds up conveniently out of your way.

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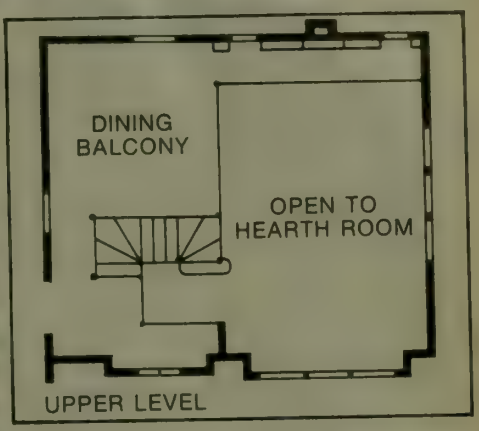


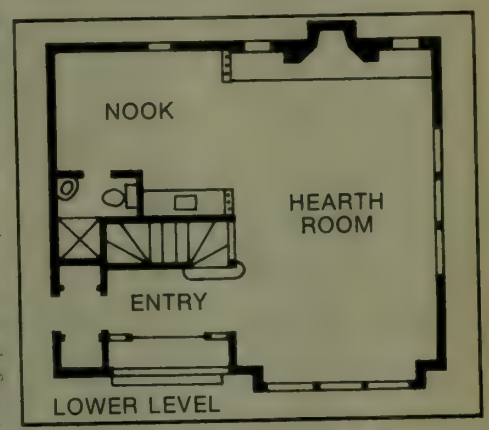
Downy. A noticeable improvement.

AN ADDITION WITH CHARACTER



Photographs: William Hopkins. Architect: Bernard J. Slater. Source: Maxine Schweiker





Buying Information, page 264







If your house lacks character, try adding some as this family did. They needed more room for entertaining, so they added a "great hall" with an Irish ambience that expresses their heritage.

The homeowners describe their original house as a "plain vanilla" ranch house, but it's anything but plain now. The dramatic two-story addition makes the house feel like an Irish country home. Country touches abound: the tile-and-brick, raised-hearth fireplace; the generous use of spindled railings; the batten trim on walls and ceiling; and the diamond-shaped mullions at the windows.

Living and dining areas, library, den, and entry are fitted into about 700 square feet of space on two levels. A cozy den with a powder room and a built-in bar nestles off the hearth room. The area also can double as guest quarters. The second-story dining area connects with the kitchen via a pass-through that used to be the kitchen window. The balcony gives diners a dramatic view of the hearth room, while the catwalk library above the fireplace offers another view (*left, above*). Stock glass units helped to cut the cost of the large window areas. Sliding glass door units were paired with other stock insulated glass panels and then sealed in place as fixed glass.

The addition was built on an insulated concrete slab. Ductwork for the addition's furnace was wrapped with insulation, too. ■

Country England is on sale at Sears

October 22 through November 11, 1978

Sale $399.88 Sofa

Save $100 on Sears Centurian sofa

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Ottoman	reg. $149.95	Sale $139.88

Sale $11.99 (50 in. x 84 in. size)

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Sears best-selling draperies. Perma-Prest® damask fabric of 64% cotton, 36% polyester with acrylic foam backing. 15 colors, 24 sizes, all are on sale, some through special order.

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Available in most larger Sears retail stores. Sale prices good from October 22 through November 11, 1978. Prices and dates may vary in Alaska and Hawaii.



Save $100 on Sears Centurian queen size sofa sleeper. Sale $549.88.

From the Renfrew Hall collection.

Only at Sears

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SALE
October 22 through November 11, 1978

PLANNING A LIVE-IN ROOM

The "live-in" room where today's family spends much of its leisure time can be anywhere in the house—basement or attic or somewhere in between. No matter where the live-in room is located, you want to make sure it is as comfortable, practical, and attractive as possible. Today, it's easier than ever for you to achieve that goal, thanks to the wide variety of handsome and functional materials and furnishings on the market.

Here are some suggestions to help you make your family's live-in room measure up, whether you're starting from scratch or simply redoing an existing space.



Family project

The first step in planning a live-in room is to make sure it will really function for your family. Examine your family's tastes, interests, and activities. Consider ages, too, but remember these change quickly. Tots seem to become teen-agers almost overnight. Plan your room for now, but think a few years ahead as well, so you can update it as you go along, without too much expense.

Let everyone have his or her say about plans so the room will be a family project from the start. Does Dad yearn for a pool table? Does little brother want a room where the cub scouts can meet once a week? Is big sister a Sunday painter who needs a place to put her easel? Do family members like to dance, gather around the piano for a sing-along, weave rugs, or build model airplanes? Take all these things into consideration. Of course, a single room can't be everything to everybody, but a well-planned one can come close.

Location

If you have a house that was designed with a second living room or family room, you are in luck. You should have a minimum of decorating and furnishing problems.

If there is no designated room, look over the entire house to see if you can find an area appropriate for relaxed family living and entertaining. A spare second-floor bedroom is often ideal. Or, you might even convert your present living room into a family room, and turn a small dining room or bedroom into a cozy sitting area where parents can retreat when teen-agers take over.

Basements, of course, are natural spots for informal rooms, as an entire generation discovered, but these underground rooms often require special building materials, colors, and furnishings. Also, you may have to make provisions for humidity control and for heating and cooling.

Attics are also good hideaways and often are wonderfully spacious. As in a basement, some remodeling may be necessary in addition to the provisions for climate control. You may want to add more insulation or install windows and a skylight. Check to see if a bouncing teen-ager will rattle the chandelier in the room below.

Structural modification also may have to be made for a garage conversion. And in addition to remodeling, you may have to build another garage or carport. However, this is less expensive than building an entire new room.

One of the handiest spots for a live-in room is in or close to the kitchen. If you have a big old house, perhaps you can arrange your kitchen appliances against one wall and divide the cooking area from the rest of the room with a waist-high counter. You may be able to borrow extra space from a back entryway or an old pantry.

If your live-in room is not close to the kitchen, consider installing a miniature kitchen, with a sink, small refrigerator, plug-in hot plate or small electric grill for quick snacks, and a cupboard for storing dishes and food. Be sure your house is adequately wired for these appliances.

Flooring

If the room is in the basement, shop for a floor covering suitable for below-grade use. Even if you have a waterproof basement, you may have to contend with dampness that seeps up through the cement floor.

Hard-surface flooring will simplify cleanup. Solid vinyl or vinyl asbestos are good choices.

If your family likes to square dance or if the youngsters are hopscotch or game buffs, resilient flooring is a wise choice. You can even lay out hopscotch patterns, a shuffleboard court, or a giant checkerboard, with special tiles or inserts.

Some resilient flooring comes with foam backing that will muffle noise.

If you choose vinyl tiles, remember that while beveled, embossed, and textured tiles are handsome, they may pose cleaning problems. Food particles and dirt can become embedded in the ridges. A smoother surface would be a better choice for a room that will get lots of rugged use.

continued

Drawing: Hellman Design Associates

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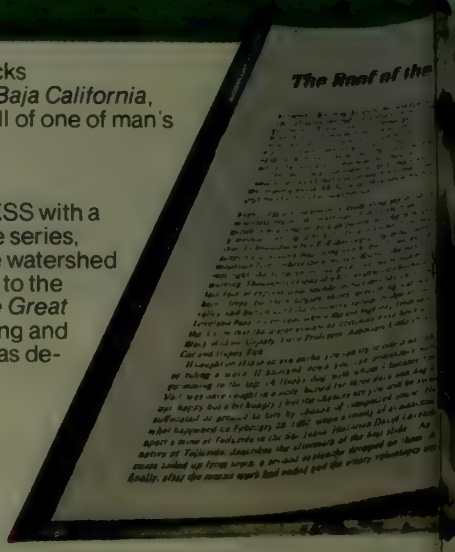
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continued

Live-in room

There are several lines of foam-cushioned indoor-outdoor carpet that can be laid wall to wall or put down in tiles. Some carpet has a felt-like surface and some is made of grasslike synthetics, providing family golfers with an indoor miniature putting green.

Contract or commercial carpet, once made only for restaurants, offices, and public buildings, is now available for homes. Because the carpet was designed to take lots of hard use in industrial installations, you can be confident it will wear well and look fresh for years. Pattern choices, however, are not as plentiful as in carpet intended primarily for residential use.

If you want more traditional carpet, shop for a loop pile or a long-wearing, tightly twisted cut pile. For an attic room select a dense, deep pile to help reduce noise in the rooms below.

Richly grained wood flooring adds beauty to almost any room but may also up the noise level. (Sound control is something to consider in a much-used room.) You can make a wood floor more durable by sealing it with a polyurethane protective coating. The shiny floor won't look as mellow as waxed wood but will take more abuse.

Wall coverings

For a warm rustic effect, wood paneling is a good choice. It's also almost maintenance-free.

You can choose siding salvaged from an old barn or elegant, but costly, architectural panels of solid lumber.

More reasonably priced are factory-made panels that simulate a variety of woods, down to the dimensional grains. The panels, laminated or coated with plastic, are of hardboard (wood fibers pressed into dense boards and finished to look like wood) or prefinished plywood (made with three plies of wood under a handsomely grained veneer of real wood).

Paneling is also available with simulated marble, stone, brick, and wallpaper designs.

Any wallpaper you choose should be scrubbable. If it's labeled vinyl, it's washable, but there are different degrees of washability, even among the vinyls. Plastic-coated paper is ordinary wallpaper with a coating of vinyl plastic. You can sponge it gently but you can't scrub it.

Vinyl-latex-impregnated paper is paper laminated to lightweight woven cloth and then coated; the paper can be washed many times. Polyvinyl chloride coverings, especially the heavy grades, are the toughest and will even stand up to scuffs and tricycle bumps. Coverings of this type can be scrubbed clean almost indefinitely.

Paint, of course, is the easiest material to apply to walls. Some paints, such as alkyd enamels, can be washed many times. Latex paint goes on easily, but it is not as durable as alkyd.

If you have masonry walls in the basement, investigate the special types of cement paint which help waterproof walls while decorating them.

Ceilings

An acoustical ceiling will make your live-in room much quieter. In addition to the familiar ceiling tiles, there are



- *The Great Divide* is written by avid climber, skier and outdoorsman Bryce S. Walker
- Oversized 9 x 10⅜ inches, hardbound
- 184 pages and over 100 illustrations, 80 in full color

Scale The Great Divide FREE for 10 days

1x2-foot planks that go up faster than the smaller acoustical tiles. The acoustical perforations in some materials are concealed in embossed surfaces, for a more decorative effect.

Storage

You can't possibly have too much storage space. Count and measure all the items you think you will want in the room and plan cabinets, cupboards, and shelves for them. Then double the amount of space, especially the tuck-it-out-of-sight kind.

You can build storage into every possible niche, or you can buy a practical freestanding storage system to match any style of furniture.

These systems are made of wood, plastic, or metal and they incorporate desk, tables, shelves, and storage bins to hold almost anything, including the television set and stereo equipment.

Furniture

There is no place in a live-in room for furniture that can't take everyday living in stride. Comfort, convenience, and easy care are essential and, happily, they're available in many furniture styles—from country and contemporary to 1970s nostalgia.

A big table is an asset, and a round one is ideal for leisurely elbows-on-the-table conversation over coffee and snacks. The table will serve for games, for spreading out hobby equipment, and for homework as well as meals. The table can even be draped with blankets and turned into a tent for the tots on rainy days.

Will the furniture in your live-in room have to be pushed back often for dancing or active games? If so, invest in pieces that are easy to move.

Sofas and chairs should be comfortable, and their upholstery fabrics should be sturdy and easy to keep clean. Practical choices are duck or denim that can be tossed in the washing machine; stretch nylon; vinyl; and leather.

Multipurpose furniture will earn its keep in a live-in room. Many manufacturers produce dual-purpose pieces —game tables that extend for dining, for instance. Or you can come up with your own double-duty idea, such as turning an antique trunk into a coffee table that stores games and hobbies.

When shopping for your live-in room, check the "life-style furniture." These cabinets, tables, sofas, and chairs can be ideal for casual living. Some pieces look as if they're made from old packing crates, while others are elegant and sophisticated. Several lines of life-style furniture are made of wicker, rattan, chrome, and glass.

Lighting

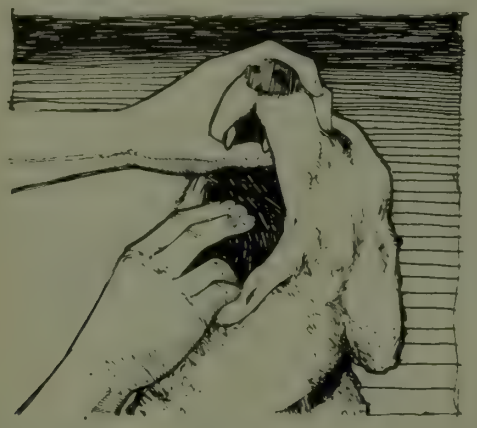
Don't overlook adequate lighting. Installing lights usually is not a do-it-yourself job, so consult a professional lighting contractor before you start remodeling. Some lighting fixtures, such as luminous ceiling panels that provide glare-free illumination, should be installed before the ceiling tiles are in place.

You'll need special lighting over a pool table or a game table, good lights for reading, and general lighting for conversation.

As a safety precaution, have at least one lighting unit on a switch control at the room's entrance. ■

HOW TO GET YOUR PET TO TAKE HIS MEDICINE

Have you ever struggled with a stubborn dog or cat that refused to down medication? If so, the trouble probably lies in your technique. Next time, act quickly and decisively, using one of these practically foolproof tactics.



Pilling your dog

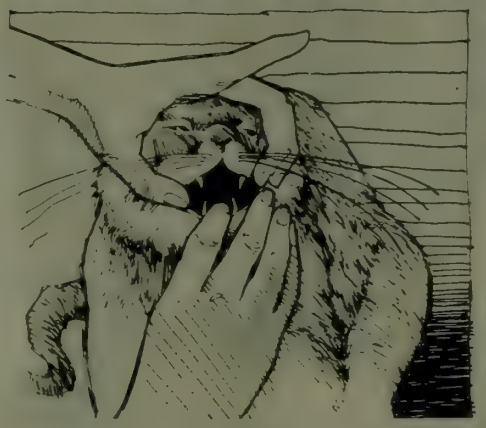
When it comes to administering pills, capsules, and tablets, you should use somewhat different techniques for dogs and cats.

To get your dog to open his mouth, grasp his muzzle from the top. Then push firmly in and up on his top lip just behind his large fang-like canine teeth. The mild discomfort will make your pet open his mouth. Try to roll your dog's lip inward over his teeth if possible. Then your pet will keep his mouth open to avoid biting down on his lip.

Holding the pill between the index and middle finger of one hand, apply pressure upward with the thumb of your other hand on the roof of your dog's mouth. Push down on the dog's lower jaw with the thumb and two free fingers of your "pill hand," while sliding the tablet deep down into your dog's throat with your middle finger.

Remove your fingers and hold your dog's mouth shut. Thump sharply underneath his chin with your finger (which probably will startle your pet into swallowing the pill), or try rubbing his throat downward gently.

This basic procedure, along with more about giving your pet medication and basic pet first-aid techniques, is detailed in an excellent new book called *First Aid for Pets* by Robert W. Kirk, D.V.M. ($5.95 in paperback).



Pilling your cat

To give your cat a pill, grip his head from the top with your thumb at one corner of his mouth and the middle finger of the same hand at the opposite corner. Open the cat's mouth by pressing down on his lower teeth with a couple of fingers of your free hand. As your cat opens his mouth, roll his lip inward over his teeth at the corners to make sure his mouth stays open and to protect your fingers.

Drop the pill over the center back section of your cat's tongue with two fingers of your free hand, giving the pill a push on its way with your middle finger or the eraser end of a pencil.

Close your cat's mouth quickly as you remove your fingers and hold it shut. Again, a brisk tap under the chin or stroking your cat's throat gently downward encourages swallowing.

If the pill isn't placed well back in your cat's throat or if it's off-center, your pet probably will spit the pill out. If he bites into it in the process, the taste may make him drool. In that case, you'll have to wait a few minutes before trying the procedure again.

It's always wise to ask someone else in the family to stand by just in case you need help restraining your pet. Be firm and forceful, but never rough. Wrapping your cat in a heavy towel or blanket provides protection from the clawing paws of a cantankerous feline.



Giving liquid medication

Patience is the key to giving pets liquid medication. The same technique can be used for dogs and cats.

First, pour the measured dose into a small bottle or vial. An eyedropper or a small rubber-tipped syringe may work well with cats and small canines.

If possible, have someone else steady your pet's head so he can't shake it. Then pull your pet's lower lip out at one corner to form a pouch and slowly pour the liquid into that pocket a little at a time. Hold your pet's mouth shut for a moment till he swallows. Then repeat the process till all the medicine is gone. The liquid will seep between your pet's teeth, and he'll swallow automatically when it reaches the back of his mouth.

Make sure your pet's head always remains horizontal so the liquid won't run into his air passages. But you may find that tilting your pet's head slightly to one side (opposite where you're pouring in the liquid) makes administering the medicine easier.

More tips on technique

- Mixing drugs (either liquid or powder) with your pet's rations usually isn't recommended. The taste and smell of the medication may discourage a sick dog or cat from eating. If

continued

Drawings: Blaser/Court Art Studio

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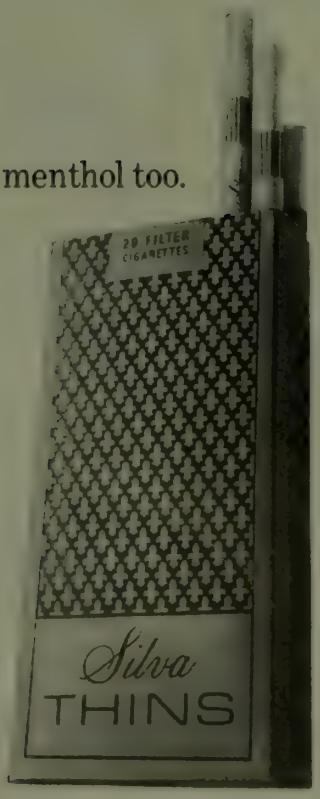
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continued

Get your pet to take his medicine

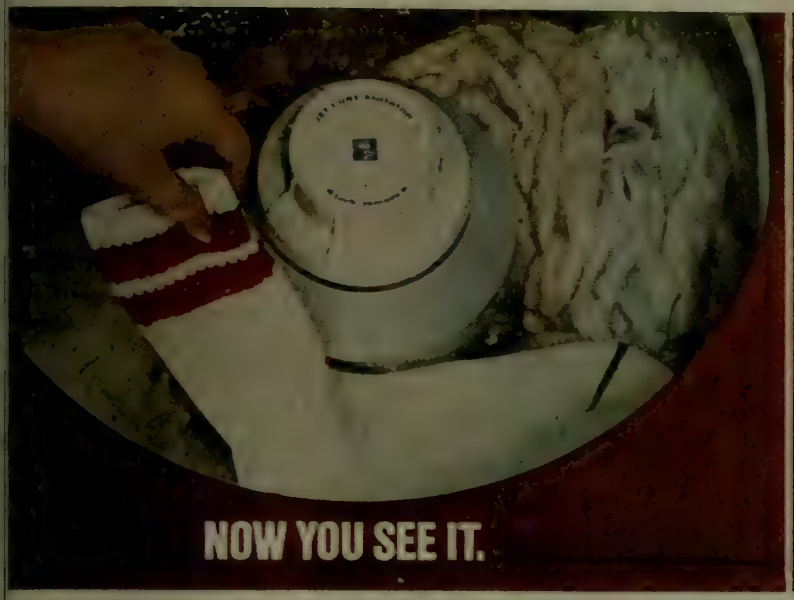
your pet doesn't clean up his food, he won't get the full dosage, and if medicine is called for several times a day, mixing it with food will play havoc with your pet's mealtime routine.

- When a drug is specifically designed to be mixed with food, adding strong fish oil, chicken fat, garlic, or brewers' yeast can help camouflage the taste. You also can try mixing the medicine with only a small portion of your pet's food and giving him those rations first, before feeding him the rest of his meal. That way you'll be sure he gets the full dosage, even if he doesn't lick his dish clean.
- Don't empty the powder out of capsules or grind up coated tablets to make them more palatable. Doing so can keep your pet from absorbing the medication properly.
- You may be able to disguise pills as "special" treats—inside ground meat, cheese, even peanut butter.
- Never try to force a pet to swallow medicine (liquid or pills) by tipping his head up vertically. Both dogs and cats swallow naturally with their heads in a horizontal position.
- Special syringes, forceps, and pill plungers are available from veterinarians for particularly stubborn pets.
- A pill can be coated with mineral oil or butter to help it slide down your pet's throat. But the coating also makes the pill harder for you to handle.



- A good way to restrain your dog while administering medication is to hold him between your arm and chest, securing his neck as shown above.
- When your dog or cat licks his nose, you can be reasonably sure he's swallowed the medication. ■

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Kitchen cut-ups

Cutting foods into the right-size pieces can be essential to a recipe's success. But sometimes the difference between such terms as cubing and chopping, or grating and shredding, can leave you wondering. For "clear-cut" definitions of the terms most often used, take a look at the following list.

Cube—Cut food into uniform pieces about ½ inch on each side. Use a sharp knife for lengthwise cuts of desired width, then cut crosswise. Cube foods when you want large pieces.

Dice—Cut food into uniform pieces ⅛ to ¼ inch on each side. To do this, cut food into strips of desired width. Pile strips together and cut crosswise into cubes. Dice foods when you want small, even pieces that cook quickly.

Chop—Cut food into irregular pieces the size of peas. Use a chopper, blender, food processor, or knife. Chop when the shape of pieces is not important, as for salads and casseroles.

Mince—Cut food into tiny irregular pieces. A utility knife is best for this. Mincing is most often used to distribute a small amount of food, such as garlic, throughout a dish.

Snip—Cut food such as fresh herbs and dates with kitchen shears into very small pieces rather than cutting with a knife.

Shred—Cut food into long narrow strips by rubbing it across a shredding surface. Foods such as cabbage can be shredded by thinly slicing. Shred when you want small pieces.

Grate—Cut food into very fine particles by rubbing it against a grating surface. Grating is used for potent seasonings and hard cheeses so they can be easily distributed in a dish. ■



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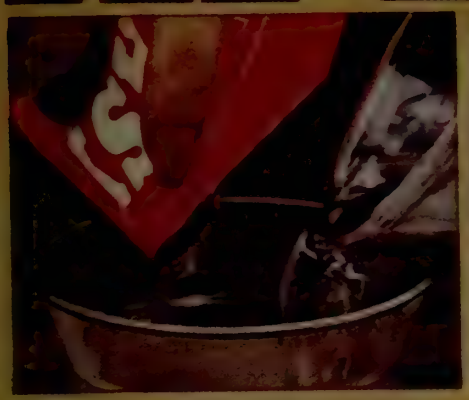
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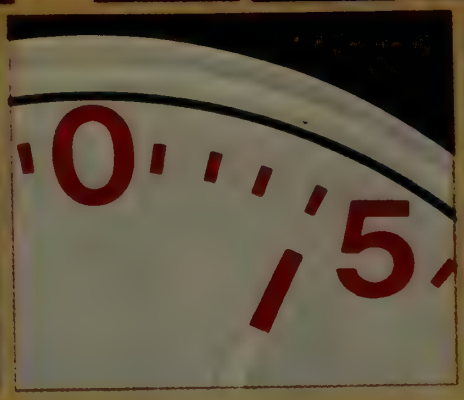
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The 5-Minute Apple Dessert.

Choose apple-cinnamon or apple-raisin Appleasy® from Pillsbury. Takes just five minutes to make, but tastes like it took longer.

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Shopping for an Oriental Rug

For centuries the ancient designs of Oriental rugs have been decorating the western world. Their intricate patterns and rich colors lend beauty and warmth to any furniture style.

There's a plentiful supply of these lush rugs on the market, but shopping for an Oriental is not simple. It's a "buyers beware" market, since an Oriental rug is a high-priced commodity that's hard for a novice to judge. Here are some facts to help you make a wise choice.

What is an Oriental rug?

Basically, it's a hand-knotted rug made in the Orient. The key word is "hand-knotted."

Machine-made floor coverings, even though they're in authentic Oriental patterns, are not true Oriental rugs—even if they're made in the Orient. The law requires that these imports—like rugs made in America on power looms—must be labeled "Oriental-design" or "Oriental-style" rugs.

Types of rugs

Oriental rugs have many names, and often the same name has different spellings. Generally the names—Kerman, Saruk, Bokhara, Isfahan, Kashan, Afghan, Heriz, Tabriz, Bergama, Samarkand, and numerous others—stem from the cities or regions where the styles originated.

An Oriental rug may have been made by an individual or by a single family unit, especially if the rug comes from a primitive rural region. Usually the rug is somewhat coarse, with a simple design and a fairly deep pile.

A more complex or delicate design is rarely produced by a person or family working alone. Instead, specialists such as artists, dyers, weavers and finishers are employed by a small rug manufacturer.

Rugs from Iran are considered the most elegant. Their colors are soft, and their designs, which usually cover the entire rug to the borders, are graceful and intricate depictions of leaves and flowers, and animals and birds. The simpler rugs have geometric patterns, such as hexagons, squares, and diamonds.

It takes an expert to identify a rug by its pattern, because artists in one region may borrow designs and colors from other Oriental regions, and many rugs, especially those commissioned by American companies, may be adaptations of Oriental designs.

How Oriental rugs are made

Oriental rugs are hand-tied today much as they have been through the centuries. Rows of individual knots are made to tie the wool pile face yarns to the warp threads of the backing. The ends of the yarn then are pulled forward to form the surface or nap of the rug. The number of knots needed to make a rug varies, depending on the complexity of the design. A medium-quality rug will have about 160 knots per square inch. Generally, the more knots there are, the denser the pile, and the higher the quality of the rug.

While thick American rugs with deep pile have been symbols of quality for years, it's often the thin, low-pile Orientals that are the highest quality. The most tightly woven carpets can be clipped extremely close, a procedure which produces an amazingly soft rug.

Materials

High-quality rugs are made of long-staple sheep or lamb's wool, from the shoulders and flanks of the animal. A cotton warp may be used. A few fine rugs are of silk.

Sometimes the fleece of dead animals is used. This results in an inferior carpet with a stiff, dull, rough look.

Some rugs are made partly with synthetic fibers. If a rug contains synthetics, its life-span will be eight to ten years, compared to the 200 or more of a good-quality Oriental.

Dyes and washes

Until about 1850, all dyes were produced naturally from roots and insect extracts. When synthetic dyes were introduced in the late nineteenth century, they were unsatisfactory, and many inferior rugs were produced. Now, however, while vegetable dyes are still considered the best, synthetic dyes have been improved. A chemically dyed rug can be an excellent choice, unless you are buying for investment purposes.

Special chemical washes have been developed that give colors a soft, mellow look without affecting the durability and strength of the rug.

Antique rugs

As a rule, older carpets are more valuable than new ones. Old Oriental rugs are rare, as most have been snapped up by wealthy Asian and European collectors. Occasionally, one will turn up in an estate sale.

There is no universally accepted age at which a carpet becomes an "antique." Some art historians insist an antique rug should have been made in the eighteenth century or earlier, but customs officials classify all carpets that are a century old as antiques.

Rugs labeled "semi-antique" should be more than 60 years old. "Old" carpets may be 25 to 60 years old, and "semi-old" or "used" are up to 25 years old.

You don't have to worry about out-and-out fake rugs. Pieces are hand-knotted in a way a machine can't copy, and the cost of a forgery would be out of proportion to the return. However, Oriental rugs may be aged by various means or doctored to cover up defects. Sometimes the pile is singed and then vigorously brushed to give it an aged look. Some woven portions may be painted over to disguise the fact that part of the pile has been worn down to the backing.

Check carefuly to see if an antique rug is brittle. Fold it with the pile inward and gently pull on the ends. If the rug crackles, it's brittle and is likely to disintegrate at the brittle spots.

Look at the back of the rug carefully. If loops of knots are moth eaten, the

continued



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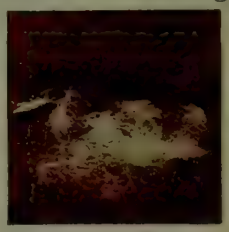
"So Mom doesn't have a jammed-up vacuum cleaner—and I don't lose a sock. That's pretty neat."



1. Crumbs

The new Sears Kenmore Powermate canister vacuum. The Good Housekeeping Institute* witnessed this new Kenmore pick up this problem dirt.

This Powermate has a new automatic overload feature to help prevent motor damage and broken belts. A warning light automatically tells you that the Beater Bar Brush has stopped, alerting you to remove the sock, or whatever the problem may be.



3. Dog hair

The Beater Bar Brush helps get at problem dirt that kids (and dogs) leave behind. And the extra-long hose gives you an extra-long reach.

Come in and get a demonstration at most Sears retail stores before you buy any other vacuum cleaner.



4. Dirt



2. New Automatic shut-off helps prevent motor and belt damage.

Model #2997

Kenmore. Solid as

Sears

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*The Good Housekeeping Institute witnessed Powermate #2997 pick up the dirt shown when spilled on a plush rug.

Available in most Sears retail stores and the catalog.

continued

Oriental rug

pile on the front will develop bald patches in no time.

The back of the carpet will also betray any repairs, especially if they are makeshift. Most antique rugs have some repairs, and if they are small and skillfully done, they do not diminish the value.

Antique rugs, of course, may be quite worn and still have value for the collector as rare pieces of art.

Oriental-design rugs

While a collector of true Orientals would almost rather use a plastic floor covering than a machine-made copy of an Oriental, lots of homemakers happily settle for the handsome American-style rugs now on the market.

Several leading carpet manufacturers are producing carpets that come close to duplicating the rich, soft colors and patterns of authentic Orientals. These rugs are made on power looms and are sheared by power, instead of being hand-knotted and hand-clipped. They are also washed and buffed with power.

Where do you find true Orientals?

The best place—in fact, the only place for a beginner—is in the shop of a reputable, established dealer. In larger cities, there are knowledgeable dealers who import wide selections of rugs. Top department stores often have fine Oriental rug departments.

In smaller cities, you may not be able to find an established Oriental rug dealer, but a local interior designer may be able to help you. He or she will not have rugs in stock but can show you colored brochures and can buy for you. The designer also will be able to direct you to a good dealer in a nearby larger city, where you may wish to go to inspect the rugs.

A reliable dealer will let you try a rug in your home and will exchange it if you wish.

What will an Oriental cost?

Many factors influence the price—beauty and intricacy of design, closeness of knots, age, condition, rarity and, to some extent, size.

Antique rugs, like antique furniture, will cost what the market will bear, which is quite a lot these days. A fine antique rug may be priced as high as $40,000.

A "used" rug in fairly good condition may cost $1,500 to $2,500. While some rare small prayer rugs may cost as much as $9,000, you can buy a good new 2x4-foot prayer rug for around $400. A new 9x12 Bokhara may cost from $3,000 to $3,500, while a Kerman of the same size may be priced at $4,200 to $5,000.

Is an Oriental a good investment?

An Oriental, of course, is an investment in lifelong beauty for your home, which may be more important to you than the rug's resale value. Some collectors also think Oriental rugs are comparable to diamonds and gold as sound financial investments. However, these experts stress that only the highest quality rugs should be purchased with profit in mind.



All Orientals, new and old, are almost sure to increase considerably in value, as the law of supply and demand (by wealthy collectors) is pushing up prices by about ten percent annually. Everything indicates prices will continue to rise. Cheap labor has vanished, and the costs of wool, dyes, and transportation have skyrocketed.

Shopping tips

Take time to learn as much as you can about Oriental rugs. Several books on the subject are available in bookstores and public libraries, and some have wonderful color photographs that will give you a good idea of the different types.

Tell the dealer the general size and colors you want and where you plan to use the rug. Look at the rug when it's spread out on the floor, not hanging on the wall.

Take along a sample of your curtain and upholstery fabrics to see how they look with the rug. However, remember that an Oriental rug, like a fine painting, is a long-term investment and will be used through many decorative changes. It's wise to decorate to complement the rug, rather than pick an Oriental rug to fit your scheme.

Ask to see Oriental rugs in the lowest price ranges first. Then if you want something better, work up.

Don't be embarrassed to say what your financial limit is.

Care and cleaning

A pad will save the rug from being crushed by shoe heels. Felt pads on the bottom of furniture legs will also help.

The best cleaning tool is a carpet sweeper with bristles. The second best is a vacuum cleaner with bristles. The bristles polish the wool as you clean, making the surface glow.

Always clean up a spill immediately, before it becomes a stain and has a chance to set. Try clear water first or a mild detergent mixed with water and a little vinegar. Sponge the spill area and rinse well. For oily stains, use a cleaning fluid as you would with any wool fabric.

Most Oriental rugs are not treated to make them mothproof, though sometimes a mothproofing chemical is used in the washing process. Moths should not be a problem if the rug is in constant use. Do include moth-deterring crystals or mothballs when you're storing an Oriental.

Always roll a rug, even a small one that folds easily, for storage or for moving.

If a stain doesn't come out readily or covers a wide area, call a specialist in Oriental carpet cleaning.

Don't try to shampoo a large rug at home. The professional cleaner will have facilities in his plant for rinsing out every vestige of cleaning compound and for drying the rug completely to avoid the risk of mildew. A rug may need washing every three or four years, depending on use.

While professional washing is best for a small Oriental rug, you can wash it at home as you would any fine wool garment.

If the fringe starts to go, have it repaired immediately, before the rug begins to fray at the raw edges. ■

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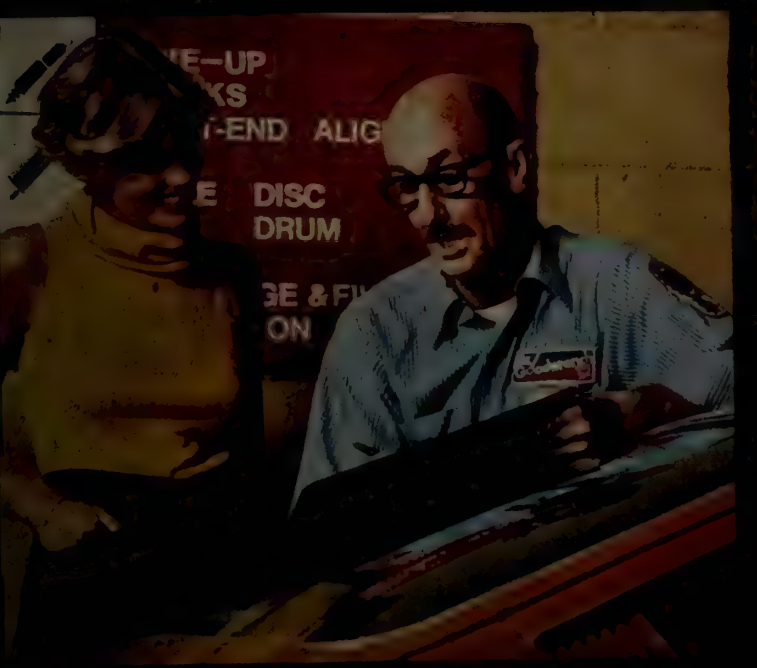


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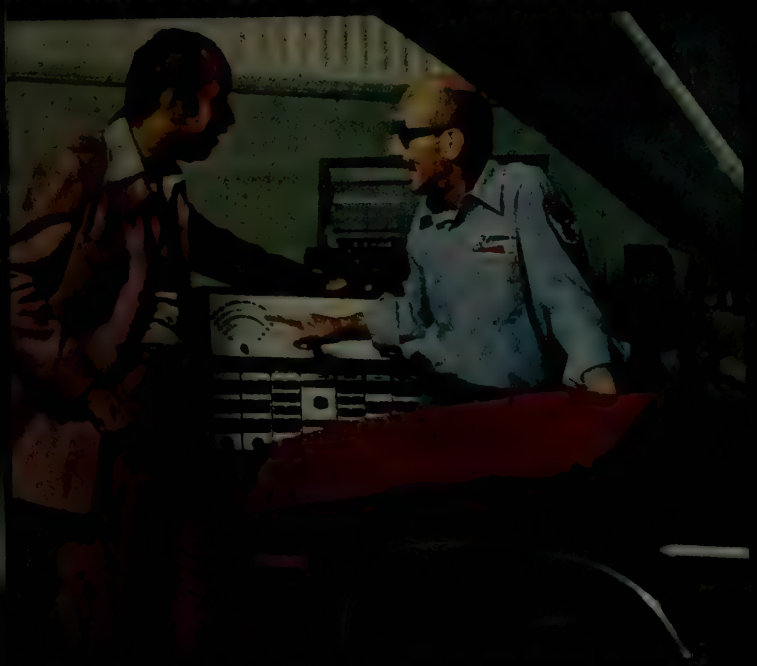
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Head-turning "headboards"

A run-of-the-mill bed treatment can seem pretty stodgy to a teen-ager who wants a bedroom/sitting room combination. To achieve an "unbedroomy" look, try placing the bed in an unconventional position and devising a dramatic headboard, as was done in these two examples.

Right: The teen-age owner of this room chose a daybed for her sleeping quarters. Pushed against the wall, the bed leaves floor space free for entertaining friends and makes a comfortable seating spot. To give the bed a high-style look, already-coordinated sheets were used for the spread, gathered dust ruffle, and bolsters. An interest in fashion prompted this young lady to create her own "headboard" by hanging a collection of posters from a women's fashion magazine. She simply pinned them in place on a cork bulletin board for a bright accent over her bed.

Below: Here's another against-the-wall arrangement that works both decoratively and as a functional space-saver. Four headboards create a bed/love seat combination. Two of the headboards are mounted directly on the wall, while the other two are fastened to a conventional bed, set on casters so it moves easily for changing sheets and cleaning. Puffy quilt squares on the bed repeat the lines of the contemporary wallpaper. An abundance of pillows provides lounging comfort when the bed is used for seating. Trim wall-hung lamps swing in for bedtime reading and out of the way for seating. ■

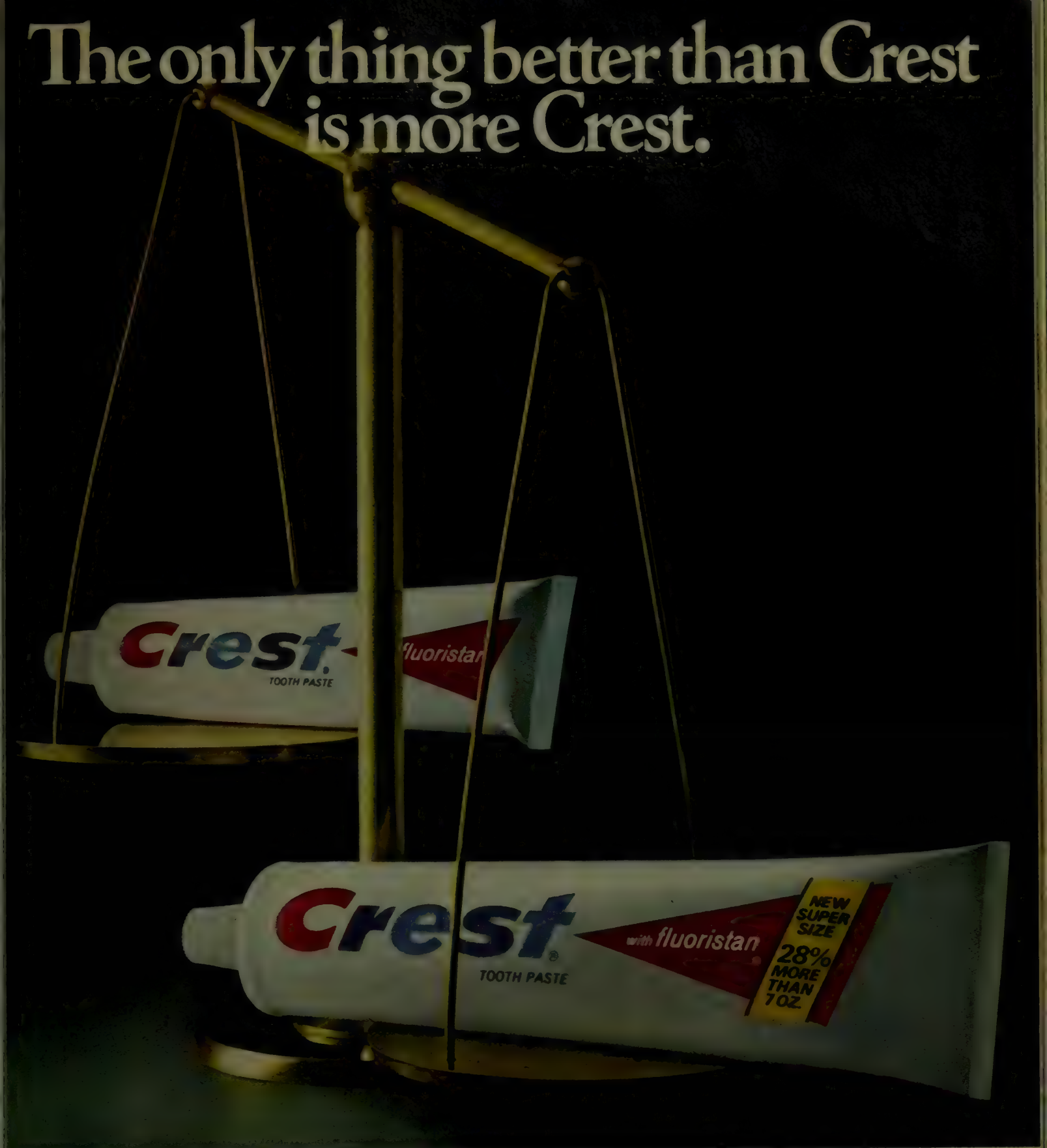


Photograph: Jim Hedrich, Hedrich-Blessing. Design: Barbara Strauss, ASID
Source: Jessie Walker Associates



Photograph/Source: Jessie Walker Associates. Design: Larry Deutsch, ASID

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In the fight against cavities, nothing works better than Crest. And our new size is the most economical Crest money can buy. It's a full 9 ounces that goes a long way, even in large families. So you don't have to run out to the store as often.

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BEAN SIDE DISHES AND SUMMER SIPPERS

Are you noted for a delicious side dish recipe that calls for beans? Do you have a favorite recipe for a cooling summertime beverage? Send us your recipes—you could win next June. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and 10 Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next June. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Bean Side Dishes

Your hot or cold side dish recipe could win if it calls for beans such as limas, kidney beans, navy beans, garbanzo beans, or green or wax beans. Tips: **baked limas with cheese, peachy barbecued beans, marinated green beans 'n cucumbers.**

Summer Sippers

Maybe you have a recipe for a frothy blender drink, a garden-party punch, or a medley of fresh fruit juices. Do you blend a frozen slush mixture with a carbonated beverage, wine, or liqueur? Hints: **champagne-melon punch, raspberry sherbet cooler, mocha fizz.**

THIS MONTH'S WINNERS

(See recipes on pages 183 and 184.)

Cooks-of-the-Month

Annette Fisher, Bellevue, Wash.
Mrs. Marilyn Hanson, Fairfield, Conn.

Runners-up

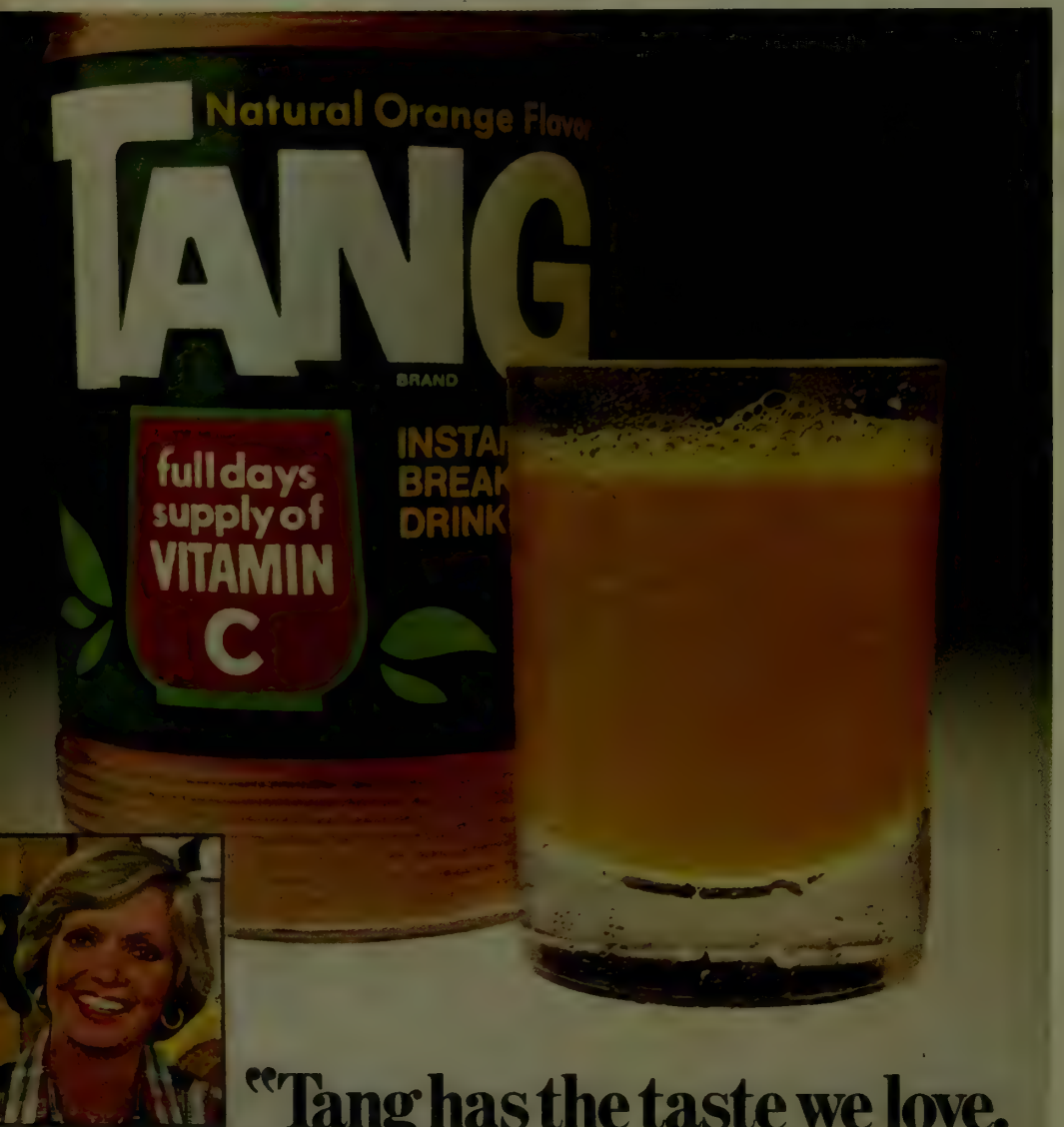
Mrs. Georgia Clark, Sacramento, Calif.
Mrs. Georgia P. Gilcrease, Glenns Ferry, Idaho
Marcia Hudson, Granada Hills, Calif.
Judith A. Wandschneider, Enterprise, Oreg.

Honor Roll

Rosalie Davis, Grants Pass, Oreg.
Mrs. Bernell Fischer, Florissant, Mo.
Mrs. Joan Grube, Croton, Ohio
Marilynn Johnson, Austin, Tex.
Cheryl J. Kinkead, Xenia, Ohio
Mrs. Robert J. Kolarik, Cedar Rapids, Ia.
Rita Lampman, Chicago, Ill.
Meta Meckstroth, State College, Pa.
Captain Hugh Poole, Conyers, Ga.
Mrs. Thomas A. Wright, Grand Rapids, Mich.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "June Bean Side Dishes" or "June Summer Sippers."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, November 30. Where duplicate recipes are submitted, the one with the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7811 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**



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Tucson—World of Toys & Hobbies

CALIFORNIA
Berkeley—Mr. Mopp's
Beverly Hills—Toy Mart
Carmel—Wooden Horse
Chico—Toy Depot
Del Mar—Thinker Things
Eeyore's Place—Pooh's Corner
El Cerrito—Capwells
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Los Gatos—Wooden Horse
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Salinas—Koch's Toy Galore
San Francisco—Jeffrey's
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San Jose—Pooh's Corner
Santa Cruz—Wooden Horse
Saratoga—Pooh's Corner
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—Kiddieland
—The Toy Place
—Tons-O-Toys
Durango—Rusty's Toy Chest
Littleton—Toys By Roy
Pueblo—Honeybear Toys

IDAHO
Pocatello—Toy and Hobby World

MONTANA
Billings—Clowntown
—Odegaard's
Bozeman—The Toy Shop
Butte—Downey Drug
Great Falls—Toy World
Missoula—Clowntown

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Las Vegas—Honeybear Toys

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Salt Lake City—Hammond's Toys & Hobbies
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—Toys Galore
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Spokane—The Crescent
—Learning World, Inc.
—The Toy Shop
—Toy Paradise
—The White Elephant
Tacoma—Toys Galore
—Learning World, Inc.
Vancouver—Learning World, Inc.

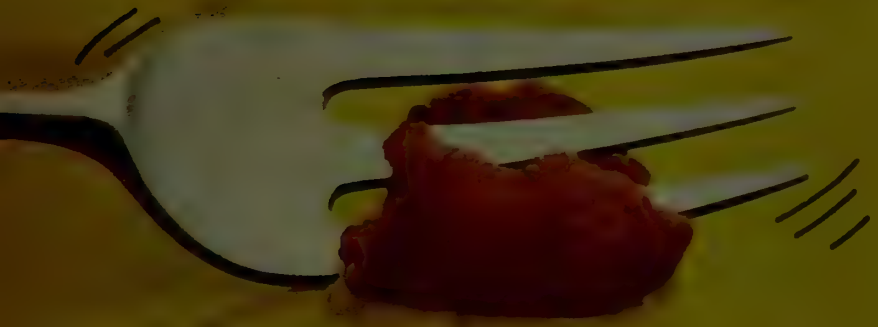
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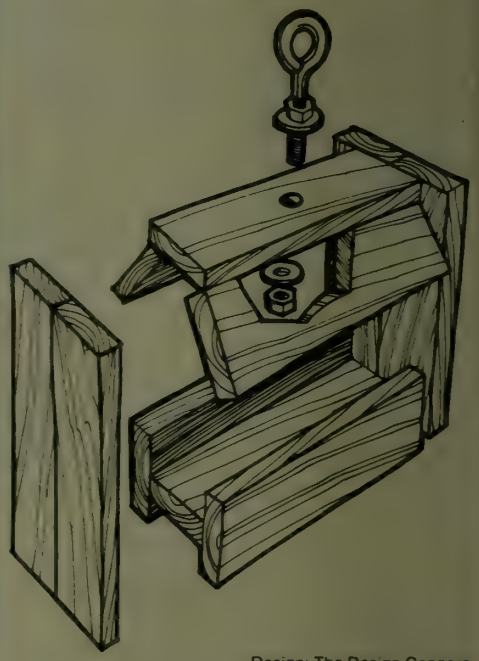
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BUILDING

Easy-to-build bird feeder

Some scrap lumber and a few hours of your time are all it takes to build this sturdy bird feeder. You may want to enlist your children to help you. When the job is done, they'll get a special kick out of watching the birds.



Design: The Design Concern

List of materials

4 1x4s 12 inches long
6 1x4s 14½ inches long
1¼-inch galvanized nails
1 eyebolt, 2 washers, 2 nuts
Sandpaper
Paint or varnish to finish

Cut ten lengths of 1x4 to the measurements indicated above. Use three of the 14½-inch pieces to build a base in the form of an "H." Then nail the four 12-inch-long end pieces to the "H" and to the top piece. Sandwich the two slanting roof pieces between the sides, as shown, and nail them in place. Sand all edges smooth and finish the wood as desired. Drill a hole in the center of the roof, and assemble the eyebolt with washers and nuts. Fill the base with birdseed and hang the unit. ■

Please excuse our error: Heatilator and Preway fireplace photos were transposed on page 77 of the Oct. 1978 issue.

PPG Solarcool® Bronze glass tames the blazing summer sun. And air conditioning costs.





With all of its windows and sliding glass doors glazed with PPG Solarcool Bronze reflective glass, this Florida home looks perfectly beautiful.

But it's on the inside that Solarcool pays off. By reducing glare and heat gain from the burning southern sun, this newest PPG residential glass can save up to 17 percent on air conditioning costs. That's compared to clear glass and is based on a PPG computer energy analysis. Comparable savings can be obtained in other locations.

In the daytime the glass reflects the lovely Florida sky and water. Even more important, it sharply reduces visibility from the outside, so people inside enjoy comparative privacy. And ultraviolet light, a major cause of interior fading, is cut way down.

If Solarcool can tame air conditioning costs in Florida, think what it can do for the home you're going to build or buy. Why not write for a free copy of our Solarcool idea book: "Best Glass Under the Sun." PPG Industries, Inc., Dept. BH-4118, One Gateway Center, Pittsburgh, Pa. 15222.

Bent Tree Development by
The Babcock Company, Coral Gables, Fla.

PPG: a Concern for the Future

PPG
INDUSTRIES

A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU

TIPS TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

PROBLEM

The alarm on your smoke detector blares whenever your broiler gives off smoke or when guests smoke cigarettes.

SOLUTION

When you anticipate excess smoke, just slip a shower cap over the detector. But remember to remove the cap later, so the detector can do its job once again.

Mrs. P. Q. Methuen, Mass.

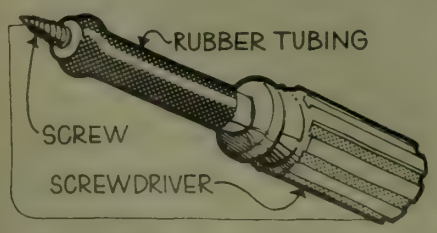
PROBLEM

You have to use your screwdriver in close quarters and can't use your free hand to hold the screw until it's started.

SOLUTION

Slip a short piece of rubber tubing over the end of the screwdriver, as shown, then shove the head of the screw into the tubing so the screw meshes with the screwdriver. As you drive the screw into its hole, the tubing will be pushed back onto the screwdriver.

Q.P., Dunbar, Pa.



PROBLEM

You want to make a door clear your carpet, but you don't want to cut off the bottom of the door.

SOLUTION

Replace the standard door hinges with rising-butt hinges—ones that raise the door as it opens.

S.S., Butternut, Wis.

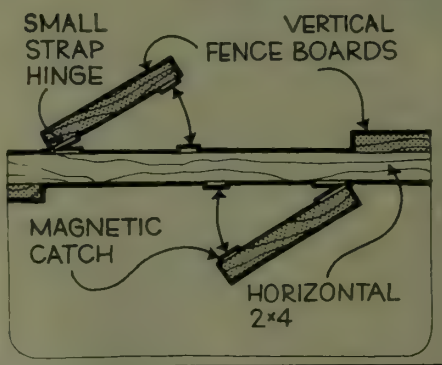
PROBLEM

You and other members of your family often find yourselves on the wrong side of your six-foot-high board fence, and the only gate is usually on the other side of your lot.

SOLUTION

Rather than go to the trouble and expense of adding more gates, make a few step-through slots like the one shown below. Simply hinge two opposing fence boards to the horizontal 2x4s and add magnetic catches to hold the boards closed when not in use.

E.H., Portland, Ore.



Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.

PROBLEM

Particles of steel wool have collected in the crooks and crannies of a piece of furniture you're refinishing, and you don't want to waste several tack rags on removing the particles.

SOLUTION

Wrap an old magnet in a soft cloth and rub the contaminated surface with the rag, occasionally stopping to remove the magnet and shake the cloth free of particles. Use one tack rag for the final step.

R.T., Oxford, Miss.

PROBLEM

You need to use your ladder on soft, moist ground, but you know the feet will just sink into the ground, making the base of the ladder unstable.

SOLUTION

Find two four-pound coffee cans and cut a wood disk to fit into the bottom of each. Then slip the ladder feet into the cans, and your ladder will have a firm base.

C.McK., Belpre, Ohio

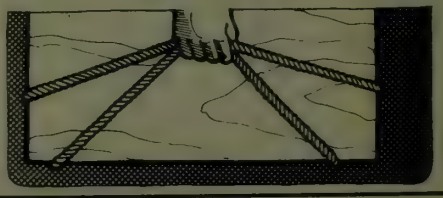
PROBLEM

It's difficult for you to steady a large piece of plywood while you carry it.

SOLUTION

Make a rope sling and wrap it around the plywood, as shown. Then grab the rope and snug the plywood under your arm.

Mrs. G.A., Wasco, Calif.





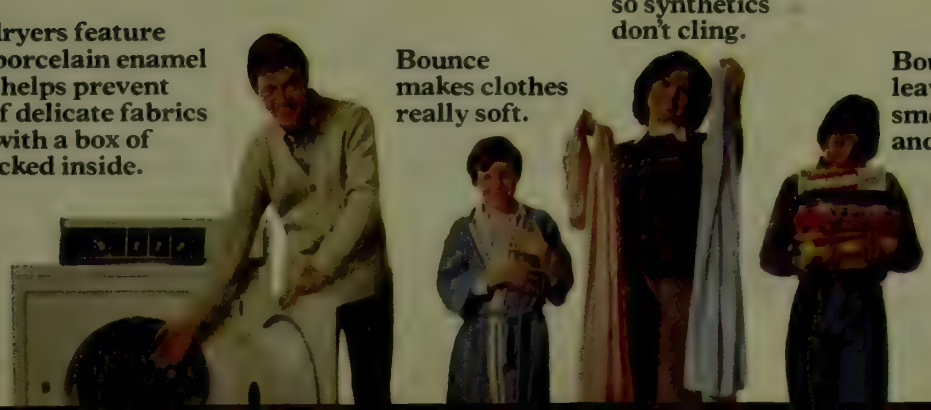
Hotpoint packs softness, static control, and freshness inside every new dryer.

Hotpoint dryers feature a durable porcelain enamel drum that helps prevent snagging of delicate fabrics and come with a box of Bounce packed inside.

Bounce makes clothes really soft.

Bounce controls static so synthetics don't cling.

Bounce leaves things smelling clean and fresh.



Bounce has agreed with dryer makers to supply Bounce samples packed by them and to feature their dryers in Bounce advertising.

©1978, The Procter & Gamble Company

MONEY Margaret Daly

INVESTING ABC's BONDS

Once your family savings and insurance programs are up to snuff, it's sound financial planning to look for other ways to protect your money against inflation and prepare for the future. Here's the first of a series of articles explaining various types of investments.

Is your investment goal a good, steady income with relatively low risk? Then some well-chosen bonds might be right for you. The yield on bonds may even beat the highest paying savings certificates around. But there are some things to watch out for, too. Here's what you should consider.

What is a bond?

A bond is an IOU. When you buy a bond you are loaning money to the issuer, who pledges to pay back to you the entire amount (the "face" or "par" value) on a predetermined "maturity date." Depending upon the kind of bond and other factors, maturity dates generally run anywhere from a few years to 30 years or more from the time the bond is issued.

In the meantime, you receive interest for the use of your money at the bond's "coupon rate," which remains the same throughout the lifetime of the bond. In mid-1978, rates on many new bond issues ranged from 6½ percent up to nine or ten percent; by comparison, many older bonds bore coupon rates of from about 4½ to six percent.

The coupon rate and maturity date are stated on the bond, and in lists of bonds. Thus a "Ford 8⅛/90" will pay an annual rate of 8⅛ percent—or $81.25 per $1,000—and mature (pay back the principal) in 1990.

Bonds may be "registered"—entered in your name by the issuer—or they may be "bearer" bonds—assumed to be owned by whoever holds them. Either type is negotiable: ownership can be transferred from one person to another.

How is interest paid?

Some bonds have coupons that must be clipped from the bonds and taken (usually semiannually) to a designated bank or trustee for payment of interest. When you forget to clip the coupon, your payment is delayed until you ask for it. In the meantime, your money earns no extra interest.

If a bond is fully registered in your name, payments may be sent directly to you.

How do you get principal back?

Generally you are paid off at the bond's maturity, in one sum. Under some circumstances the issuer may begin sending out payments on the principal several years before maturity.

What kinds of bonds are there?

Other than various forms of federal government bonds (see "Where can your money earn the best interest?" *Better Homes and Gardens*, August, 1978), there are two basic types:

- **Municipal bonds,** sold in $5,000 increments, are issued by states, counties, cities, and other political subdivisions to raise money for a school, sewer system, hospital, or other project. The interest you earn on municipal bonds is exempt from federal income tax. Sometimes this interest is exempt from state or local income taxes as well—generally for owners who are residents of the locale that issued the bond.
- **Corporate bonds** are issued in $1,000 (or more) increments by private companies. Generally, the interest rates are higher than are those of municipals—but you must pay taxes on the earnings.

Where can you buy and sell bonds?

Trading in bonds can involve some tricky aspects, so your best bet is to go through a broker. In fact, you must do so with secondary (resold) bonds.

With new bonds, there is no charge for the transaction, since the issuer pays those costs. With secondary bonds, there will be a commission. It may or may not be on a set fee schedule. Though by law rates cannot be fixed, typical rates these days run about $1.25 to $5 per $1,000 on trades of under $25,000. Sometimes, there's a $25 minimum charge. Unless you know your broker, compare quotes from several brokers before buying or selling.

Most brokers will, at your request, retain your bonds for safekeeping and clip and redeem the coupons for you. If you prefer holding the bonds yourself, be sure to keep them in a safety deposit box.

How can the small investor buy?

Suppose you don't have the cash to buy individual bonds, or you don't want to choose the bonds yourself? Then a mutual fund that invests in bonds could be your answer. With a bond fund, you pool your money with that of other investors, and the fund's managers make the buy-and-sell decisions. Depending upon the kind of fund and your instructions, you'll receive a check each month for your portion of interest; or, that amount will be reinvested in the fund for you.

Minimum investments are $1,000 or more initially, depending upon the fund. Additional limits may be less. Some funds charge a fee ("load") for buying in. Many funds are "no load," allowing you to move your money in and out without cost. All funds charge an annual fee for management and other expenses—generally one-half or three-quarters of one percent of total fund assets ($5 to $7.50 for every $1,000 you invest in the fund).

Recently, the law was changed to allow investment companies to offer municipal bond funds whose earnings are tax exempt to the shareholders. The tax savings can be considerable—just as with an individual municipal bond holding. If you're in the 32-percent bracket (from $20,000 to $24,000 net taxable income on a joint return), for example, a municipal bond or bond fund paying six percent would be equivalent to a taxable interest rate of 8.82 percent. Of course, a bond fund's shares will change in value to a degree in the

continued

Congoleum

Exclusive seamless beauty up to 15 feet. Now you can make the rooms you love to live in—your eat-in kitchen, your family room, your dining area—look beautiful, wall-to-wall without a single seam. Because Congoleum and only Congoleum offers you beautiful floorings from 6 to 15 feet wide, so professional or do-it-yourself installations can be easier *and* seamless in most areas of your home.

Beauty that lasts. And Congoleum seamless beauty stays lovely longer, because our brilliant designs and colors are protected by a no-wax wear-layer so durable it resists stains and scuffs. With proper care, the Congoleum no-wax luster really lasts.

More beautiful choices than any other. Come to Congoleum and select from over 300 different designs and colors—more designs and more colors in more widths than any other vinyl flooring. You're sure to find just what you have in mind.

Simple sponge mopping will usually keep your floor looking fresh. Congoleum Vinyl Dressing will provide a higher shine should a reduction of gloss occur in areas of heavier use. For complete maintenance and warranty information, see your local Congoleum retailer, or write to Congoleum Consumer Affairs, 195 Belgrove Drive, Kearny, N.J. 07032.

Design shown #45060, available in 6 & 12 widths.
Daydreamer sofa by Congoleum.

Only Congoleum™ gives you seamless flooring in rooms up to 15 feet wide.
Seamless flooring that stays prettier, cleaner and newer looking.



continued

Bonds

market—though generally less than stocks or individual long-term bonds.

Diversification of the fund's investments plus expert management can make a bond fund an attractive way to participate in the investment market. You must judge the individual fund's costs, objectives, management, and portfolio ratings, as well as its track record in both net earnings and the marketplace.

For more information on bond funds, including names and addresses of issuers, write:

- Investment Company Institute, 1775 K St., N.W., Washington, D.C. 20006.
- No-Load Mutual Fund Association, Valley Forge, Pennsylvania 19481.

What do bonds cost?

New bonds are sold at the par value you're promised to get back at maturity although sometimes there's a slight discount or premium of a few dollars per thousand.

Once bonds have been issued, they can be (and are) traded on the open market where prices reflect investors' perception of the bonds' current value as compared to other savings or investment possibilities (including other bonds).

If you sell a bond before maturity, you'll have a capital gain or loss, reflecting whether you received more or less than you initially paid for the bond. The same tax rules apply to a bond sale as to any other capital gain or loss. Sometimes the tax situation is complex, however, so check with an expert.

Bond prices are quoted as a percentage of face value. A quote of 100 means the bond is selling at par. Say the quote is 90. The bond will cost 90 percent of its face value—$900 for a $1,000 bond, $4,500 for a $5,000 bond.

Why do prices change?

Prices of bonds traded before matu-



14 soups you can sink



rity fluctuate in response to a variety of marketplace factors. One important influence is what's happening to interest rates in the economy. Secondary bond prices usually move in the opposite direction of current interest rates. If new bond issues carry higher interest rates, the market value of older bonds drops in order to equate them in the eyes of potential investors. On the other hand, if current interest rates are low, older bonds with higher rates become more valuable to investors.

A bond's price in the marketplace also reflects potential buyers' views of the bond. Will the issuer be able to meet its debts—both to pay interest as promised and to return principal when due? If there's some doubt, the bond's price may drop, sometimes drastically. The owner may not even be able to sell the bond at all—but that's rare, if the bond was a reasonably solid one to begin with.

What backs up bonds?

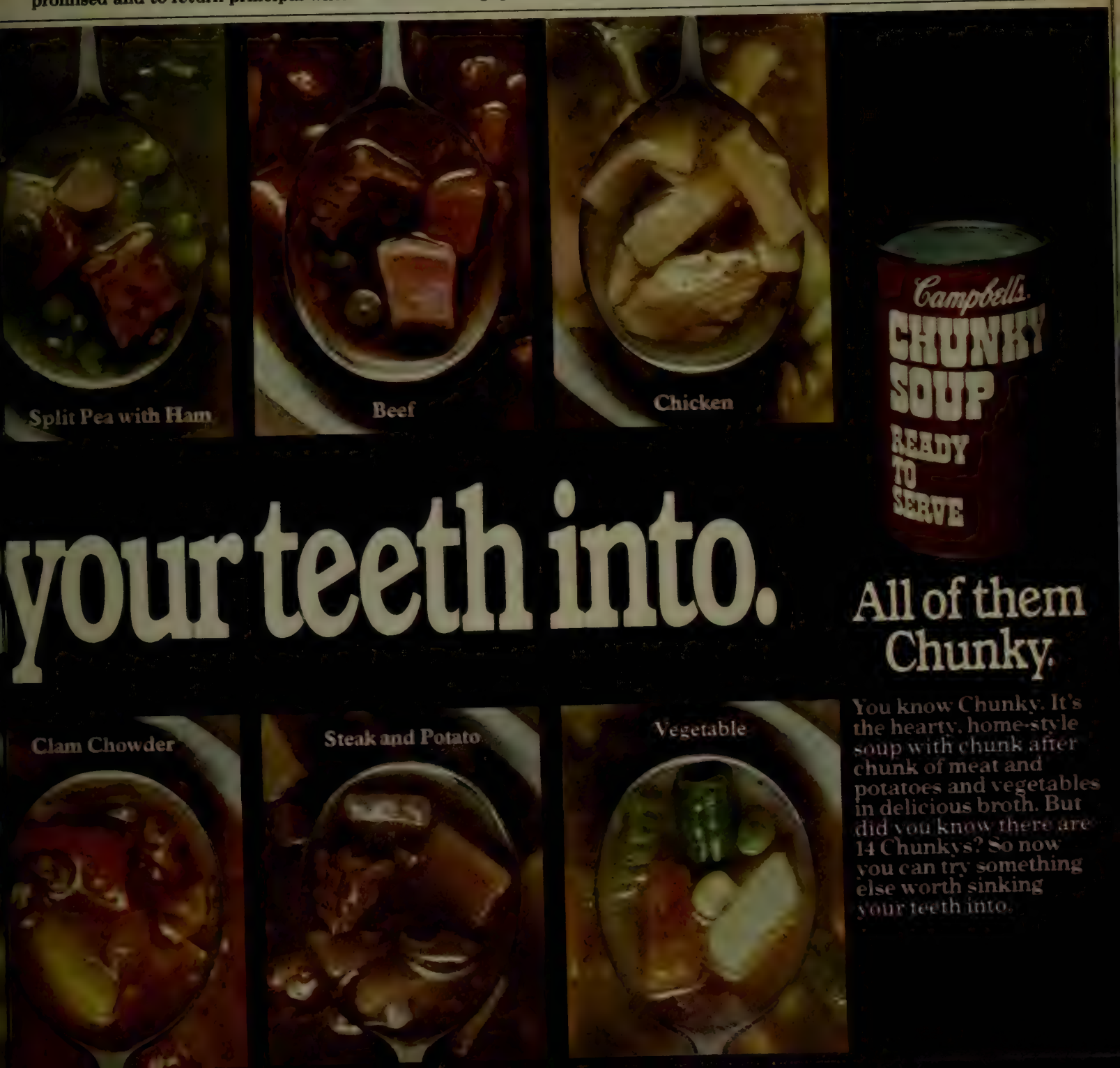
One important aspect to consider when choosing bonds is what assets back up the promise to pay. Bonds are identified in one of several ways to describe that factor. *Debentures*, for example, are supported by the "full faith and credit" of the issuer, but not by specific assets. *General obligation* bonds are municipals backed by the issuer's taxing power. *Revenue* bonds are municipals funded by the income of the specific project—a toll road, say—for which the bond was issued.

There also are *convertible* bonds—corporate bonds that can be converted into a predetermined number of shares of common stock in the same company. The price of convertibles is likely to be more volatile than that of regular bonds, since it will reflect (in addition to interest rate changes) the fortunes of the company's stocks.

What are the risks?

Bonds are "safer" than stocks in the sense that the issuer is obligated to pay off its bond debts before (in the case of

continued





He's the new Muppet hand puppet. Children can open his mouth and wiggle his big, bushy brows.

Fisher-Price Toys

©1978 Fisher Price Toys, East Aurora, New York 14052 Division of The Quaker Oats Company MUPPET Characters © Henson Associates, Inc. 1978

ratings or better. Don't even be tempted by a C rated bond even though it may be paying an almost irresistible 14 percent.

What about municipals and Proposition 13?

The full impact of California's Proposition 13, which limits certain taxing powers of local governments, is not yet clear. Certainly the value of some bonds could be severely damaged by such legislation.

Some types of municipal bonds and some locales are likely to be more vulnerable than others. (Several bond issues were specifically protected in the California case, for example. Also, some bonds gained strength once the dust settled after Proposition 13. Conversely, some bonds lost their Moody's and Standard & Poor's ratings, which made them very difficult to sell in the bond market.) Get an expert's opinion before you decide to buy.

Suppose you must sell early?

Remember that bonds are subject to resale price ups and downs. There also will be a charge for the transaction.

On the other hand, with inflation cutting deeply into the value of the dollar over the years, you may decide that the principal you'll receive at the maturity date won't be worth the wait. Or, other investments may be more attractive at the time.

The decision to sell a bond will ultimately depend upon your immediate cash needs, your evaluation of your bond holdings and the state of the investing market, and your

continued

Bonds

corporate bonds) it distributes any funds to stockholders. The priority of municipal bond obligations was also confirmed recently in a lawsuit against the City of Yonkers, New York. The courts said the city's bond obligation must be met on schedule.

Still, the ultimate risks of any bond depend upon the financial health of the issuer. If a company or city goes broke, there just may not be enough money left to pay bondholders.

Ultimately you'll have to decide about your own faith in the specific bond issuer's ability to meet its obligations, but there are reliable independent rating services to help you make your decision. Any broker or bond dealer should have the up-to-date information about these services.

From least to most risk, ratings from the two major sources run like this:

- **Standard & Poor's:** AAA, AA (and AA+ or −), A (and + or −), BBB (+ or −), down to C, the lowest rating.
- **Moody's:** Aaa, Aa, A1 (municipals only), A, Baa1 (municipals), Baa, on down to a miserable C.

As ratings drop, an issuer generally must offer higher interest rates on new bonds to encourage investors to buy since the risks are perceived to be greater. Also, ratings may change on a bond already issued, making it worth less or more in the market.

Most experts recommend that amateurs stay with A

Rowlf

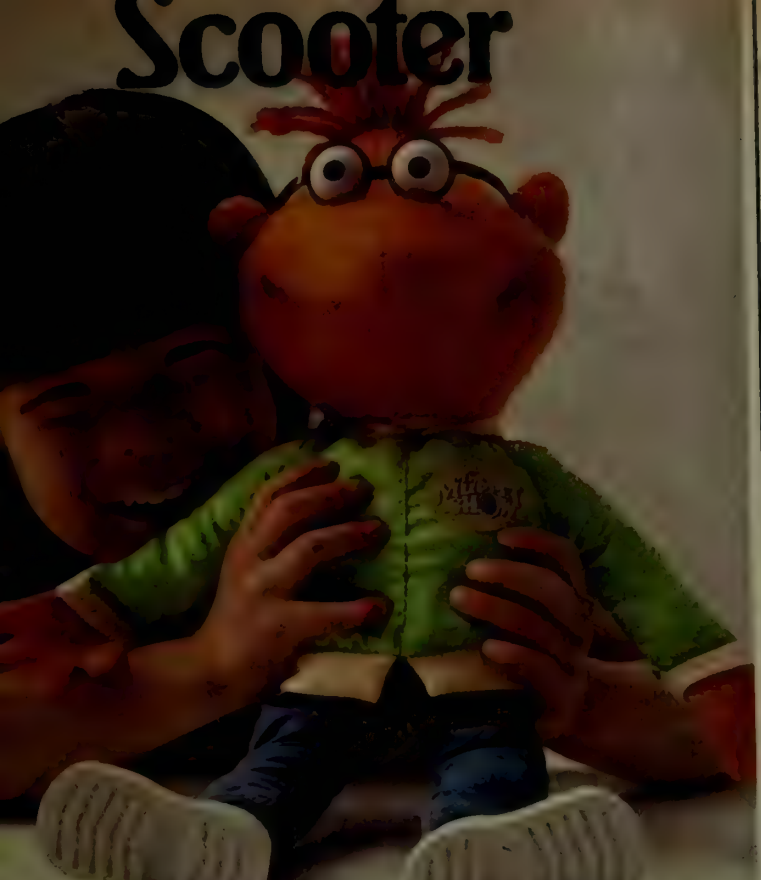


The lovable Muppet hand puppet. He also guards pajama and secret stuff in his round, brown body.

Fisher-Price Toys

© 1978 Fisher Price Toys, East Aurora, New York 14052 Division of The Quaker Oats Company MUPPET Characters © Henson Associates, Inc.

Scooter



e huggable new Muppet doll, all dressed up right down to
nifty sneakers. And he's got Velcro hand patches for posing.

Fisher-Price Toys

Fisher-Price Toys, East Aurora, New York 14052. Division of The Quaker Oats Company. MUPPET Characters © Henson Associates, Inc. 1978

bond listings in the paper. Yields to maturity are quite a bit more complicated to figure, but you can get approximate numbers from your broker, who can calculate yields to maturity over various periods of time at various coupon rates and bond prices.

What's a "callable" bond?

That means the issuer may call in the bond for full payment before maturity—but usually the bond cannot be called in during the first five or ten years. You may receive a small premium above par, but that's not likely to compensate for losing what's probably a favorable interest rate. (If present interest rates were higher, there'd be little reason for the "call.") As a result, investment advisors often caution against buying callable bonds—especially when long term investing is your goal.

Are "discount" and "premium" bonds good buys?

That depends to a degree upon your present and future tax situation, as well as your primary investment goals:

Discount bonds are those selling below their face value. These could be a good buy when you're not interested in income now and prefer to deal with a capital gains situation when the bond matures—perhaps after you have retired and are in a lower tax bracket.

Premium bonds are the opposite; you'll pay more than par to buy one. That may be worth the cost to gain high current income, but some principal will be lost when the bond matures. ■

anticipation of future needs in relation to inflation.

If you anticipate selling bonds before maturity, look for liquidity to begin with. Purchase only from large issues of bonds ($50 million or more) that trade regularly on The New York Stock Exchange. Barring some real calamity with the issuing company or municipality, large issue bonds are more likely than smaller issues to have people ready to purchase them—even though the current market price may be greatly discounted from the bond's par value.

What does "yield" tell you?

Yield is a way to measure your potential return on a bond. Figuring a bond's yield provides a way to compare various bonds at any given time. Investors consider two kinds of yield:

1. *Current yield* is determined by dividing the bond's annual interest payment by the bond's present price in the market. An eight-percent, $1,000 bond bought at par would have a current yield of eight percent ($80 divided by $1,000). If the bond's price were to rise to $1,100, the current yield would be 7.27 percent ($80 divided by $1,100). A drop in price to $900 would mean a current yield of 8.89 percent ($80 divided by $900).

2. *Yield to maturity* is perhaps a more useful description of the return you can expect from a bond. This figure takes into account not only current yield, but potential capital gains or losses amortized over the number of years to maturity.

Current bond yields generally are quoted in the daily

Kermit & Fozzie



Friendly Kermit has Velcro patches on his arms and legs
so he can be posed. Cuddly Fozzie has a snazzy hat and tie.

Fisher-Price Toys

BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

CLASSIC FISH ENTRÉES

Page 116 (above left): Soup bowl and liner "Primastone"—Noritake Co., Cincinnati, Ohio 45215.

Industries, Inc., P.O. Box 339, Thomasville, N.C. 27360. Lamp—Stiffel, Customer Service, 700 N. Kingsburg St., Chicago, Ill. 60610. Sheets—"Gwyneth" by Springs Mills, Inc., 104 W. 40th St., N.Y., N.Y. 10018. Rug—"Macao" from the Tradewinds Collection by Karastan Rug Mills, 919 Third Ave., N.Y., N.Y. 10022. Hand-painted silk picture—Greg Copeland, 41 Madison Ave., Suite 3J, N.Y., N.Y. 10010.

Page 161 (bottom): Chair/bed—"Jubilee" Turn-A-Bed by Jamison Bedding, Inc., P.O. Box 989, Nashville, Tenn. 37202. Sheets—"Pipeline" by J.P. Stevens, 1185 Ave. of the Americas, N.Y., N.Y. 10036. Comforter—"Scallops" by Yves St. Laurent for J.P. Stevens, (address above). Lamp on wall—"Uchiwa" by George Kovacs, (address above). Area rug—Concepts International, 919 Third Ave., N.Y., N.Y. 10022. Natural fiber rug—Import Specialists, (address above).

Page 162: "Hi-lo" table—Daystrom Furniture Co., Inc., a Sperry & Hutchinson Co., South Boston, Va. 24592. Curtain, cushion, and place mat fabric—Kirk Brummel Associates, Inc., 450 Ave. of the Americas, N.Y., N.Y. 10011. Seat pad—"Cologne" stripe by Rosecore Carpet Co., Inc., 979 3rd Ave., N.Y., N.Y. 10022. Chairs—

BEST-EVER HOLIDAY MAKE-AHEADS

Page 170 (front): Plate "San Surf"—H. Wittur & Co., 1024-1026 Emerson St., Evanston, Ill. 60204.

Page 172 (front): Spoon "Farmington" and bowl—International Silver Company, 500 S. Broad St., Meriden, Conn. 06450.

Page 173 (left): Mug—Plummer McCutcheon, 145 E. 57th St., N.Y., N.Y. 10022. (Back): Large stemmed glass—Svend Jensen of Denmark, Inc., 1010 Boston Post Rd., Rye, N.Y. 10580.

PRIZE TESTED RECIPES

Page 183 (left): Pie plate—The Pfaltzgraff Company, 140 E. Market St., York, Pa. 17405. (Right): Oblong platter—Rosenthal USA Ltd., 411 E. 76 St., N.Y., N.Y. 10021.

Page 184 (left): Plate—H. Wittur & Co., 1024-1026 Emerson St., Evanston, Ill. 60204. (Center right): Beer mugs—Schmid Brothers, Inc., 55 Pacella Park Drive, Randolph, Mass. 02368.

PUT THIS CHART NEAR YOUR PHONE AND SAVE ON INTERSTATE LONG DISTANCE CALLS.

This handy chart (both sides of the page) gives you the where and when of talking longer for your Long Distance dollar.

Dial direct without operator assistance, and just follow the color code on the chart. Talk a blue streak, and you save 60% of the full (yellow) direct-dial rate. When you're in the pink, you save 35%.

The other side of the page tells you how far you can call for how little. All you do is match the color code (remember, blue is a 60% saving, pink is 35%) with the appropriate times as listed.

So do it now. Put this chart on your refrigerator door, on the bulletin board, or any place near your phone. And save.

Bell System

PROBLEM-SOLVING KITCHENS

Page 151: Range—General Electric Co., Appliance Park, Louisville, Ky. 40225. Wallpaper "Josie Plaid"—Palette Prints Inc., 2021 N. 63rd St., Philadelphia, Pa. 19151. Window shades—California Window Fashions, 1355 N. 10th, San Jose, Calif. 95112.

Page 152: Blender—Oster, 5055 North Lydell Ave., Milwaukee, Wis. 53217. Mixer—KitchenAid, Division of The Hobart Mfg. Co., Troy, Ohio 45373. Range—U.S. Performer, Williams Sonoma, P.O. Box 3792, Sutter Street, San Francisco, Calif. 94119.

Page 154: Stove—Corning Glass Works, Corning, N.Y. 14830. Dishwasher—Wasteking, 3300 East 50th Street, Vernon, Calif. 90058. Sink—American Standard, P.O. Box 2003, New Brunswick, N.J. 08903.

THE PERFORMERS—FURNITURE THAT PLAYS TWO PARTS

Page 160: Sofa bed—"Playpen" by Selig Manufacturing Co., Inc., Leominster, Mass. 01453. Table lamp—George Kovacs, 831 Madison Ave., N.Y., N.Y. 10021. Stacking rattan tables—Kwan Yuen Co., Inc., 7227 Telegraph Rd., Montebello, Calif. 90640. Poster—Poster Originals, 924 Madison Ave., N.Y., N.Y. 10021. Sheets and pillowcases—Martex, Div. of WestPoint Pepperell, 1221 Ave. of the Americas, N.Y., N.Y. 10021. Natural fiber rug—Import Specialists, 82 Wall St., N.Y., N.Y. 10005.

Page 161 (top): Armchair/convertible bed—"Cuddler," Founders upholstered furniture by Thomasville Furniture Shamrock Industries, Inc., 1010 N. Lyndale Ave., Minneapolis, Minn. 55411. Light fixture—Lightolier, 346 Claremont Ave., Jersey City, N.J. 07305.

Page 163 (top): Table and benches—Drexel-Heritage Furnishings, Drexel, N.C. 28616. Sisal flooring—Import Specialists, (address above).

Page 163 (bottom): Server/table—Contemporary Shells, Inc., 637 Stewart Ave., Garden City, N.Y. Chrome and rattan chairs—Selig Manufacturing Co., (address above). Rug—"Heriz" from the Karastan collection by Karastan Rug Mills, (address above). Ice bucket—Edgar Watkins/Stotter, 246 Fifth Ave., N.Y., N.Y. 10001.

Page 164: All furniture—"Bucks County Collection" by Pennsylvania House, General Interiors Corp., Lewisburg Div., Lewisburg, Pa. 17837. Chair—Added Oomph, 270 S. Wrenn St., High Point, N.C. 27260. Floor and table lamps—George Kovacs, (address above).

Page 165 (top): Closet, chest—Venture Division of The Lane Co., P.O. Box 1209, Hickory, N.C. 28601. Chair—Knoll International, 240 Greenwich Ave., Greenwich, Conn. 06830. Fabric panel—Lois Lebov for Walter Associates Ltd., 408 N. Wells, Chicago, Ill. 60610.

Page 165 (bottom): Convertible desk—Bassett Furniture Industries, P.O. Box 626, Bassett, Va. 24055.

BEST-EVER RECIPES FOR ALL KINDS OF BIRDS

Page 166 (center left): Skillet—Rosenthal USA Ltd., 411 E. 76 St., N.Y., N.Y. 10021.

Page 169 (back right): Cutting board—Crate & Barrel, 1510 N. Wells St., Chicago, Ill. 60610.

AN ADDITION WITH CHARACTER

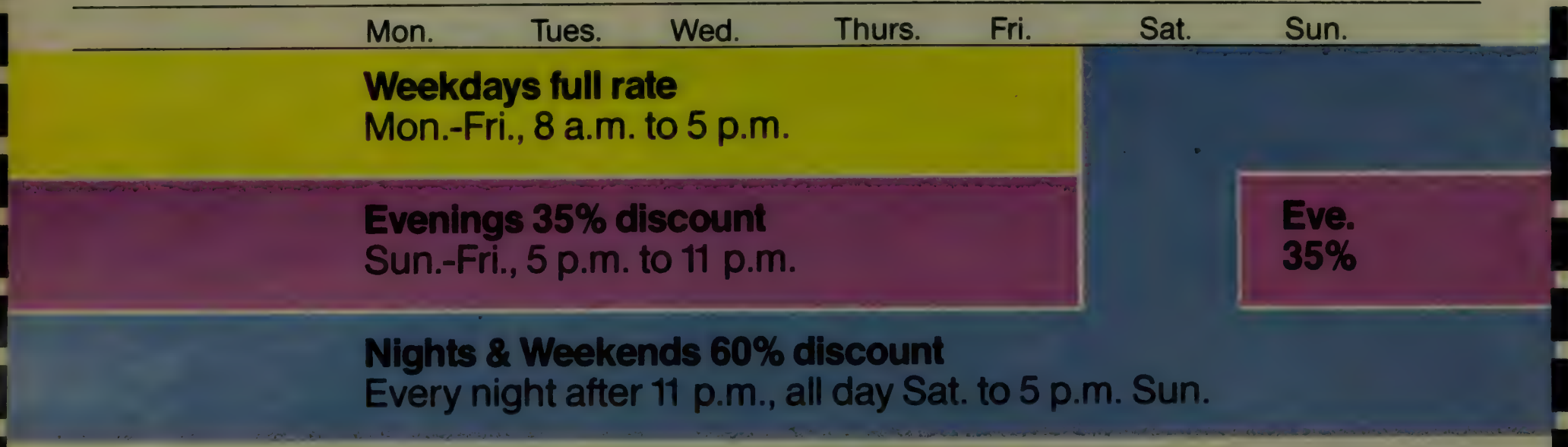
Page 228: Windows—Pella Windows & Doors, Pella, Iowa 50219. Hearth room chandelier—Weston Lighting Co., 1901 E. University, Des Moines, Iowa 50315.

HOW TO TRANSPLANT A LAUNDRY ROOM

Page 292: Radiant electric ceiling panel—Panelectric by Gold Bond Building Prods., Div. of Nat'l. Gypsum Co., 325 Delaware Ave., Buffalo, N.Y. 14202.

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DIAL-DIRECT RATE SCHEDULE FOR INTERSTATE LONG DISTANCE CALLS



Additional minutes cost less than the first minute. Dial-direct rates apply on all interstate calls completed from a residence or business phone without operator assistance. They also apply on calls placed with an operator from a residence or business phone where direct dialing facilities are not available. For dial-direct rates to Alaska and Hawaii, check your operator. Dial-direct rates do not apply to person-to-person, coin, hotel-guest, credit card or collect calls, or to calls charged to another number, because an operator must assist on such calls.

Bell System

LONG DISTANCE INTERSTATE RATES (except Alaska and Hawaii)*

MILEAGE	DIAL-DIRECT						OPERATOR-ASSISTED	
	WEEKDAY FULL RATE		EVENING 35% DISCOUNT		NIGHT & WEEKEND 60% DISCOUNT		STATION-TO-STATION Full Rate All Days, All Hours	PERSON-TO-PERSON Full Rate All Days, All Hours
	First Minute	Each Add'l Minute†	First Minute	Each Add'l Minute†	First Minute	Each Add'l Minute†	First 3 Minutes‡	First 3 Minutes‡
1-10	$.19	$.09	$.12	$.06	$.07	$.04	$ .45	$1.45
11-16	.23	.12	.14	.08	.09	.05	.60	1.60
17-22	.27	.14	.17	.10	.10	.06	.80	1.80
23-30	.31	.18	.20	.12	.12	.08	1.00	2.00
31-40	.35	.21	.22	.14	.14	.09	1.10	2.10
41-55	.39	.25	.25	.17	.15	.10	1.35	2.35
56-70	.41	.27	.26	.18	.16	.11	1.60	2.60
71-124	.43	.29	.27	.19	.17	.12	1.75	2.75
125-196	.44	.30	.28	.20	.17	.12	1.85	2.85
197-292	.46	.32	.29	.21	.18	.13	1.95	2.95
293-430	.48	.34	.31	.23	.19	.14	2.00	3.05
431-925	.50	.34	.32	.23	.20	.14	2.05	3.15
926-1910	.52	.36	.33	.24	.20	.15	2.15	3.30
1911-3000	.54	.38	.35	.25	.21	.16	2.25	3.55

*For rates to Alaska and Hawaii, contact your local Telephone Business Office.

†Because rates are rounded, your total charge for any call may be less than the sum of minute charges shown. You're charged at the rate that's in effect at the place you're calling from; charges begin when your call is answered. Calls that begin in one rate period and end in another are charged at the rate in effect when the call began.

‡Additional minute charges are the same as those on dial-direct calls. EFFECTIVE SEPT. 13, 1977.
RATES SHOWN DO NOT INCLUDE TAX.

Bell System

SIX EUROPEAN VACATIONS YOU CAN AFFORD

BY GEORGE BUSH AND KATE KEATING

Don't let our skidding dollar stop you from vacationing in Europe. Thanks to an array of new, low air fares, the adventure of a lifetime needn't cost much more than it did a few years ago, especially if you plan carefully and travel off-season when prices are at their lowest. It also helps to go armed with just a little inside information such as:

- **Some countries—Italy and Ireland, for example—are cheaper than others.**
- **Even Switzerland and France are relatively reasonable if you leave the publicized tourist routes and avoid fancy hotels and name resorts.**
- **The big cities, like London, needn't be big-budget vacation destinations if you time your travel to the off-season.**

And if you want to visit lots of different places, your best bet is to combine your transatlantic cut-rate ticket with a special rail pass that's good for unlimited travel.

On the following pages, we have put together a selection of European vacations that offer you the most for your money, along with practical advice on how to make arrangements.

continued



Photographs: John Lewis Stage





france

AS ONLY THE FRENCH KNOW IT



Photograph: George Bush

The French are a very private people: They may ask you out to dinner, but seldom will they invite you to their homes. Thus, only rarely do Americans get to glimpse the real France.

But now there's a program that beats even a dinner invitation to a French home. You'll not only eat scrumptiously at the family table, but you'll actually move in with the family. Living with the French may not be the cheapest way to vacation in France, but there's no better way to get to know the people or the country.

Making arrangements

The agency arranging these visits is called appropriately Chez des Amis (at the home of friends), and it has recruited nearly 150 hospitable families all over France and in almost every walk of life. You may find yourself vacationing in a Paris apartment, a rebuilt granary in the truffle country of the Périgord, in a Normandy *château,* or a town house in Tours, perhaps even in a rebuilt medieval abbey in the south of France. Like most guests, you may want to divide your vacation among several hosts in different parts of the country.

Matching personalities

To help Chez des Amis match you with compatible hosts, you'll be asked to fill out a long questionnaire indicating your family's favorite activities and preferred life-style. Even so, you may be a little doubtful about how you'll get along in a strange environment. What about the language barrier? How can you possibly cope with the aristocratic manner of a country squire?

Not to worry! In most Chez des Amis homes there's at least one member of the family who speaks English. You won't be quartered with families where only French is spoken unless you specifically request it. As for old-world manners, they won't pose a problem either. At worst, you'll be considered typically "quaint Americans." Anyway, if you behaved as the French do, you wouldn't be nearly as interesting to your hosts.

Quality guaranteed

All homes are inspected rigorously by Evelyne Jankowski, the Chez des Amis French partner (the other is American). She pays particular attention to the American plumbing fetish and our shower-a-day syndrome. You may have to share the facilities, but you can be sure that the bathroom is clean and offers all the necessary equipment.

The basic plan includes only room and breakfast. Prices range from $28 to $45 a day for a couple, depending on how elaborate your quarters are—a castle furnished with antiques will obviously cost more than a simple farmhouse. Children under 12 are charged $10 to $15 a day. You may join the family for dinner whenever you like. The average charge per meal is now $7 to $12 for each person. When you want to eat out, your hosts will direct you to restaurants where you get good value for your money.

Minimum stay in any one Chez des Amis home is a realistic five days (maximum stay with any one family is usually two weeks); after all, it will take you a while to feel at home. Of course, during your visit, your hosts will advise you on local attractions and often visit them with you.

Travel in France

To get around, you may want a *France Vacances* rail pass, good for unlimited travel on French trains. A 16-day pass costs $120 in second class, $180 in first; the 30-day pass is $175 in second, $260 in first. Note that for first-class travel, Eurailpasses are only slightly more expensive (see page 280) and allow you to travel in other countries as well. Either pass may be obtained from your travel agent or from the French National Railroads, 610 Fifth Avenue, New York, New York 10020.

If you travel to and from France via Air France using any of the various fares, you are eligible for their Flexiplan package that gives about a 20-percent discount on the French rail pass, as well as on car rentals.

And, to get the most out of your Chez des Amis trip, you should consider renting a car locally here and there (about $20 to $25 a day with the Air France Flexiplan; otherwise, about $35 to $45). To rent automobiles in France, all you need is your U.S. driver's license. A new service this year in some Chez des Amis families is the availability of a professional chauffeur/guide and car. For the service, you'll pay a charge of 100 francs per day ($22), plus gas and incidental expenses.

Off-season APEX round-trip fares to Paris run $345 from New York, $408 from Chicago, $505 from Los Angeles, $544 from Houston. In summer, ABC charters on Air France are very reasonable if you start out from New York: $302 to $399, depending on your week of travel.

For reservations, write Judith Haber, Chez des Amis, 139 West 87th Street, New York, New York 10024.

continued

Tide goes with Whirlpool washers like tough dirt goes with county fairs.



In fact, Whirlpool packs a 40¢-off coupon for Tide in every new washer.

And once you've tried Tide, you'll find it can really handle the tough jobs: like ground-in dirt from the three-legged race; cherry spills from the pie-eating contest; and black mud from the tug-of-war pit.

So when you need to count on cleaning, put your trust in Tide.

The Whirlpool LFA 9800 washer features the Double-duty SURGILATOR® agitator which makes water work hard to get clothes clean. Vigorous surging water action helps produce a thorough washing pattern for consistent, even cleaning. The Whirlpool solid state electronic circuitry assures simple, reliable control of every wash.

Tide has agreed with washer makers to supply Tide coupons packed by them and feature their washers in Tide advertising.

The makers of 15 washers pack Tide coupons in their top-loading automatics.

ireland

COZY COTTAGES AND GRAND TOURING



Photograph: John Lewis Stage

Ireland is a land of dramatic contrasts: shimmering green vales and barren rocky mountains; mist-shrouded sylvan lakes and golden beaches; sunny country cottages and brooding castles; sleepy little villages with narrow streets traversed by horse-drawn milk carts; and bustling Dublin with its wealth of 18th-century architecture.

The endless variety and breathtaking beauty of Ireland entice you to tour, while the friendly warmth and legendary charm of the Irish coax you to stay put for a while and get better acquainted. Fortunately, in Ireland you can do both yet keep expenses reasonable.

A two-week vacation in Ireland can be neatly divided to accommodate a week of relaxed living in an Irish village and a week of touring. You'll have time to marvel at Dingle Peninsula's splendid rocky mountainsides blanketed by dusky heather and grazing sheep; see the beauteous Lake of Killarney; and, by way of the gentle southern shore, drive ultimately to Dublin.

In advance of your trip, you'll need to make reservations for a car and your first week's village home. But after that, if you travel in other than the summer months, you can follow your whims. Car rentals are reasonable—a compact with unlimited mileage costs about $95 a week November through March.

Rent an Irish cottage

Within a 35-mile radius of Shannon Airport in southwestern Ireland are 11 colonies of thatched-roof cottages visitors can rent. A 12th cottage grouping more distant from Shannon perches over the Atlantic in the coastal village of Renvyle at the edge of stunning rock-strewn Connemara. A 13th and 14th are yet farther away, at Ballycastle on County Mayo's northern shore and at Glencolumbkille in County Donegal. Any of these cottages would be ideal for a family traveling with children. Although the cottages are authentic—with stone floors, half-doors, peat fireplaces—all have modern kitchens and plumbing.

Cottages are in particularly scenic, peaceful, remote villages you've probably never heard of—Carrigaholt, overlooking the mouth of the Shannon River at the western tip of County Clare; Ballyvaughan, at the edge of Galway Bay; Whitegate, near the blue waters of Lough Derg; Knocklong and Kilfinane, both nestled in river valleys; Corofin; Feakle; Puckane; Broadford; Murroe; and Holycross.

In each of these villages, you'll find it easy to get to know the local residents—surely the ultimate delight of visiting Ireland. At the drop of a shamrock, they engage in lyrical "blarney" that you'll quote for years. You'll shop beside the locals at the markets and join in the conversation and singing at the local pub. You'll truly be welcomed as part of the community, and your children will quickly find Irish companions. (Housekeepers and baby-sitters are available at local rates.)

Each of these cottage locations is near all sorts of neat day excursions and recreation—golf, fishing, boating, swimming (in summer), horseback riding, biking. Small restaurants also are handy, and the varied and delicious meals they serve debunk the notion that Irish fare is limited to corned beef and cabbage.

What's more, the price of renting a cottage is right: $80 a week from October through April (with the exception of Christmas week) for cottages that sleep six or eight. The scale goes upward in spring and early summer to a $190 peak in July and August. You can reserve a cottage through a travel agent or through Aer Lingus (Irish Airlines), which offers packages including air fare, rental car, and cottage.

Special accommodations while you're touring

Other unique hostelry possibilities include scores of bed-and-breakfast guesthouses in towns and on farms, delightful off-the-beaten-path hotels, country manors, and even castles. All of these not only accommodate week-long visitors but also overnight guests.

However, for the most part, country guesthouses offer optimum flexibility and minimum cost. Some "b and bs" may have private baths and provide towels, while others do not and might charge extra for hot water for a bath. Some have central heating.

But the proprietors are nearly always delighted with your presence and will do all they can to make your stay pleasant. They'll suggest places to visit and tell you how to get there, charm you with their comments, and overfeed you at breakfast. With advance notice, many also are prepared to serve you dinner and high tea.

A double room (often with the requisite lace window curtains) for two and full breakfast may be had for as little as $15.

For more information, write to Noreen O'Farrell, Irish Tourist Board, Dept. LH, Box 1200, Long Island City, New York 11101.

continued

Quick, what goes great with meatloaf?



If you like to serve Franco-American Spaghetti at lunch, wait'll you try it as a side dish with dinner. This enriched spaghetti in a tasty tomato sauce goes great with many of your favorite main dishes, like chicken, fish, ham, pork chops and meatloaf.

Franco-American Spaghetti... **for a lot more than lunch.**

"Franco American" is a trademark of Campbell Soup Company


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london

THE BRIGHT LIGHTS



Photograph: John Lewis Stage

London is a theater-goer's delight, offering everything from Shakespeare to shenanigans. Any given evening, you can select from among 40 to 50 shows—more than grace Broadway, off-Broadway, off-off-Broadway, Chicago, *and* San Francisco in a season. What's more, you'll probably pay less than $8 for a topflight ticket.

Indeed, theater tickets are among the few bargains left in wildly inflationary Britain, thanks to government subsidies to the legitimate stage. And you certainly can, without qualms, let Big Brother Bull pick up much of the tab for getting around and sight-seeing.

Cutting costs

For one thing, admission is free to all museums, and you can avoid taxis by getting a $20, seven-day "Go As You Please" pass for unlimited travel on London's extensive subway and bus system. These passes, available from BritRail Travel International, 270 Madison Avenue, New York, New York 10016, will take you almost anywhere anytime. There are still more ways to cut expenses without sacrificing your pleasure:

Before the theater

With London's early curtain times—usually 7:30 to 8 p.m.—elaborate dinners are out in any case. You'll fare far better by indulging in "high tea," a delectable late-afternoon repast of sandwiches, scones, jams, and honey. Likely spots for high tea are old-style hotels like Brown's, the Ritz, and the Dorchester. For $4 to $5 you can eat your fill, rather than spend $15 or more per person in some touted restaurant. Then, after theater, step into the nearest pub (not in the theater district but in your neighborhood), and order a snack with your brew.

When you do go out for dinner, scout for the less pretentious establishments. The Tagore, an Indian restaurant near Russell Square, is an outstanding example. There you'll dine well for about $8 a person. Similar prices may be found at Flanagan's, which features cockles and mussels and Gay-Nineties decor,and at Wheeler's, which serves real Dover sole more than two dozen different ways.

Hotel rates

The *average* hotel now charges $50 to $60 a night for a double. You can find cheaper hotels, in the $20 to $40 price range, including breakfast, but they aren't as spacious, nor are the baths likely to be private. A listing of these lower priced but reputable hotels, along with other helpful brochures, is available from the British Tourist Authority, 680 Fifth Avenue, New York, New York 10019.

Less costly and more interesting and pleasant is a bed-and-breakfast room in some Victorian town house that rents furnished flats. You can get by for about $18 to $20 a night for a double with running water, but again probably no private bath. On the other hand, if you chance into a well-managed establishment, the breakfast may be delightfully generous. You might be served kippers, finnan haddie, and such—enough to hold you till high tea. Unfortunately, no listing of bed-and-breakfast houses is available, so they're out if you're staying only a few days. If you're planning on more than a one-week visit, combine bed-and-breakfast room hunting with your initial sight-seeing.

London is a walking city anyway and you will want to explore Hyde Park, Green Park and Buckingham Palace, the Thames embankment, and Westminster.

On most of these excursions, you will be going through or skirting residential areas. Simply drop into shops and pubs and ask the owners if they know of any bed-and-breakfast rentals. Particularly promising areas are Chelsea and Knightsbridge, and the streets north and west of Hyde Park.

Of course, it's easier to sign up for one of the London Show Tours, packaged by British Airways. These tours are inclusive deals that cover accommodations with breakfast, some sightseeing, and several theater admissions—three on the one-week tour, six on the two-weeker. The one-week tour costs from $90 to $345 per person, depending on the rating of the hotel, and the two-weeker $160 to $580; all rates are based on double occupancy.

To check out nighttime entertainment, pick up a copy of the weekly *What's on in London*. Descriptions and prices are fairly reliable.

As for shopping, you won't find much that you can't buy more cheaply at home. Among the exceptions are tweeds, shoes, and boots. Try Moss Bros., where prices are often lower than those of stores on central Regent Street. For window-shopping, don't miss Fortnum & Mason's (everything edible) and Chancery Lane Silver Vaults (antiques).

To get further information about London, write to Andrew Glaze, British Tourist Authority, 680 Fifth Avenue, New York, New York 10019.

continued

Sicily

A SOJOURN IN ANTIQUITY



Photograph: George Bush

Sicily has been at the center of Mediterranean action since men first set sail. Ulysses' companions got themselves deep-sixed against the rocks by Scylla and Charybdis. The ancient Greeks built temples on the sunny island's summits. Then the Carthaginians came, and the Romans; later, the Normans and Castilians, the Bourbon kings, the Nazis, and, most fortunately, General Patton. All left their relics, making Sicily a stunning repository of the past.

You'll find more Greek temples here than on the Acropolis and more Roman ruins than in Rome. When workers blast new roads out of the rocky ground, they discover rusty C ration cans next to old Spanish lances. And over all this wondrous jumble of the ages, sleeping Mount Etna swirls its eternal plume.

Uncrowded vacation spot

Sicily isn't overrun with tourists. Many Europeans prefer to visit more distant lands, and most Americans know little about the island. About the only spot that draws visitors in any number is Taormina, the quintessential Sicilian hill town complete with narrow, crooked streets that climb through coastal crags nearly 700 feet straight up from the Mediterranean.

Vacationing in Taormina is quite inexpensive, partly because the dollar is worth more in Italy than in other countries. Taormina's most sumptuous hotel is the San Domenico Palace, a refurbished medieval monastery whose monks' cells are now luxurious rooms. A double is about $60 a day—a relatively low price for a deluxe hotel. At the Hotel Timeo, a double with breakfast runs about $40. You can stay at a comfortable hostelry, such as the Villa Fiorita or the Villa Paradiso, for less than $40 for two, in a room with modern bath. The price includes three meals—and these two hotels serve some of the best meals in a town where the food seems to be excellent everywhere.

For extra special culinary treats you must go to the Luraleo, one of the finest restaurants anywhere. In spite of its excellence, the Luraleo still charges Sicilian prices: around $15 per person for a five-course dinner including wine. And for a leisurely lunch, head into the desert hills behind Taormina to the Chicchirichi, a simple open-air country restaurant that serves local delicacies like squid for about $5 a person. The cab rides to and from will cost less than that.

To get down to the beaches, you'll board a cable car (75 cents round trip). Your only other local transportation expense will be hiring a fisherman's boat to take you into the coves and grottoes of the headlands. Offer the man 5,000 lira (about $6) and he'll be more than happy to take you for a cruise.

Excursions

Be sure to attend the sound-and-light show at the Teatro Greco-Romano, which was built by the Greeks and rebuilt by the Romans. The program is given in English almost every night (admission $2.50). You'll also want to stroll through this great amphitheater by day.

CIT, the Compagnia Italiana Tourismo, and Saistours, both with offices on the main street, run frequent bus tours to all the other sites in Sicily you'll want to visit. Tours often start at 5:30 in the morning and don't get back until 9 p.m., thanks to Sicily's curvy, up-and-down roads. The ride to Agrigento, the treasure trove of Greek ruins and Roman baths on the opposite (east) side of the island, is about 170 miles each way. The Agrigento excursion costs about $20 a person including lunch. A closer destination is Piazza Armerina's Imperial Roman Villa des Casale with its well-preserved mosaics and frescoes unearthed in 1950 ($10).

Another must is Mount Etna. The excursion includes ascent of the central crater cone by aerial tram and jeep (about $15). A sunset trip to the volcano leaves most afternoons and returns about midnight.

For more extensive explorations, rent a car in Messina. A small Fiat rents for around $150 a week; you buy your own gas. Check with the Italian Government Tourist Office to learn how to obtain gasoline coupons that allow you to buy fuel for about half price.

The round trip from Rome to Taormina is about $70 first class; to Messina, an hour closer, slightly less. Sample APEX off-season round-trip fares to Rome run $449 from New York; $512 from Chicago, $578 from Kansas City.

For information on Sicily, contact Amelia Medwied, Italian Government Travel Office, 630 Fifth Avenue, New York, New York 10020.

continued

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It's Better In The Bahamas

BAHAMAS

switzerland

SWISS APARTMENTS FOR TOURISTS



Photograph: Jane Sutherland

Let's face it. Nothing really is *cheap* in Switzerland. Just about everybody is affluent, and everyday prices (like one dollar for a cup of coffee) prove it.

But you can cut costs and still have a grand time by renting a modest but Swiss-clean-and-cozy vacation apartment in one of many picture-book villages.

Headquartering outside the gilded cities and elegant resorts and spas won't handicap you one bit. The country is so small almost every corner can be reached on day excursions, provided you're located centrally.

Finding a Swiss host

Central location is one of the criteria that Idyll Ltd., an enterprising small-town Pennsylvania tour agency, uses in picking accommodations for its clients. This agency's self-contained rental apartments, all in private homes, are right in the heart of rural Switzerland, almost within arrow shot of where William Tell split the lengendary apple. Look at a map of Switzerland and spot Zürich, and south of it Lucerne. Go a little farther south by southwest, and there's a curving chain of lakes. That's the general area.

You're one hour away (by train or bus) from the charming lakeside city of Lucerne, or the capital, Bern. Within 2½ hours, you can be window-shopping on Zürich's swank Bahnhof Street, be aboard a cogwheel train, or en route to the 11,333-foot glacier of the Jungfrau, one of Europe's loftiest peaks. Within 3½ hours, you can be hiking the base of the Matterhorn or gawking at jet-setters in St. Moritz.

Take one of those apartments in winter or early spring, and you'll have your choice of prime skiing at Wengen, Grindelwald, Mürren, and Andermatt. Nearby are other slopes, where lift tickets are less costly and where Swiss kids learn the kind of skiing that so often leads to trophies.

What it costs

All the rental apartments —some in modern villas, others in refurbished romantic old farms—have their own modern baths and kitchen facilities (as up-to-date as anything you'd find at home). Most have laundry facilities, or at least a close-by laundromat. All household necessities are furnished. You'll be sleeping under snug eiderdowns.

From the beginning of June through September, a three-week rental is the minimum, with rates ranging from $570 for a double to $780 for a suite for six. You'll have to put up a deposit that starts at $62 for the double and goes up to $85 for the six-sleeper. Hopefully, you'll get this back. But if the dollar drops against the Swiss franc during your stay (the deposit is predicated on a dollar's being worth two Swiss francs), an appropriate amount will be deducted from your refund.

In the off-season, apartments are available for as short a stay as a week. Thus, in ski season, a double will cost about $190 for one week, a triple about $225, a four-sleeper about $240.

To take full advantage of your visit, you'll also need a Swiss Holiday Ticket—one month's unlimited transport on Swiss trains, buses, and lake steamers, plus 50-percent discounts on many funiculars, aerial trams, and private mountain railroads. Second class for $107 is plenty good, better than first in many other countries.

Living expenses

Now for your living expenses. You'll be shopping in local supermarkets, along with all the other burghers. But you can easily get by for about $35 to $40 per person per week if you stick to the foods that are native to Switzerland—spectacular cheeses and bread, spicy sausages, fruit and preserves, potatoes, vegetables. To save money on excursions, pack a picnic lunch, as Swiss families do.

Travel costs

Sample APEX fares to Zürich in the off-season run $350 from New York, $413 from Chicago, and $555 from the West Coast.

Among the services offered by the Idyll agency as part of the apartment rental package are thorough briefings by a representative who picks you up at Zürich's airport or railroad station and escorts you to your destination. However, you wouldn't have much difficulty getting around on your own. English is spoken by most Swiss people.

For information on the rentals, write Harold Taussig, Idyll Ltd., P.O. Box 405, Media, Pennsylvania 19063. For tourist literature on Switzerland, contact Walter Bruderer, Swiss National Tourist Office, 608 Fifth Avenue, New York, New York 10020.

continued

austria

SKIING WHERE THE AUSTRIANS SKI



Photograph: George Bush

You hardly ever see Austrians at their country's famous ski resorts—St. Anton, Zürs, Lech, Kitzbühel. Those are strictly for rich foreigners. The Austrians, knowing better, head for less expensive mountains where the skiing is just as good. You'll be amazed how much you can save by following in their tracks.

Probably the best deal all around is Innsbruck, Tyrol's capital, where slopes are so superb that they were picked for the Winter Olympics twice in the past 15 years.

Except at Christmas and Easter, you can get a double with bath for six days in a top hotel there for about $145 per person, and this includes breakfasts and big Austrian dinners. Your ski pass, which covers five different ski areas with a network of 29 lifts, costs about $60 for the week. Add lunches on the mountain, and you've spent an average of about $40 a day per person. If you don't mind doing without a private bath, you can cut even this low cost by a third.

Innsbruck's culture

There's more to do in Innsbruck than ski. Despite the city's modest size, it's the cultural center of western Austria. Investigate the summer palace of the Hapsburgs; several fine museums; tearooms that serve up endless Austrian desserts; opera and concerts; theaters and movies; and shops that charge regular (not resort) prices. Yet, even with all this city life around you, you can buckle on your skis 35 minutes after leaving your hotel room—and transportation to the slopes is free.

Local ski favorites

Here are some more local favorites, the kind of places where when you hear yodeling it's the real thing, not a schmaltzy folkloric act.

The Montafon is a splendid valley in westernmost Austria, smack up against the Swiss border and only three hours from Zürich. Six delightful villages nestle in this valley. For about $50 a week you can ski all over on nearly 150 miles of groomed runs, with lift-served verticals of up to 5,250 feet, plus untold miles of virgin powder. Seek sheltered meadows for winter skiing, high terrain for spring skiing, and peaks in the 10,000-foot bracket for ski touring.

The best and most varied terrain is on the *Silvretta Nova* above the villages of *Gaschurn* and *St. Gallenkirch*, both of which have lifts. Up a spur road from the valley, on a high ledge, sits the tiny resort of *Gargellen*, so popular that its perennial vacationers book a year ahead. *Schruns* and *Tschagguns*, at the mouth of the valley, are the liveliest villages. *Partenen*, the farthest community up the valley, is for spring skiers, who can handle the really exciting high stuff.

In Schruns, you can get a double at the Gasthof Taube for about $27 a night, including breakfast. You won't have a private bath at that price, but Hemingway coped in the 1920s (before there were any lifts here) and you probably can too. Even less expensive, because the price includes lunch and dinner and a private bath, is the Chesa Platina, where you'll pay about $45 a day for two.

In Gaschurn there's a neat little pension, the Mottabella, where you can get by on $35 a day for two, including meals and private bath. And even at the Hotel Madrisa in Gargellen, a great hostelry by any standard, you'll pay no more than $50 a day per person, with private bath and all meals included.

Obertauern is the place if you want to ski from dawn to dusk. Among the loftiest of European ski stations, it's perched way off by itself and offers 62 miles of uninterrupted skiing. There's snow—tons of it—from November into May.

Obertauern mainly draws serious skiers, so if you're a beginner, this isn't for you. But if you know what you're doing—wow! Your seven-day lift pass costs about $60.

The average cost for a double with private bath is about $35 a night; without private bath, about $30. Good choices: the Alpengasthof Steiner and the Pension Gloria.

Lienz, the cozy little capital of east Tyrol, almost at the Italian border, offers excellent practice slopes for beginners and intermediates on a high, slanting plateau north of town and a truly exciting downhill mountain with a 4,250-foot vertical to the south. Olympic medalist Pepi Stiegler, who now runs a prestigious ski school in Wyoming, learned his trade near Lienz.

One week's lift pass will cost you $37 most of the time, $54 over the holidays. Doubles with bath and breakfast run as low as $27 a day at the Tirol Hotel and the Sun Valley Pension; with meals, the tab is about $40 to $50 for two. The best route to Lienz is by air to Milan and then via the train.

For detailed information on these resorts, contact Christine Boies, Austrian National Tourist Office, 545 Fifth Avenue, New York, New York 10017. Also ask about Serfaus, Schladming, Wagrain, Bad Kleinkirchheim, and Zellam-See.

continued

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Don't feed him the same old thing. Feed him a delicious Dog Chow Flavor.

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Delectable Beef & Egg Flavor, with real dried egg and beef flavored red nuggets.

And just wait till he gets a bowl full of Beef, Bacon & Cheese Flavor—3 all-time favorites, all together.

Your dog will be getting the great tastes he loves with the complete nutrition he needs. What more could you want?

Okay, here's a coupon for Purina® Dog Chow® Dog Food Flavors.

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DO YOURSELF A FAVOR. SAVE 20¢



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Retailer: For payment of face value, plus 5¢ handling, send to Ralston Purina Company, PO Box PL1, Belleville, Illinois 62222. Coupon will be paid only if presented by a retailer of our merchandise or a clearinghouse approved by us and acting for and at the risk of the retailer. Retailer must submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the merchandising program represented by coupons presented for redemption. This coupon is nontransferable, nonassignable, nonreproducible and any sales tax must be paid by customer. Offer good only in U.S.A., A.P.O.s, F.P.O.s and void where prohibited, taxed, or otherwise restricted. Cash redemption value 1/20¢. **Coupon expires November 30, 1979.**

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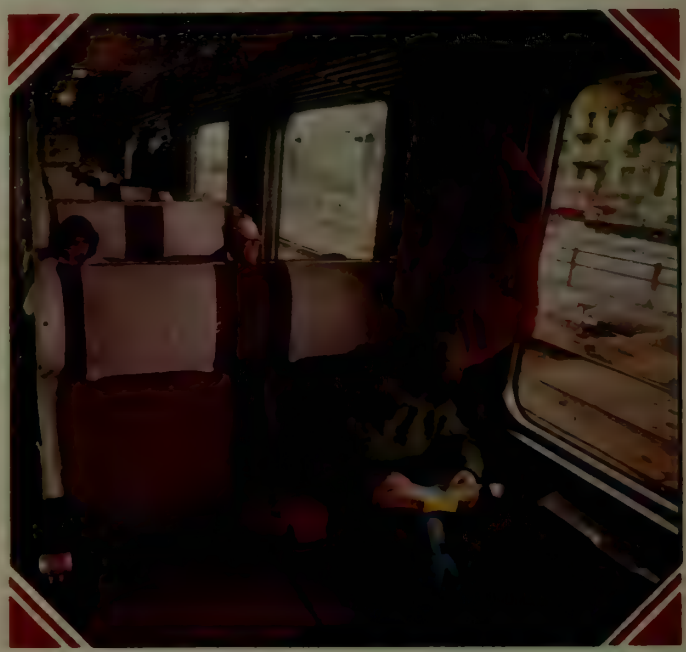
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20¢ OFF STORE COUPON 11B 11B **20¢ OFF**

For your pet's health see your veterinarian regularly © Ralston Purina Company 1978

europe

...SEEING IT BY TRAIN



Photograph: George Bush

If you're dubious about train travel in Europe because of vexing experiences with U.S. railroads, you are indeed on the wrong track. Trains are vital to Europe's transportation system, so they haven't been neglected. In fact, they're getting better all the time. They run frequently and on schedule; and they are comfortable, often downright luxurious.

The TEEs—the Trans-Europe Expresses—are great for sight-seeing country after country. Their speed, service, and sink-into seats are beyond compare.

On short hauls, local trains give you a wide choice of stops. For instance, instead of splurging on an $80 double in a merely so-so Paris hotel, you can get off at some exurban station (like Rambouillet, if you're coming from the *châteaux* country of the Loire), hole up in a simple but perfectly acceptable $35 room, and commute conveniently to Paris from there. With a Eurailpass, you won't be charged separately for each trip into town.

Eurailpass—what it costs

The Eurailpass—that's an unlimited use first-class ticket—is good in every country on the continent this side of the Iron Curtain except Yugoslavia and Turkey. And the price is only $180 for 15 days, $220 for 21 days, $270 for one month—up to $450 for three months. If you're under 26, you can buy two months of second-class travel for $250.

Great Britain and Ireland each have their own similar discount rail passes. In the U.K., a BritRail Pass will cost you $65 for seven days in second class, $170 for a month in first. Youth fares (14 to 22 years) run $55 for seven days, $125 for one month.

The Irish Republic offers eight-day and 15-day rail-and-bus "Rambler Tickets" that cost $41 and $62 respectively. Kids 16 and under pay half.

A rail pass pays off since individual fares are high and add up quickly. Go from Paris to Vienna to Rome and back to Paris, and you've more than paid for a Eurailpass. The Eurailpass also covers many bus lines and some ferries (between Germany and Denmark, for one), plus a number of lake and river steamers. Also, pass holders get discounts of up to 50 percent on many other ancillary services.

Note that all rail passes, except Ireland's, *must* be purchased before you cross the Atlantic. Other rail tickets—from London to Dublin, or from London to the French, Belgian, and Dutch Channel ports—*should* be obtained before you leave, since they are cheaper in the U.S. You can get the passes as well as individual tickets through your travel agent. For detailed information on Eurail routes, including a map, write William Brennan, Trains, P.O. Box M, Staten Island, New York 10305.

What to watch for

- Learn what the name of your destination city sounds like in the language of the country you're in so you can recognize it when a P.A. announcement is made. Learn the words for "track" and numbers up to ten.
- Train stops are generally brief, so know your schedule and don't carry more baggage than you can easily handle yourself. And never get off your train at an intermediate station unless you're absolutely sure the train will stop there for longer than a couple of minutes.
- On international name trains, meals are excellent and expensive: you may end up paying $10 to $15 per person for lunch or dinner. If you don't care to spend that much, stock up at a station kiosk or grocery store. Nobody will sneer at you for brown-bagging food and drink aboard.

Europe's top-view trains

TEE Cisalpin, Paris-Lausanne-Venice. Take it eastbound when it whizzes through the most scenic country in daylight; westbound, the best stretch comes after dark.

TEE Rheingold, Amsterdam-Koblenz-Geneva, carries dome cars for viewing the castled hills along the Rhine; both ways by day.

TEE Erasmus, The Hague-Koblenz-Munich, covers the same famous Rhine stretch, also by day both ways.

TEE Mistral, Paris-Nice, is the pride of the French railroads. It offers such amenities as radio-telephones and a boutique. Note that the stretch along the Riviera is traversed by day only on the train's northbound run.

TEE Catalan Talgo, Geneva-Lyon-Barcelona, speeds you through the French Alps, the Provence, and the Pyrenees; both ways by day.

TEE Vesuvio, Milan-Rome-Naples, and TEE *Settebello,* Milan-Rome, both offer daylight rides through magnificent Tuscany in both directions.

The Transalpin, Zürich-Innsbruck-Salzburg-Vienna, runs the whole length of the northern Alps by daylight in both directions; westbound, you also can enjoy the Danube Valley.

The Flying Scotsman, London-Edinburgh, provides a speedy way to see the English countryside.

continued on page 284

Real chocolate and fresh, natural ingredients ...that's why Brach's chocolate candies taste better.



Brach's wants you and your family to enjoy the best taste and value in chocolate candy. That's why we still take those special steps that make Brach's taste better than other candy. We roast and blend our own cocoa beans, then we prepare seven different real chocolate recipes to give us the best-tasting chocolate for each delicious center. Brach's uses just the right amount of natural ingredients like butter, milk, real oil of peppermint, plump Michigan cherries and fresh ingredients such as crunchy peanuts, chewy raisins and more. We double dip our peanuts in two coatings of real chocolate. And only Brach's Bridge Mix has twelve different centers. No wonder Brach's is still number one for the best-tasting treat in chocolate candy.

BRACH'S

For all the good things in candy, look for the familiar Brach's stripes.

Custom-made fritters

At mealtime or snack time, fritters are a surefire attraction. Ours are even more fun than usual because the basic recipe can be customized by stirring in a Flavor Variation, such as chopped apple or crumbled bacon. For a special touch, dip the warm fritters in a mixture of sugar and ground cinnamon.



Photograph: Dieter

PICK-A-FLAVOR FRITTERS

If using an electric mini-fryer, fry no more than two or three at a time—

Fat for deep-fat frying

• • •

1 cup all-purpose flour
1 tablespoon sugar
1 tablespoon baking powder
¼ teaspoon salt
½ cup milk
1 egg
1 tablespoon cooking oil
Desired Flavor Variation (see below)
Butter *or* margarine *or* maple-flavored syrup (optional)

Fill a deep, heavy saucepan or deep fat fryer one-third to one-half full of cooking oil or shortening. Heat till deep fat thermometer registers 375°. *Or*, drop in a bread cube; it should be lightly browned in one minute.

Meanwhile, in mixing bowl stir together the flour, sugar, baking powder, and salt; set aside. Combine the milk, egg, and 1 tablespoon oil; stir in the desired Flavor Variation from below. Add to the flour mixture, stirring just till moistened; do not beat smooth.

Drop batter by tablespoonfuls into deep, hot fat (375°). Fry 4 or 5 at a time for 4 to 5 minutes or till done, turning once. Drain on paper toweling.

Serve the fritters hot with butter or margarine or with maple syrup, if desired. Makes about 16 fritters.

Flavor Variations:

- 1 cup chopped peeled *apple* plus ½ teaspoon *apple pie spice*
- 1 cup chopped peeled *pear or banana* plus ½ teaspoon ground *nutmeg*
- 1 cup diced fully cooked *ham* plus 1 teaspoon *dry mustard*
- 1 8¾-ounce can *whole kernel corn*, drained, plus ½ teaspoon *onion salt or* 1 *green onion*, sliced
- 4 slices *bacon*, crisp-cooked, drained, and crumbled (use 1 tablespoon *bacon drippings* instead of 1 tablespoon oil)

Frying Tips:

Try to keep the fat temperature constant. If it's too low, the fritters will be greasy. If it's too high, the outside of the fritters will be dark and the center will be underdone.

Between batches, remove any food particles from the fat with a slotted spoon. Be sure fat is at 375° before adding more fritters. ■



USE THIS TO GIVE YOUR KIDS A BATH.



THEN USE THIS TO GIVE YOUR BATHROOM A BATH.

Want to give your bathroom the shine of its life? Then get your hands on Dow Bathroom Cleaner.

The Scrubbing Bubbles work hard so you don't have to. What's more, they never scratch and never leave any grit.

Want to get your mitts on a Scrubbing Bubble Bath Mitt? (Comparative Retail Value: $2.50) Then send in the coupon.

And don't be surprised if your kids start asking to take a bath.

Send $1 and a triangular piece snipped from the plastic cap of a can of Dow Bathroom Cleaner to:

BATH MITT OFFER
ONE INDUSTRIAL DRIVE
P.O. BOX 3035-B
MAPLE PLAIN, MN. 55348

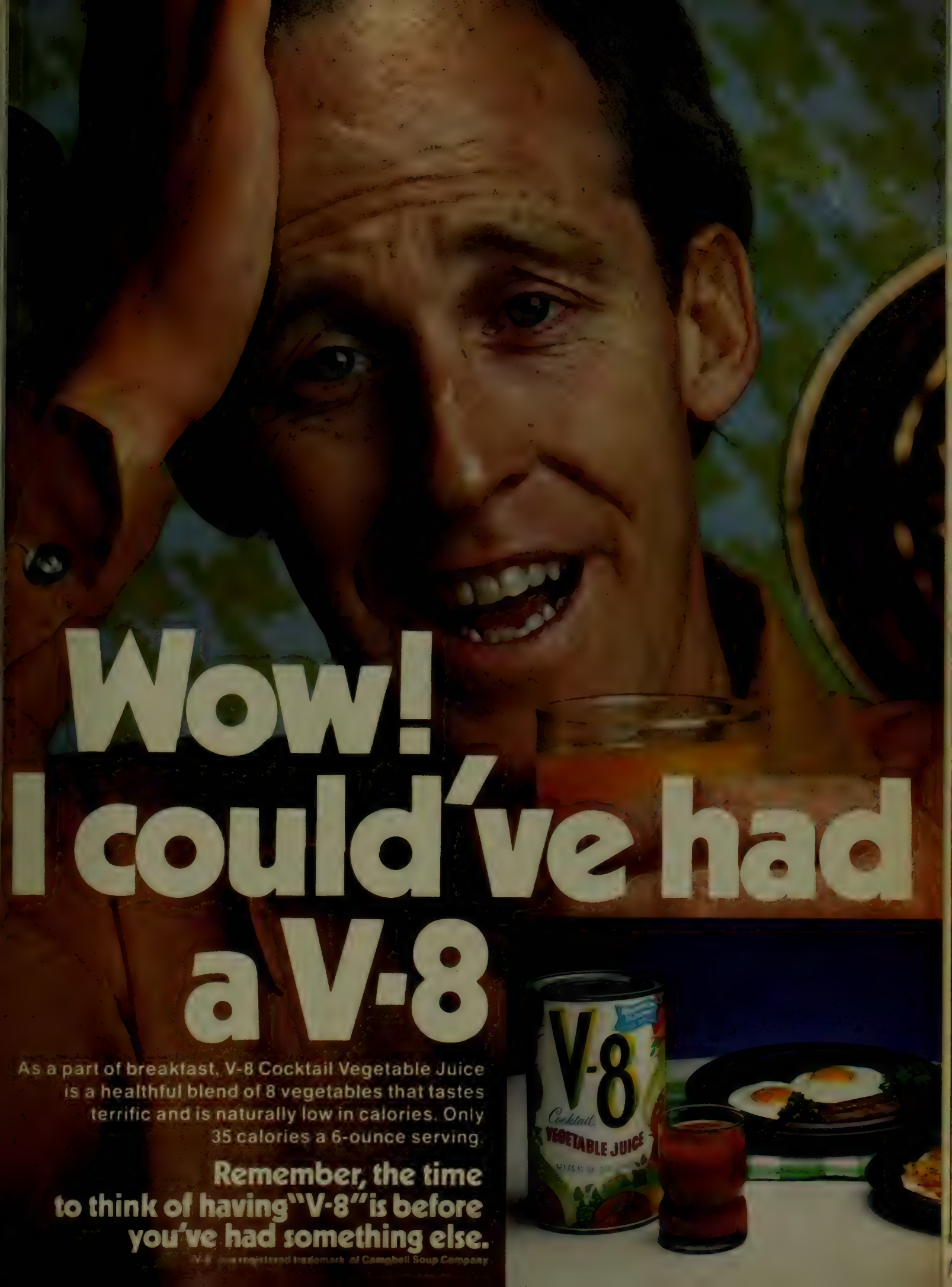
Name_____

Address_____

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Please allow six weeks for shipment. Void where prohibited. Offer expires Sept. 30, 1979. Offer good only in USA.


Wow!
I could've had
a V-8
As a part of breakfast, V-8 Cocktail Vegetable Juice is a healthful blend of 8 vegetables that tastes terrific and is naturally low in calories. Only 35 calories a 6-ounce serving.
Remember, the time to think of having "V-8" is before you've had something else.
V-8 is a registered trademark of Campbell Soup Company
V-8
Cocktail
VEGETABLE JUICE



FOOD

Choosing and Using Rice

With dozens of rice varieties lining your grocer's shelves, how can you choose what suits your cooking needs? It's a cinch once you know a few basic facts. Here's a quick update.

TYPES OF RICE

Brown rice is naturally nutritious since only the outer husk and a few of the bran layers are removed from the grain. When cooked, brown rice is chewy and has a nutlike flavor.

Parboiled rice keeps most of its natural vitamin and mineral content because it is steamed under pressure before milling. Both brown and parboiled rice need more water and longer cooking time than white rice does.

Regular milled white rice is the type most people use. During processing, the husk is removed, then the grain is cleaned and polished. If vitamins are added to restore nutrients lost in processing, the packaged rice is labeled "enriched."

After milling, rice is graded according to the grain length. *Long-grain rice* is four to five times as long as it is wide. Its long, uniform grains cook up dry and fluffy, so reserve it for dishes where appearance counts. *Medium-grain rice* and *short-grain rice* are less expensive. The cooked grains stick together, so you can easily mold them into rice rings or croquettes, or use them in casseroles and puddings.

Precooked rice is cooked after milling, then dehydrated. To prepare it, just restore the moisture by heating the rice in water for a few minutes.

RICE COOKING TIPS

- To prevent the rice from undercooking or burning, cover the pan with a tight-fitting lid and keep the heat low (just till a very small amount of steam escapes around the edge of the lid).
- Don't use too much water. You'll have to throw out the excess—thus losing valuable nutrients.
- To test rice for doneness, pinch a grain between thumb and forefinger. If there's no hard core, the rice is done. ■

Now. No more fights over 'who gets what.'

Whatever your family's favorite chicken part, you can now get it from Banquet®. Your choice of Fried Chicken Portions to keep in the freezer, ready for the oven. In minutes—crisp, hot fried chicken at a price that take-out can't beat.



© 1978 Banquet Foods Corporation St. Louis, Missouri 63102

In your grocer's freezer.



New, too! The no-fire, sure-fire barbecue sauced chicken.



Dessert Salads

What's a dessert salad? It's a fruit mixture that is generally served as a salad but is sweet enough to double as a dessert. Here are two delicious examples of these dual-purpose salads for you to try.

Photographs: Dieter



SUNSHINE SALAD

- ½ of 21-ounce can (1 cup) apricot pie filling
- ½ of 4½-ounce carton frozen whipped dessert topping, thawed
- ½ of 14-ounce can (⅓ cup) *sweetened condensed* milk
- ¼ cup lemon juice
- 2 11-ounce cans mandarin oranges, drained
- 1 13¼-ounce can pineapple tidbits, drained
- ½ cup tiny marshmallows
- ½ cup chopped walnuts
- ¼ cup shredded coconut

In large bowl, combine pie filling, whipped topping, condensed milk, and lemon juice. Reserve several mandarin orange sections. Fold remaining mandarin oranges into apricot mixture along with pineapple, marshmallows, chopped walnuts, and coconut. Cover and chill several hours or overnight. Garnish salad with reserved oranges and sprinkle with additional coconut, if desired. Makes 8 to 10 servings.

CHERRY-WINE BAVARIAN

- 1 6-ounce can evaporated milk
- 1 16-ounce can pitted dark sweet cherries
- 1 6-ounce package cherry-flavored gelatin
- ¼ cup sugar
- 2 3-ounce packages cream cheese, softened
- ⅔ cup dry red wine
- 2 tablespoons lemon juice

Pour milk into freezer tray; freeze till ice crystals form around edges. Drain cherries, reserving juice. Halve cherries. Add water to cherry syrup to make 2 cups. Combine gelatin, sugar, and cherry liquid. Heat and stir till gelatin dissolves. Slowly add hot liquid to cheese, beating smooth. Stir in wine and lemon juice. Chill till partially set. Beat partially frozen milk in small mixing bowl to stiff peaks. Fold in gelatin mixture and cherries. If necessary, chill till mixture mounds. Turn into 8-cup mold. Chill till firm. Makes 10 to 12 servings. ■

Saffola® has no cholesterol

and gives you more beneficial polyunsaturates than corn oil products. Enjoy it to your heart's content.



Made with light, delicious safflower oil, so it's higher in the polyunsaturates that should be part of your total diet to help reduce serum cholesterol.

An announcement from the Colgate-Palmolive laboratories to every woman who cares about her laundry.

After you read this, you may never use your powder or liquid laundry detergent again.

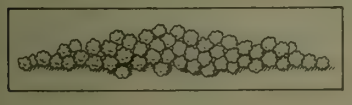
Announcing revolutionary Fresh Start.™ It's not ordinary powder or liquid. It's highly concentrated granules. So concentrated... just ¼ cup cleans your whole washload.



©1977 Colgate-Palmolive Co.

Until now, you used either ordinary powder or liquid laundry detergents, simply because they were your only choices.

Well, now all that is changed. Because now there's new Fresh Start. This revolutionary detergent discovery is truly unique.



Granules. A difference you can see.

Inside Fresh Start's clear plastic bottle are millions of granules. Look very closely because this is not ordinary powder. These tiny blue beads are highly concentrated. In fact, they contain more cleaning ingredients per ounce than the leading powder or liquid detergent.



Why four common laundry soils are so important.

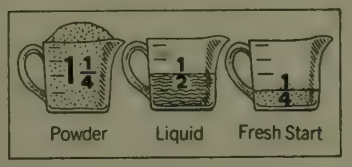
Most every laundry problem you're faced with falls under one of them. Food stains. Grease. Body stains. And just plain dirt.

Obviously, no single product gets every stain out. But Fresh Start's unique formulation is specially designed to work on all four of these common laundry soils. Every single time you do your wash.



What do we mean by the best of powders and liquids?

Powders' strength is getting out dirt and stains. Liquids were created to help remove grease. Fresh Start combines the best dirt and stain-fighting ingredients of powders with the best grease-fighting ingredient of liquids. The fact is, no other laundry detergent gives you this combination in revolutionary highly concentrated granular form.



How can just ¼ cup clean your whole washload?

In a word, concentration. Fresh Start is so highly concentrated, just ¼ cup cleans the whole washload. You may find this slightly astonishing at first. But the fact is, and you'll see first hand, Fresh Start does a big job. What's more, you can use the cap on the Fresh Start bottle to measure that ¼ cup.



Will our bottle outlast their box?

Yes. Size for size, Fresh Start gives you more washes than ordinary powder detergents. We know how important economy is to you these days.

So now that you've read about this remarkable new laundry detergent, there's only one thing for you to do.

You must try Fresh Start. See the difference in the bottle. And then discover the difference in your wash.

We think you'll like Fresh Start. We think you'll like it so much, you may never use your powder or liquid laundry detergent again.

Fresh Start. It's the best of powders and the best of liquids in one.



Urban Jungle, San Antonio Style.

Nothing's quite what you'd expect in San Antonio. Including an urban jungle that's real. Real lush. And real green.

You'll find it along the Paseo del Rio. A gentle, jade green river that winds its way through the heart of downtown. An unbelievable storybook world whose walkways and waterways are filled with the sounds of couples and tourists alike enjoying the sidewalk cafes, boutiques and nightclubs that line its banks. And all of it just a flight below the busy downtown streets.



Just a block or so away is the sprawling El Mercado. A completely restored Mexican and Farmers Market full of vendors you can bargain with. Shops you can browse in. Margaritas you can sip on. And barbacoa you can munch on. In short, get a taste of the produce, products and people that give San Antonio much of its style.

For a taste of its history you'll find the Alamo. Where 187 men gave the world an unforgettable lesson in what it takes to be free. It's one of five missions left by the Spanish as testimony to the fabric of "urban" life in the colonial Southwest.



The missions. El Mercado. The Paseo. They're just a part of what gives San Antonio a style every city should have. And would have if they too had chosen to grow with grace. Rather than haste. That's San Antonio's style.

Do it up San Antonio style.

SAN ANTONIO CONVENTION & VISITORS BUREAU P.O. BOX 2277 SAN ANTONIO TX 78298

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BH & G 11-78

BUILDING

This divider does more than divide

Every boy needs an area he can call his own—but what if he's one of two sharing a room?

These parents came up with a nifty solution. They divided their boys' bedroom right down the center, leaving no doubt in either son's mind about whose stuff is whose. Now each boy has his own place to sleep, to study, to store clothing, and to tack up treasures.



Photograph: Bill Hedrich, Hedrich-Blessing
Source: Barbara Sims

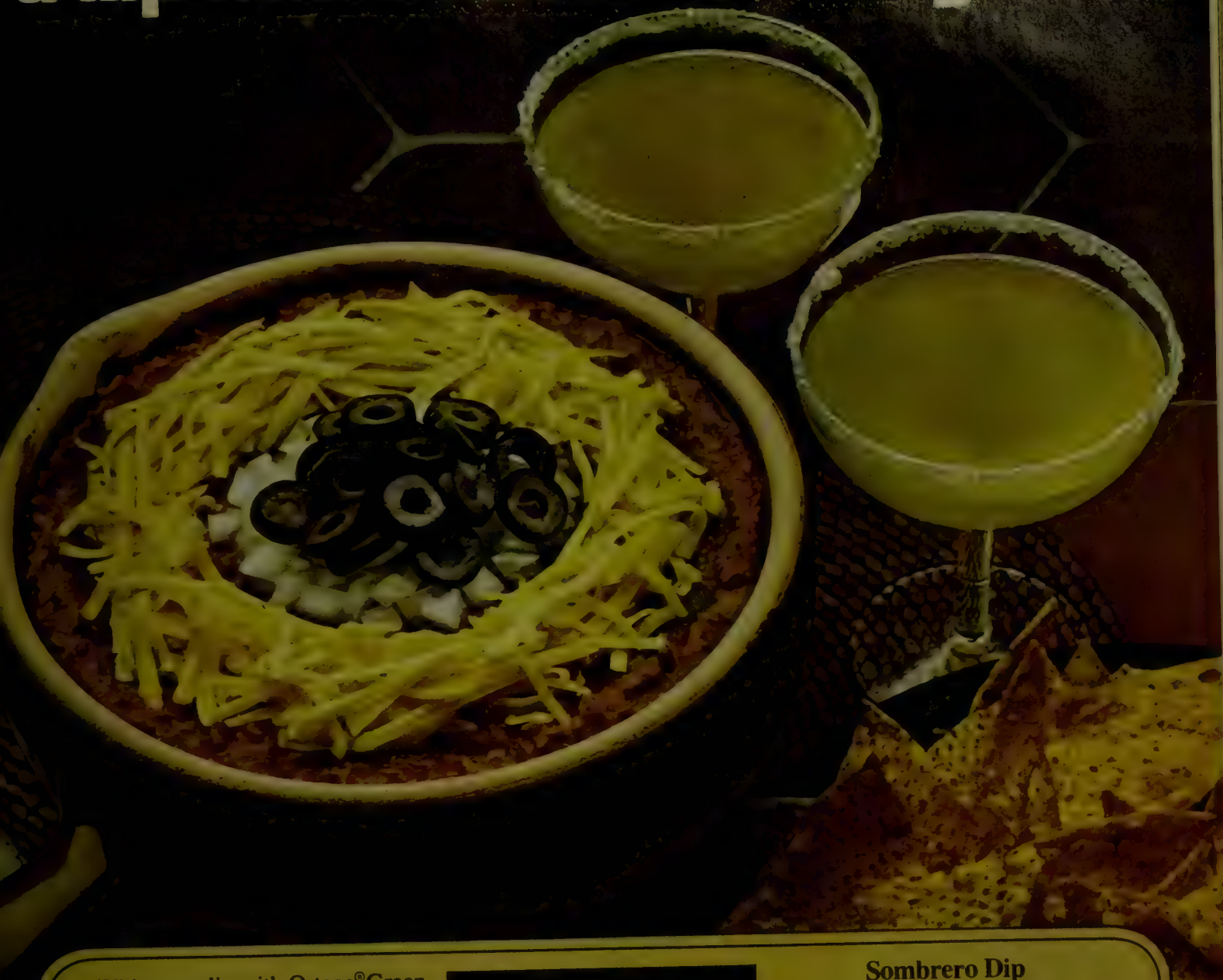
The divider, made almost entirely of ¾-inch plywood, is broken up into three sections—a bulletin board, seven drawers, and a study area. Capping off the end is a two-foot-wide bookcase that the boys share.

One side is exactly like the other, except that the bulletin board and drawer sections swap places. The frames reach from floor to ceiling, but the divider is open at the top to give an airy feeling to the room and to provide storage for stereo components, sports gear, and other bulky paraphernalia that most boys seem to collect.

You can build your own version of this divider—either from scratch or by using pre-built components wherever possible. Consider, for example, using standard filing cabinets in the desk areas. And shop around for unfinished chests to butt back-to-back as a unit.

When the project is complete, your only job is to help negotiate whose side is whose. ■

Invite your friends to take a dip with a beautiful Margarita.



Whip up a dip with Ortega® Green Chile Salsa. Mix up a batch of Margaritas with Cuervo Gold Especial. Then stand back and watch 'em dive in!

Our dip gets its zip from our salsa. A tasty blend of fresh, tangy green chiles, tomatoes and onions. And the beautiful part of our Margaritas is Cuervo Gold Especial. The gold standard of tequilas since 1795.

So whether your next get-together is black tie or blue jeans, serve Margaritas and Ortega's Green Chile Salsa Dip. The quick and easy way to become famous for your drinks and appetizers.



Sombrero Dip

1 lb. ground beef
¼ c. chopped onion
1 medium clove garlic, minced
2 cans (7 oz.) or 2 c. Ortega Green Chile Salsa
1 can (17 oz.) Ortega Lightly Spicy Refried Beans
1 teas. salt
½ c. (2 oz.) grated Longhorn cheese

Garnish
¼ c. sliced ripe olives
¼ c. chopped onion

Tortilla chips

In a 10 inch skillet, brown beef until crumbly. Drain. Add onion and garlic. Cook until onion is soft. Add remaining ingredients. Cook until hot and bubbly. Spoon into chafing dish. Garnish with cheese, olives, and onion. Serve with tortilla chips.

Cuervo Margarita

1½ ozs. Jose Cuervo® Gold Especial Tequila
1½ ozs. Arrow® Triple Sec
1 oz. lemon juice (or lime juice)

Mix ingredients, shake with shaved ice and serve in salt-rimmed glass.
To prepare salt rim on glass, dip edge of glass ½" deep into lime juice, then into coarse salt. Let dry at room temperature.

Cuervo Gold Especial · Ortega Green Chile Salsa.

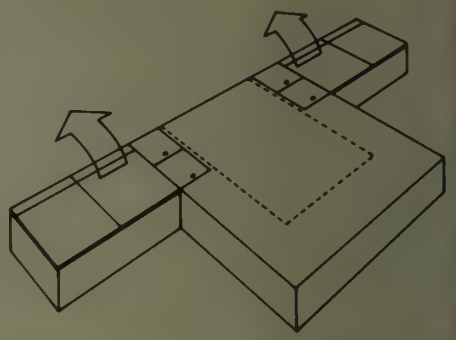
CUERVO ESPECIAL® TEQUILA 80 PROOF IMPORTED AND BOTTLED BY © 1978 HEUBLEIN, INC., HARTFORD, CONN

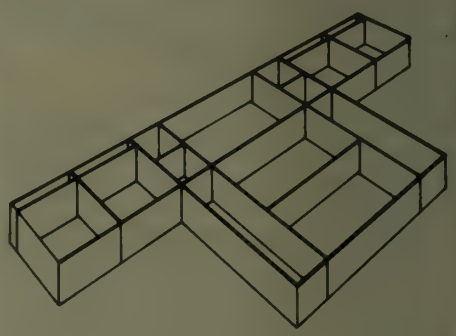
Build a platform bed with bonus storage

This platform bed with adjoining built-in storage units helps to conquer clutter in the bedroom. The simple design coupled with basic-box construction techniques makes this project a snap for any seasoned handyman.

If there are small children at your house, you'll especially appreciate the flip-top storage bins on either side of the platform bed. The hinged units can store bedding and also take the place of bedside tables. Anything you don't want toddlers to touch can simply be tucked safely inside a bin.

The platform bed and storage units are simple enough to build—just a series of plywood boxes, *see sketches.* You can build the entire bedroom unit from ¾-inch plywood. Adjust the dimensions of the platform and storage





areas to fit your own space requirements. The platform in the photo, *below,* is long enough and wide enough to allow you room to sit down while putting on your shoes in the morning—no



Photograph: Maris/Semel. Architect: Brian Oviedo
Source: Bonnie Crone

more broken-down mattress edges. Be sure to allow for a rail behind the hinged bins. The rail permits the bin lids to prop open against the wall.

The soft surfaces and cushioned corners of the carpeted "non-furniture" platform and bins are easy to live with. Young children can get a grip without getting hurt. Covering the entire bed/storage area with the same hard-twist carpeting that appears on the floor makes the unit seem less massive. Application is simple. Use a notched trowel to spread carpet adhesive over the plywood platform. Then seat the carpet and trim the corners to fit. ■

Pregnant? The sooner you know, the better.

Introducing Predictor. The in-home pregnancy test method with the highest proven rate of accuracy. The only test used in 3000 hospitals and 9 million laboratory tests.

Doctors agree. The sooner you know whether you're pregnant, the better. New Predictor gives you a scientific answer in your home in two hours. If you're pregnant, you can take health precautions for proper fetal development during those critical first 60 days.

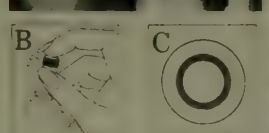
Compare:	PREDICTOR	other
Safe	yes	yes
Fast (in-home)	yes	yes
Used in 9 million laboratory tests	yes	no
Highest proven rate of accuracy*	yes	no
Used in U.S. hospitals	yes	no

Predictor is proven. It's the only in-home test used in over 9 million laboratory tests and over 3,000 U.S. hospitals.

Predictor is accurate. Highest accuracy of any test you can buy.* Thousands of clinical tests confirmed a 98.9% accuracy. Patients at home achieved virtually identical results.

Predictor is fast. You'll *know* in 2 hours, as early as 9 days after your expected menstruation. That's when HCG (the pregnancy hormone) becomes detectable.





Predictor is easy as A.B.C. (See left). Put a measured amount of your first morning urine in the test tube (A). Add vial contents and shake (B). Let stand 2 hours. A brown ring forms *if* you are pregnant (C). No ring, no pregnancy.

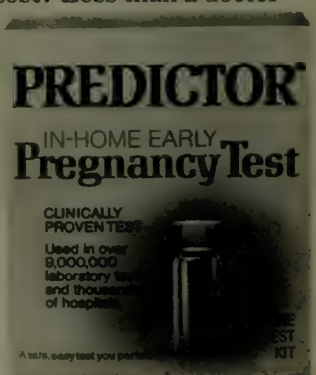
Predictor is safe. Only a urine specimen is required. No drugs or injections. (The cost? Less than a doctor and laboratory charge.)

Predictor protects you. If the test is positive, see your doctor. Early detection is important. (Cigarettes, inadequate nutrition, even some household medications could be harmful.)

A negative reading means menstruation should start soon. (Check Predictor's package booklet.)

Remember: *No other test you can buy has the scientific and professional credentials of Predictor.*

**Based on product labeling.*



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E&J Distillers, Modesto, Calif.

Treating stains on needlepoint

If you discover a spot or stain on your favorite needlepoint piece, don't panic. The tips below can help you banish almost any kind of discoloration from your stitchery.

Grease stains

Place the needlework face down on a clean white towel. Pour dry cleaning fluid through the needlework onto the stain; press the stitchery into the towel. Move the stained area onto a clean towel area, repeating the process until the stain is gone.

Rust stains

Apply a two-percent solution of oxalic acid ("hypo" or photo-developing solution) with an eyedropper onto the stain. Rinse immediately in room-temperature water. Blot the stain with a clean cloth to absorb excess moisture.

Mildew

Treat mildew as fast as possible; otherwise the spores will keep growing, weakening the yarn and canvas. Use a three-percent solution of hydrogen peroxide. (Be sure it's fresh—if stored too long, it loses its strength.) Saturate the mildewed areas, then place the needlework in bright sunlight. Keep the mildewed area wet with solution until the stain disappears. Remove peroxide from the piece with cold water. Dry the stitchery thoroughly.

Glue or paint stains

With a cotton swab, rub diluted alcohol into the stained areas. Let the needlework dry without rinsing.

Ink, blood, or food stains

Remove these stains with a commercial spray cleaning product. If necessary, reblock the needlework piece while it's still damp. ■

No-Time-To-Bake™ holiday baking.



Just a little more than an hour. And you can dazzle. With a bread that looks (and tastes) holiday elegant, bakes up in about half the time of old-fashioned recipes. Serve it dusted with coconut, boasting the goodness of honey, oranges and all natural Red Star® Active Dry Yeast — the only no preservatives one.

Snow Ring Holiday Bread

4½ to 5 cups all-purpose flour
2 pkgs. Red Star Instant Blend Dry Yeast
⅓ cup sugar
1 teaspoon salt
1 tablespoon grated orange rind
1 cup milk
½ cup water
⅓ cup butter or margarine
1 egg

TOPPING:
1½ cups sugar
⅓ cup butter
2 tablespoons honey
¼ cup orange juice
1 cup flaked coconut

In large mixer bowl, combine 2 cups flour, yeast, sugar, salt and rind; mix well. Heat milk, water and butter until warm (120-130°; butter need not melt); add to flour mixture. Add egg. Blend until moistened; beat 3 min. at medium speed. Gradually stir in enough remaining flour to make a firm dough. Knead on well-floured surface until smooth and elastic, about 3 to 5 min.

Combine Topping ingredients, except coconut, and heat until sugar is dissolved. Divide half of topping between two well-greased aluminum Bundt pans or 11-cup ring molds. Sprinkle with half of coconut. Divide dough into 20 pieces and place 10 in each pan. Pour remaining Topping over dough in pans. Sprinkle with coconut. Cover; let rise in warm oven (turn oven to lowest setting for 1 min., turn off) for 25 min. Bake at 400° for 15 to 20 min. Cover pans with foil; invert onto rack. Cool 1 min., remove pans; cool. Sprinkle with additional coconut if desired. Oven 400° 2 Coffeecakes

Check our packages for other exclusive No-Time-To-Bake recipes.

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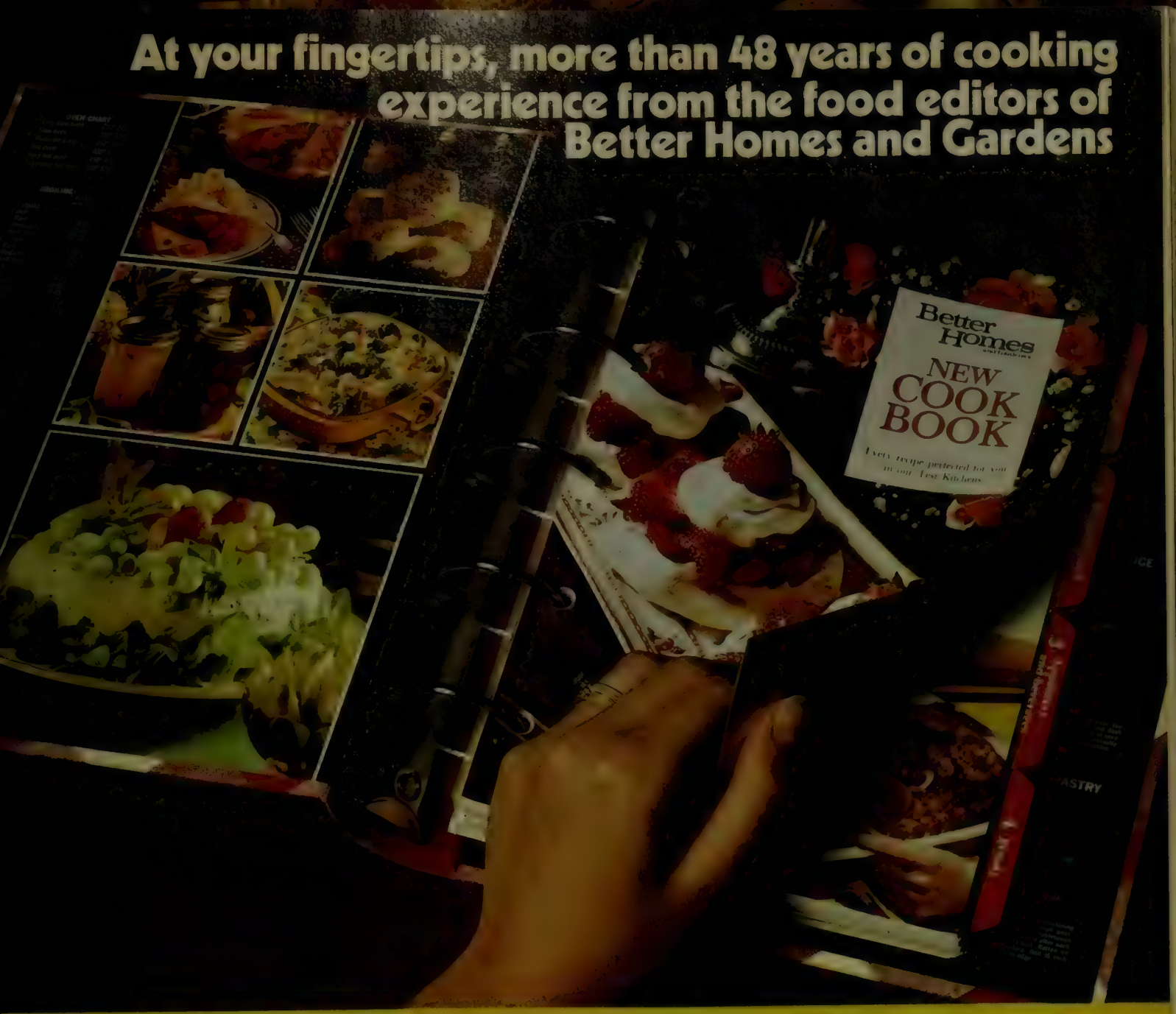
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- The rugged, wipe-clean cover resists moisture and stains, to keep that just-bought look.
- Exclusive patented ring binding allows the book to stay open at the page you want, and you can add the recipe pages that appear each month in Better Homes and Gardens magazine.
- More than just a recipe book; contains kitchen-tested cooking tips, menu planning advice, new methods and techniques, new entertaining ideas — and hundreds of rich color photos to show how dishes turn out, and how they should be served.

Constantly revised and updated, Better Homes and Gardens New Cook Book has been America's favorite for decades. Shouldn't it be yours? It's at your bookseller now, and it's priced at only $9.95.



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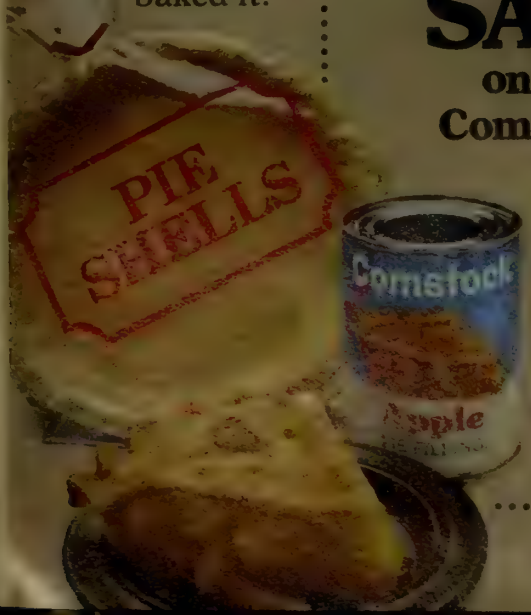
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FURNISHINGS

Tips on book care

Some experts say books on open shelves require a daily dusting. If you're not that conscientious but you want to preserve your books, follow these maintenance tips for book care.

Routine care

When you do dust, gently wipe the book's edges from back to front to prevent dust accumulation in the headcap (top of the back). Vacuuming with a soft brush attachment is another way to keep your books dust-free.

Dingy hardbound covers and page ends can be cleaned with art gum or a soap eraser. Hold the book firmly closed to prevent damaging the page edges.

The ideal temperature range for books is 65 to 75 degrees, with 50-percent relative humidity. Direct sunlight or artificial light and intense heat can dry out and fade leather and cloth bindings. To protect bindings, do not place books over a radiator or next to a chimney.

When placing books on shelves, leave room enough for the books to be lifted out easily. On a partially filled shelf, use bookends to prevent books from sagging and spines from bending. Place books away from the back of bookcases for air circulation.

Rare and valuable books should be kept behind glass doors, with plenty of breathing space around the books.

Since perspiration salt from your hands is good for antique leather bindings, they'll benefit from frequent handling.

Special problems

Your library is vulnerable to pest attack. Unless you're alert, bookworms, moths, and silverfish will chew on pages and ruin bindings. Regular dusting will reveal these pests but removal may require the services of a professional exterminator.

Mildew can also ruin your reading collection if left unchecked. Wipe and brush the mildewed books, then air them in the sun. Dry the room with a dehumidifier or fan before you replace the books on the shelves. ■

Discover the delightful differences of our fresh rosé wines.

We make three California Rosé wines at The Christian Brothers Napa Valley winery. Each has its own pleasing flavor and individual character, but they share a light-hearted appeal, and the fresh taste and fragrance of premium wine grapes. Our Rosé wines are produced with the same devotion to style and quality that you find in all of the wines we offer from our cellars.

The Christian Brothers California Vin Rosé is a sunrise pink wine that is very dry and light-bodied. Its pleasing fruity taste makes it a good choice for light meals and it goes well with fish, meat or fowl.



Our California Napa Rosé has long been a favorite. It is a deep rose-pink wine, with a trace of natural grape sweetness that is best enjoyed chilled or over ice. It can be served with almost any meat or chicken dish.

La Salle Rosé is a new California addition to our family and has a taste that is fresh and bright, with a delicious fruity quality. We feel that it will delight and surprise you with its new character. Serve it well chilled anytime.

If you would like to know more about our wines, you may write to me.

Brother Timothy F.S.C.
Cellarmaster, The Christian Brothers
Napa Valley, California



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The Tilche Suite. Curves and angles make it a pleasure to look at. Shown here in new Aegean Mist with a 24-karat gold plated Ultra Font faucet. The 22" x 21" sculptured pedestal lavatory and unique toilet are available in a wide range of decorator colors.

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Carpet underlayment is well worth the $1 to $3 per square yard you'll probably spend for it. It reduces pile compression and pile loss. It increases the luxurious feel of carpeting. And, it makes economic sense because carpets will last longer. Carpet cushion also insulates against heat and cool-air loss, too.

No one carpet pad is right for all situations. To be a smart shopper, first list your requirements (the feel underfoot, cost, etc.) and the type of use the underlayment will get (heavy versus light traffic).

Then become familiar with the basic types of padding so you can match their characteristics to your needs. A retailer may not stock all types, but he can almost always order the kind you want.



What's available

Felt is the best choice for high-traffic areas because it's durable and gives firm support. However, felt may cause problems for the allergy-prone. It comes in several combinations of animal hair and other fibers, with or without rubberized backing. The grade is determined by weight per square yard.

Urethane foam provides a good degree of firmness underfoot. How firm and how resilient it is depends on the manufacturing process, the density of the foam, and the amount of material used. The degree of plushness can vary from very soft to firm. A good quality urethane foam is tough enough for heavy traffic areas.

There are three types of urethane foam: *Bonded urethane* is made by bonding shredded scraps of prime urethane foam. Its recent popularity has depleted the supply of scraps, thus escalating the price.

Prime urethane foam comes in ¼- to ¾-inch thicknesses. It is a continuous sheet of cushion and facing material.

Densified prime urethane foam allows the manufacturer to vary the density by controlling the cellular structure.

Sponge rubber is made with a smooth, relatively flat surface or a waffled (rippled) surface. The flat variety is measured by thickness, and the waffled type is measured by a combination of weight and thickness.

Foam rubber is available in a smooth, flat construction in several thicknesses and densities.

Choosing the padding

Even if you opt for an inexpensive carpet, don't skimp on the padding. A good-quality underlayment extends the life of carpeting and may even be usable for your next installation.

Poor-quality cushion deteriorates and isn't as comfortable underfoot as quality padding.

To judge quality in padding, check for "bottoming out." Lay the carpet cushion on a hard surface and cover with a sample of the carpet you've chosen. Then step on the carpet. If you feel your heel hit the hard surface, you need a better quality or thicker pad.

Most carpet cushions are backed by warranties. They're your assurance that the cushions will perform well. ■

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Desserts for Licorice-Lovers



FROZEN DESSERT SQUARES

Anisette imparts a licorice-like flavor—

1½ cups fine vanilla wafer crumbs
½ cup finely chopped walnuts
6 tablespoons butter or margarine, melted
1 4½-ounce package no-bake custard mix
2 cups milk
¼ cup anisette liqueur
1 4½-ounce carton frozen whipped dessert topping, thawed

Combine wafer crumbs, walnuts, and melted butter or margarine. Set ¼ cup mixture aside. Press remaining mixture into 8x8x2-inch dish. Prepare custard mix according to package directions using the 2 cups milk and the ¼ cup anisette in place of liquid called for on the package. When mixture boils, remove saucepan from heat and place in bowl of ice water. Stir custard gently till cooled. Fold in topping. Spoon over crust. Top with reserved crumbs. Cover; freeze firm. Makes 9 servings.



Photographs: Dieter

ANISEED CAKES

Regular muffin pans work, too—

1 cup sugar
6 tablespoons butter or margarine
2 eggs
1 cup all-purpose flour
1 teaspoon aniseed, crushed
½ teaspoon baking powder
¼ teaspoon salt
⅓ cup dairy sour cream
1 tablespoon finely shredded orange peel
½ cup sugar
½ cup orange juice

In mixer bowl, cream together the 1 cup sugar and the butter or margarine till light and fluffy. Add eggs, one at a time, beating well after each addition. Stir together flour, aniseed, baking powder, and salt; add to creamed mixture alternately with sour cream, beating after each addition. Add orange peel; beat well. Pour batter into greased and floured 2¾-inch fluted muffin pans. Bake in 350° oven for 18 to 20 minutes or till cakes test done. Invert onto wire rack; cool slightly. Meanwhile, in small saucepan, combine the ½ cup sugar and the orange juice; bring to boiling. Pierce holes in fluted tops of cakes with tines of fork. Spoon sugar mixture very slowly over cake. Makes 16 cakes. ■

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Winery name. For decades, Souverain has meant quality wine. Located in California's premium wine country, they select only the choicest grapes from prime estates.

Varietal designation. The name of the noble grape that inspired the wine. By law, only 51% of this grape must be used. But many Souverain varietals are 100%—except where blending enhances quality.

Appellation. California's North Coast is famous for little "microclimates" that produce the best grapes. That's where all Souverain grapes are grown.

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DECORATING

TRACK LIGHTING TIPS

If you're looking for a lighting system that strikes a happy medium between glare and gloom, track lighting may be the answer. Rather than spotlighting a room as single lamps do, track lighting illuminates entire surfaces. This has the effect of visually expanding the size of the room.

Versatility is another virtue of a track lighting system. Its clean-lined look works well with almost any decor, and the lighting can be directed to suit your needs. It's a simple matter to relocate your track system to another area of the room or to a new home.

Easy-to-install kits available

Some track lighting systems require a special outlet for installation, but the kit systems available today do not. A slim metal strip (available in two-, four-, eight-, and 12-foot lengths) is joined to a connecting plug and a 15-foot electrical cord. When installed on the ceiling or wall, the strip serves as a continuous power source which can be plugged or wired into any existing outlet. To install the track strip, all you need is a hammer, a screwdriver, and, in some cases, a drill. You can make the cord inconspicuous by painting it to match your wall color.

For best results, the track should be positioned so that light hits the area to be illuminated at a 35- to 45-degree angle. In a room with a standard eight-foot ceiling, it's best to mount your light strip on the ceiling about 25 or 30 inches away from the wall.

Clip-on fixtures

Once the light strip is mounted on the ceiling or wall, spotlights or other special track light fixtures can be clipped anywhere along the track without tools. These fixtures come in a variety of shapes and colors, and can be repositioned or swiveled to direct light wherever needed. You may also fit a favorite decorative hanging fixture into the track with a special adapter clip.

In addition to the above-mentioned track lighting kits, you can buy a system with the light fixtures already attached to the strip. ■

Source: *American Home Lighting Institute*

Seating-and-sleeping setups

Set up two twin beds in the middle of an average-size room and you've not only filled up the floor space, you've also committed the room to a single use—sleeping. To make better use of space, why not line up the beds end to end against one wall? Here's how.



Photograph: John Rogers. Design: Jean Thurmond
Source: Sims/Magazzine

▲ This guest room in disguise functions daily as a library and a room for television viewing. When overnight guests arrive, the banquette seating turns into twin beds. They pull out from under the bolsters, which fold down to reveal bedding storage.



Photograph: Maris/Semel. Design: Sims Murray
Source: Estelle Bond Guralnick

▲ With the beds and night table pushed against the wall in this boy's room, there's plenty of floor space left free for play. The twin beds rest on box springs, lowered to make them a comfortable height for seating. ■

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continued from page 280

europe

...GETTING THERE BY PLANE

International airlines offer a variety of bargains. Here is the basic lineup. All fares cited (except charters) are for the off-season, good at least until May. In the summer, you'll pay from $40 to $120 more, depending on the type of ticket and your starting point.

(Air fares, and for that matter all prices in Europe, are in a constant state of flux. As we go to press, the prices given in this article are accurate. However, in the meantime there likely will be some increases.)

The straight story about standby

Standby is about as cheap as you can get. You can travel standby any day of the week and stay as long as you like up to one year, and you don't have to commit yourself weeks ahead to a specific flight. In fact, you can't. You simply show up at the ticket counter and hope there's space for you on the next plane out.

The bad news is that sometimes—though rarely in the off-season—you can't get a seat even if you arrive early. Of course, that spells trouble if you've made advance reservations at your destination. One solution: leave the first two nights of your trip open. The standby fare is so low ($256 for the London round trip from New York, $299 from Chicago, $398 from Los Angeles or San Francisco) that you'll still be ahead even if you have to spend the first night or two in a higher priced hotel.

Unfortunately, there's yet another drawback: Up to this time, the only standby fares available are to London. If that isn't your destination, you'll have to make other arrangements to continue your trip from there.

Pros and cons of budget fares

Budget fares, at the same price as standby, also are primarily limited to London flights. However, there are some exceptions. For instance, Sabena, the Belgian airline, offers a New York-Brussels flight for $299 round trip, and TWA flies New York-Rome round trip for $398.

On "budget" you must buy your ticket three weeks in advance of the week (beginning on Sunday) in which you want to travel. You'll find out what day you'll be traveling and what flight from the airline at least seven days before your departure week.

Flying budget instead of standby usually gives your travel agent time to make arrangements at your destination to fit your arrival.

But a disadvantage is that in making reservations for your return trip (within one year of your departure) you can again only specify the week in which you want to fly back—you'll be told exactly when by the airline, according to the same procedure that applied to your departure. On a long sojourn, that's pretty safe, but what if you only have a two-week vacation? Conceivably you could end up leaving on the last day of the first week, and having to return on the first day of the second week. It's not likely that your vacation will be cut short like this, but it could happen, and that's something to keep in mind.

All about APEX

APEX (and Super-APEX) allows you to reserve specific flights for your trips over and back, but this type of fare costs more, and there are certain conditions. You must make both reservations from 21 to 45 days before the date of your departure, then pay for your ticket within one week after your reservations are confirmed. Generally, you must stay abroad at least 14 days and no more than 45. One exception is the United Kingdom, where stays range from seven to 60 days.

Advantage: there's no problem about working out a precise itinerary with your travel agent. Also, the APEX fare can be tied in with airline land arrangement packages, which are generally cheaper than individual reservations.

Sample fares: London round trip from New York costs $320; from Chicago, $383; from Atlanta, $332; from Miami, $375; from Los Angeles or San Francisco, $480. Dublin round trip from Chicago, $398; Zurich from Boston, $345; Copenhagen from Seattle, $489.

Lowest APEX fares are those of Icelandic Airlines. You'll pay $275 to Luxembourg round trip from New York, $295 from Chicago. (However, you can fly APEX New York-Paris round trip via TWA midweek for $299.) The Icelandic trip takes a little longer because of a stop in Reykjavik; on the other hand, the Reykjavik and Shannon airports are the only ones left with duty-free shopping at really good prices.

A close look at charters

ABC charters can save you a lot of money if you find the right one for your trip, which isn't always easy, especially in the off-season. These charters (the AB stands for "Advance Booking") must be ticketed at least 20 days before departure, but you don't have to be a member of some club to be eligible. Most charters allow you two to four weeks abroad, but they range from one week to ten weeks or longer. Your travel agent can tell you if there's one that fits in with your plans, departing from an airport near your home. Prices vary considerably, sometimes from week to week, depending on how busy the airlines are.

Sample ABC round trips: Chicago-London $299 to $339; New York-Paris $269 to $339; California-Zurich $449 to $469.

Shopping around

As you can see from the sample fares, London is always cheapest with standby or budget tickets. To reach the continent from New York or Chicago, you can't beat Icelandic's APEX rates. In almost every other case, your best bet is an ABC charter with a scheduled airline, provided you can find one. Occasionally, independent charter operators undercut ordinary prices, but because a number of groups have been left stranded, we hesitate to include any such tempting bargains in our air-travel recommendations. ■

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These recipes use General Foods trademarked products—
and that's your *guarantee of quality.*

TRADEMARK RECIPES 3

CLIP AND SAVE

This is page 3 of the General Foods Trademark Recipe Collection.

This time we feature a delicious chicken main dish that takes less than 45 minutes to make.

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ROSY APPLESAUCE

1 jar (15 oz.) applesauce
2 to 3 tablespoons KOOL-AID® Brand Sugar-Sweetened Soft Drink Mix, any red flavor



Combine applesauce and soft drink mix, blending well. Makes 2 cups or 4 servings.



CHICKEN WITH MUSHROOM SAUCE

2½ lb. frying chicken pieces
1 envelope SHAKE 'N BAKE® Seasoned Coating Mix for Chicken
1 can (10¾ oz.) condensed cream of mushroom soup
½ cup chicken broth

Coat chicken with seasoned coating mix as directed on package. Arrange in a single layer in an ungreased shallow baking pan. Bake at 400° for 20 minutes. Combine soup, water and broth. Pour a little of the sauce over the chicken, leaving part of the browned chicken uncovered; pour remaining sauce around the chicken.



Bake 20 minutes longer, or until tender. Stir the sauce in the pan and serve with the chicken. Makes 4 servings.

GINGER PEACH DESSERT

1 package (3 oz.) JELL-O® Brand Orange or Peach Flavor Gelatin
1 cup boiling water
1 bottle (7 fl. oz.) ginger ale
1 can (8¾ oz.) sliced peaches, drained and diced

Dissolve gelatin in boiling water; add ginger ale. Chill until thickened. Fold in peaches. Spoon into individual molds, a serving bowl or individual dessert dishes. Chill until firm, about 3 hours. Unmold. Makes about 2½ cups or 5 servings.



COFFEE SLUSH

¼ cup light cream or half-and-half
1½ teaspoons SANKA® Brand Freeze-Dried or Instant Decaffeinated Coffee
2 to 3 tablespoons sugar
Dash of cloves (optional)
2 cups crushed ice

Blend cream and coffee in electric blender at high speed until coffee is dissolved. Turn off blender. Add sugar and cloves; then add crushed ice, ½ cup at a time, blending thoroughly after each addition. Serve at once in chilled glasses. Makes 2 servings.



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GENERAL FOODS



SHOPPING FOR UNFINISHED FURNITURE

Factory-made unfinished furniture has been around since the 1920s, but for years the selection was small and the construction flimsy. The main selling point was low price.

Since then, unfinished furniture has come a long way. In many cases, quality raw-wood pieces give their finished counterparts a good run for the consumer dollar.

If you're willing to tackle the finishing job, then exploring the world of unfinished furniture may be well worthwhile. Here are some tips to help you shop wisely.

Selection

Unfinished furniture lines offer nearly every kind of furniture, from a four-poster bed to a Boston rocker. You can find old-fashioned rolltop desks, desk-buffet combinations that convert into tables, high chairs and toy chests for the youngsters, and shelves, chests, and bookcases in many sizes and prices. With some exceptions, most pieces are of quality construction.

The savings are still significant. One example is a new sleeping and storage system for a child's room. The unit features two bunk beds, built-in bureau drawers, and a wardrobe, and is priced at around $330. A similar factory-finished item would retail for around $400.

Chests range in price from around $30 for a four-drawer design in soft pine to about $100 for a quality model of the same size in maple. A sturdy drop-leaf dining table will cost around $60, and Windsor-style chairs to go with it will be about $20 each.

In addition to the inexpensive lines, there are several groups of high-priced unfinished furniture, though these are not available in all sections of the country. Often these are reproductions or adaptations of period pieces made of fine hardwoods and offering quality craftsmanship and detailing. Included in a higher priced grouping are such items as a hutch cabinet in the $750 range, an armoire priced at almost $500, and a large, handsome, round dining table at around $400. These prices may sound steep but they're considerably less than you'd pay for finished furniture of similar quality.

In both the budget and the luxury lines, you'll find a sprinkling of nostalgic items, such as replicas of old spice chests, washstands, dry sinks, classic bentwood and pressed wood chairs, captain's davenport desks, and old-fashioned rockers.

The most plentiful styles in all price ranges are Early American, Mediterranean, and contemporary.

Unfinished furniture is sold in lumberyards, in some department stores, and through major mail-order catalogs. The luxury pieces, as a rule, are sold in specialty shops or by mail order.

Wood

Most good-quality unfinished furniture is made of maple, which has a well-grained look and takes a mellow finish. There are some cherry and heavy oak items in the luxury groups.

Lower priced pieces usually are made of clear soft white pine with little graining to add interest. Lodgepole or knotty pine, a wood that is tougher and harder, is used for medium-quality furniture. The knots add to the rustic look of the finished pieces.

Construction

Quality hardwood furniture will have dovetailed construction, with frames blocked and glued. Sides, doors, and drawers will be made of wood. Drawers will have center guides, and cabinet doors will hang true on their hinges.

In lower quality pieces the drawers will be put together with staples, and the bottoms and sides will be of fiberboard. Frames will be nailed together.

Check to see if the furniture is assembled or if you will have to put it together at home. Generally, unassembled furniture costs $6 to $10 less than similar assembled models.

continued

Drawing: Hellman Design Assoc.



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continued

Unfinished furniture

Hardware

Hardware for the most part is limited to colonial-type brass-plated drawer handles and door pulls, and small button-shaped wooden knobs.

Hinges are concealed. Corner brackets on campaign-style furnishings are brass-plated. You can buy a variety of decorative pulls and hinges to replace the standard hardware if it doesn't appeal to you.

Warranties

Ask about guarantees. Better lines carry limited guarantees against defects in workmanship and materials. Furniture found defective will be repaired or replaced.

Finishing

Materials for finishing are not expensive, so buy the best. They will add only about $5 to the cost of a piece such as a large chest or a table.

Although unfinished furniture is sanded at the factory, additional hand sanding is required.

Stains are actually wood dyes of several types—penetrating oil, aniline dye powder that you mix with denatured alcohol or water, and sealer and varnish stains, which are simply colors mixed with the sealer or varnish.

Test all stains on an inconspicuous part of the furniture to see if the tone is what you want.

Pine takes stains evenly, and almost any tone you want is available. You can stain pine to simulate fruitwood, cherry, maple, walnut, or mahogany. The graining won't be the same as in the wood you're simulating, but the color will match.

Sand pine lightly with fine sandpaper. On lower priced pieces, the edges may be sharp and the soft wood will tend to nick and dent. It's a good idea to round the sharp edges a little by sanding lightly across the grain at first and then with the grain.

Maple is so hard and dense that it will absorb only a small amount of stain. Give maple a hard sanding to open up the surface so that more stain can sink in.

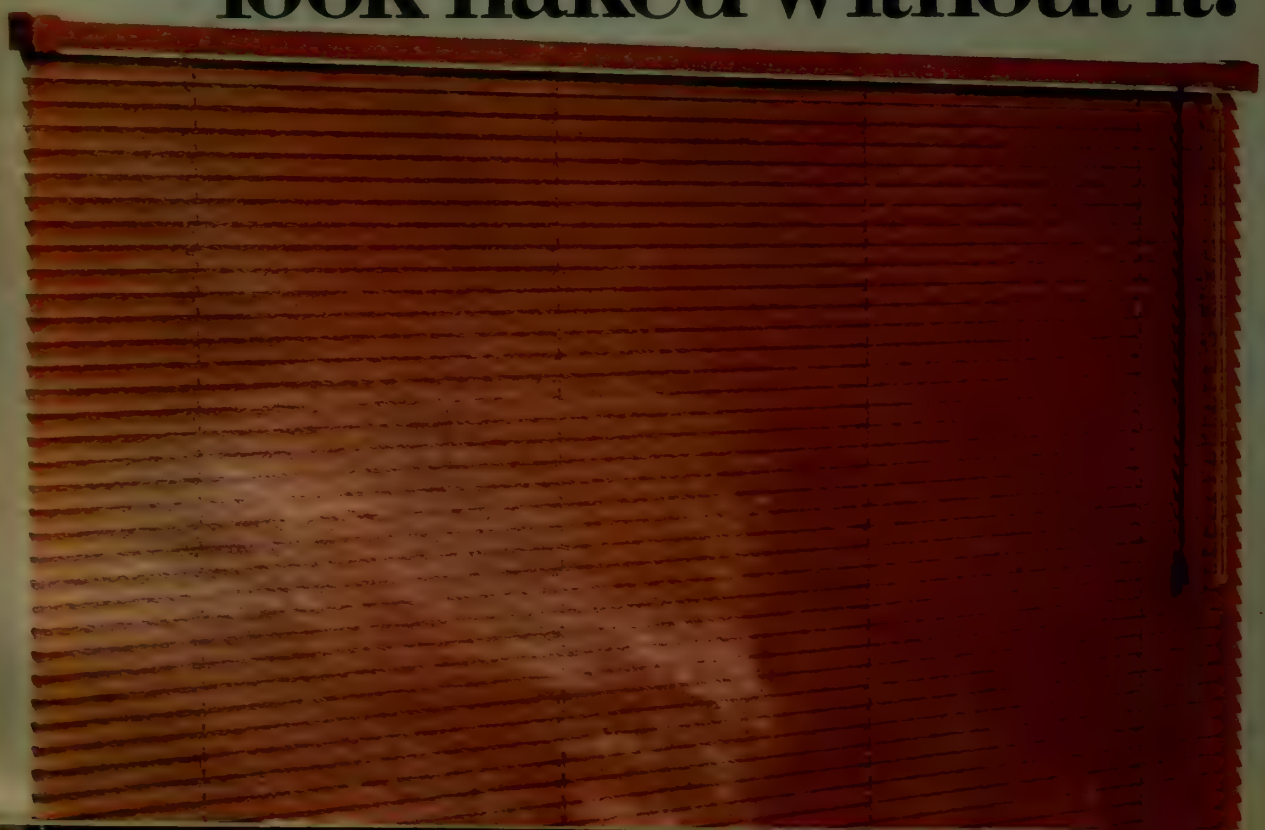
Filler is rubbed into the pores of the wood to smooth the surface. A coarse-grained wood such as oak needs a filler, unless you want to emphasize the natural rough texture. Most other woods used for unfinished furniture do not need fillers.

Sealers should be applied between the stain and the finish coat. This will lock in the stain color and help the finish adhere.

Shellac can be used as a sealer and also as a finishing coat, though it is not a durable finish.

For a smoother finish, apply shellac with cheesecloth instead of a brush. Dip the cloth in a mixture of one-half white shellac and one-half denatured alcohol, with a touch of orange shellac to add a bit of color. Squeeze the cloth and glide it over the surface. When it's thoroughly dry, rub with fine steel wool with (never against) the grain for a satiny finish.

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Like all finishing materials, shellac is best applied in several thin coats, rather than one thick one.

Varnish and polyurethane are recommended for furniture that will get a lot of wear. Both give smooth, hard finishes. Polyurethane actually is a kind of super-varnish that is impervious to liquids.

Both go on with a brush and are available in gloss, matte, and satin finishes.

Lacquer is a quick-drying finish, not as hard-wearing as varnish but easier to apply. And lacquer protects your furniture from dirt and wear while still preserving the bare-wood look.

You can apply lacquer in several thin coats as a spray or with a fine natural bristle brush. Sand lightly between coats.

Linseed oil finishes give a mellow old-time look so they're especially good for the Early American styles of unfinished furniture.

The old-fashioned method was to apply two coats of a mineral spirits and boiled linseed oil mixture. More linseed oil was rubbed in once a week for the next six months or so, until the finish was hard and glowing.

A quicker process is to apply two or three coats of shellac and top them off with two or three linseed oil rubdowns. This gives a nice durable finish with almost the same soft glow as the previous method achieves.

Wax finishes give a natural bare-wood look. You simply apply a good paste wax with a rag and rub and rub. The resultant finish isn't durable so this method should only be used for pieces that won't get hard wear, such as small accessories or the turned posts of a maple bed.

Don't rub wax into bare wood. The finish may look lovely for a time, but it will attract dirt and will not provide any real protection. Always apply wax over a sealer.

Colored finishes

A bright enamel finish works well on some unfinished furniture. Simply apply an undercoat and then flow the enamel on the surface with long, smooth brushstrokes, first with the grain, then across the grain. Next, go over the surface with the grain, using a nearly dry brush. This will eliminate any excess which might cause runs or thick, unsightly drips.

If you want the wood grain to show through, use a colored wood stain or thinned-down paint.

Special touches

Hand-painted stencils, patterns of heraldic shields, classic medallions, floral wreaths, silhouettes, or sharp-edged modern designs will give unfinished furniture a custom look at very little cost. Buy ready-made stencils at art stores or make your own, or paint freehand decorations.

If you want a more traditional look, you can turn the Early American pieces into "instant antiques" with ease. Antiquing kits are available with detailed instructions, which should be followed exactly. You can achieve a wood-grain or a colored finish, with crevices and indentations darkened to give the look of age. ■

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How to order material from the magazine

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FABRIC DOLLHOUSE PANELS KIT EXCLUSIVE dollhouse panels shown in this issue have design printed on washable cotton fabric, embroidery floss, needle, and instructions. (Batting not included.) Panels measure 32"x40". Accent with acrylic paints also available.

CRAYON TOYS Children will love our 4 giant stuffed crayons (1 each of green, yellow, brown, and orange). Easy-to-sew kit for all 4 crayons has printed fabric for body, contrasting fabric for tip and end, and directions. Crayons are 30" long, 18" around. Also available with polyester stuffing. See July 1978 issue, page 100.

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stealing. Padded auto collision
claims, for example. And when
losses increase, insurance rates
go up. *Last year alone fraudu-
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*So who ends up paying for
the false claims . . . the stolen
cars? As well as the hot goods
that people buy?*

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and services. And we wind up
with less personal freedom.

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How to transplant a laundry room

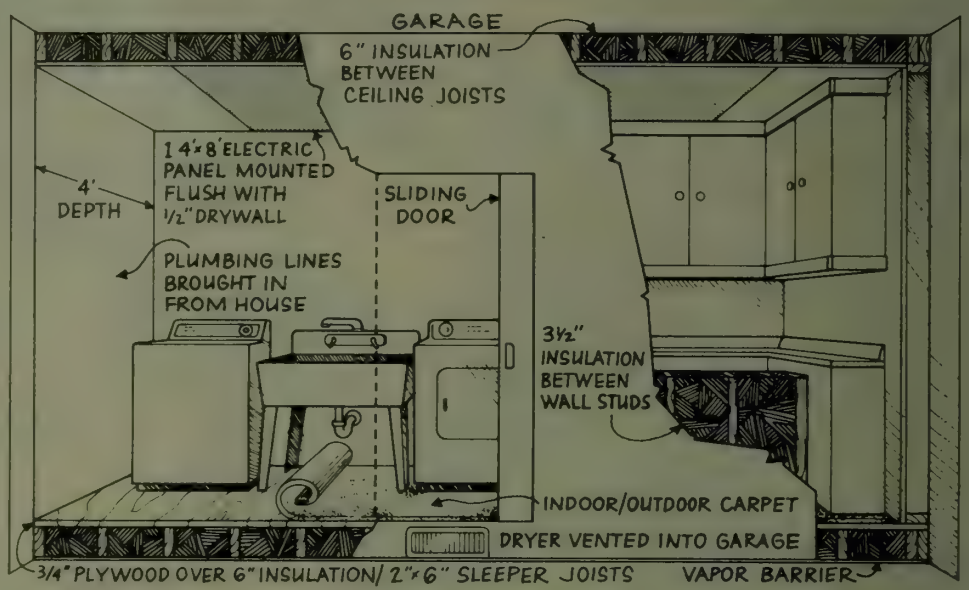
Would you like to evict your laundry equipment from its present spot so you can use the space for another purpose? Then consider converting the rear of your garage into a laundry room. Here's how.

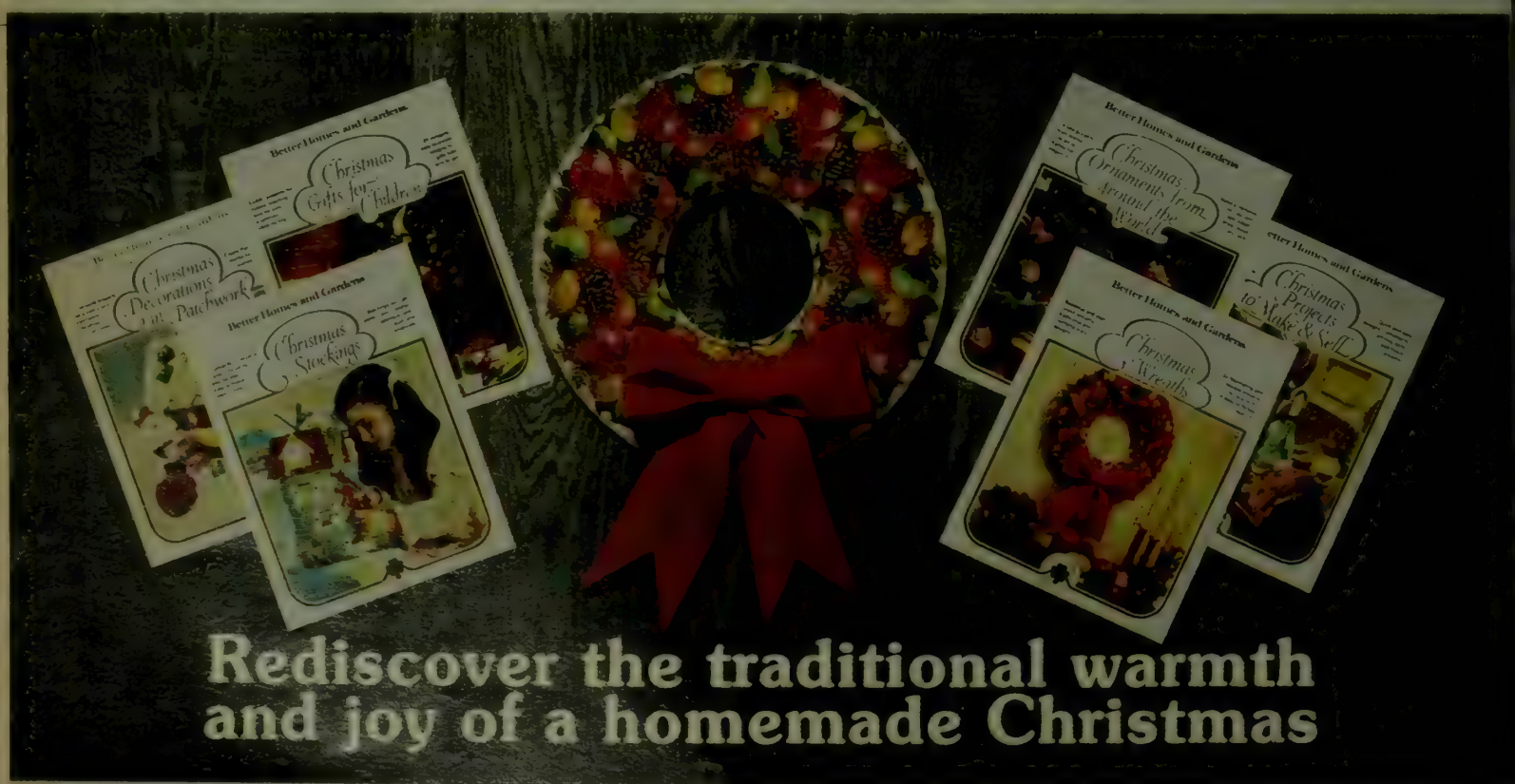
The overall dimensions of this project are 4x14 feet, but you can tailor the width to the rear of your own garage. When building, progress in modules. Before erecting any dividing walls, construct the platform floor. Using pressure-treated lumber (the type used for all-weather wood foundations), drive galvanized nails through the treated ¾-inch plywood into treated 2x6s. When the entire floor platform has been assembled, flip it over and tuck six inches of fiber glass insulation into the spaces between the sleeper joists. Then staple a 6-mil polyethylene vapor barrier across the fiber glass, invert your platform floor, and slide it into place.

Insulate between ceiling joists with more 6-inch fiber glass, and insert 3½-inch fiber glass batts between the 2x4 wall studs. Cover the walls with ½-inch drywall. To keep the entire room warm, install a single 4x8-foot radiant electric heating panel on the ceiling. Finish off the rest of the ceiling with drywall.

Vent the dryer exhaust beneath the floor or into the garage space. The warmth you create drying a load of laundry will help make car starting easier during winter weather. ■

Buying information, page 264





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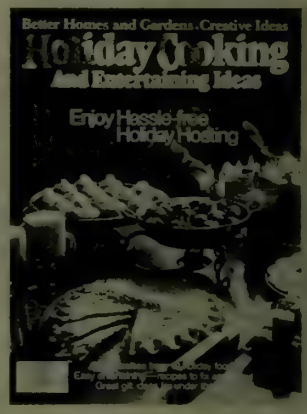
NEW IDEAS

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Next to your family, good food and good friends make the holiday season special. That's why you'll enjoy the recipes, gift ideas and entertainment suggestions in the Idea Publication from *Better Homes and Gardens* called *Holiday Cooking and Entertaining Ideas/1978*. You'll enjoy traditional recipes featuring turkey, pork, beef, pumpkin, mincemeat, eggnog, cranberries, nuts, candied fruit and cider ... plus a Make-Ahead section of wait-in-the-refrigerator main dishes, salads, vegetables, breads, desserts, appetizers and drinks. You'll also enjoy our entertaining ideas for a large open house, a hassle-free buffet or an exotic dinner with a foreign flair. Also, a complete section on gift ideas you can cook. Look for *Holiday Cooking and Entertaining Ideas/1978*, just $2.00 at your newsstand now.

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Whether you're a needlepoint beginner, old-timer or even somewhere in between, the new *Better Homes and Gardens Needlepoint Book* not only helps you get started, but helps you finish what you start. The book, complete with patterns, materials list, projects and pointers, offers new designs for pillows, bench covers, rugs and even Christmas wreaths. Plus ways of adapting any design to needlepoint. It shows you how to block your patterns for framing and how to finish off any project you complete. There are easy-to-follow stitch diagrams and drawings that show you how to master most every stitch from the popular continental to the bargello...how to string needlepoint...even how to do three-dimensional pieces. 96 pages of creative needlepoint you can call your own. Just $3.95 wherever books are sold.



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SHOWN SMALLER THAN ACTUAL SIZE (9" DIAME

Announcing a most important new porcelain plate collection...

GAME BIRDS OF THE WORLD

by Basil Ede

© 1978 FP

An extraordinary series of twelve collector's plates by Europe's foremost wild bird portraitist... his *first* works of art in porcelain.

Each of the twelve plates bears a new and original work created by Basil Ede exclusively for this limited edition.

Available by subscription only.

Advance subscription deadline: November 30, 1978.

THE ARTIST. Basil Ede, of Sussex, England, has been called "the outstanding wild bird portraitist of his generation, and perhaps of his century." He is widely regarded as Europe's most distinguished bird artist. Indeed, the authority of his style and the distinction of his work have profoundly influenced the way birds are portrayed by artists throughout the world.

After notable exhibitions in London and other major European cities, Basil Ede was honored by a one-man show at the Smithsonian Institution's National Collection of Fine Arts in Washington, D.C. This was followed, during recent years, by important exhibitions at New York's famous Kennedy Galleries.

His paintings have been commissioned by the National Audubon Society and the World Wildlife Fund, among others. And he is represented in many prominent public and private collections, including the collection of HRH Prince Philip, Duke of Edinburgh.

Now, at the height of his career, Basil Ede has created his *first* works of art in fine porcelain—*Game Birds of the World*. A series of twelve collector's plates portraying the beauty and grace of game birds in precise, authentic detail and with his own inimitable flair for color and composition.

Each of these twelve plates is, in itself, a masterful work of art. Together, they form an incomparable collection that will be a proud acquisition for every subscriber... a focus for conversation and admiration when displayed in the home.

THE GAME BIRD PLATES. The plates will be crafted for Franklin Porcelain in France, by the world-renowned firm of Haviland of Limoges.



CHINESE PHEASANT



REDLEGGED PARTRIDGE

The exceptional translucence and whiteness of Limoges porcelain are ideally suited to bring out the subtle colors of Basil Ede's art.

And the plates will be large in size—9 inches in diameter—to provide full scope for Ede's finely detailed portrayal of game birds in their natural habitat.

The jewel-like quality Ede brings to the birds' plumage... the delicate hues of each bird's protective coloration... the wonderfully natural colors of its environment... all will be captured *exactly*.

Franklin Porcelain has devoted more than two years to meticulous preparation for the issuance of these plates, and every detail will be of the highest quality. For example, each plate will be hand-decorated with a border of pure 24 karat gold, perfectly proportioned both to the size of the plate and to the scale of Basil Ede's art. And each plate will incorporate as many as sixteen separate ceramic colors. Only through such perfection of detail could the standards of Basil Ede and of Franklin Porcelain be satisfied.

Ede's very beautiful and marvelously accurate works of art—created especially for this issue and available only on these fine porcelain plates—make this a collection that will be enjoyed and prized by all who love the beauty of birds, of art, and of porcelain.

And, as the *first* works in porcelain by Europe's leading painter of birds, this is a collection clearly destined to have lasting importance.

THE LIMITS OF EDITION. The *Game Birds of the World* porcelain plate collection will be produced only once and in strictly limited edition. The plates will be crafted exclusively for individual subscribers. And the limit of one collection of Game Bird Plates per subscriber will be enforced without exception.

Thus, the total number of sets to be issued will be forever limited to the exact number of original subscriptions entered during a rather brief offering period, plus one set for Basil Ede and one for the archives of Franklin Porcelain.

Since the plates will not be sold separately and will not be made available for original sale through dealers, the original subscribers and the artist will be the only people in the entire world who can acquire this collection. In the future, any dealer who may wish to offer these plates to a client, or any collector who may wish to acquire these plates at that time, can only hope to obtain them from one of the original subscribers.

ADVANCE SUBSCRIPTION DEADLINE: NOVEMBER 30, 1978. The collection will be issued to subscribers at the convenient rate of one plate every other month. The original issue price of just $55 per plate will include specially written reference material and special display stands for all twelve plates in the collection. And a Certificate of Authenticity will accompany each collection.

To enter your subscription, complete and mail the Advance Subscription Application in time for it to be postmarked by the advance subscription deadline of November 30, 1978. A final announcement will be made in January, and the subscription rolls will then be closed forever.



ADVANCE SUBSCRIPTION APPLICATION

GAME BIRDS OF THE WORLD

A Limited Edition

Must be postmarked by November 30, 1978.
Limit: One collection per subscriber.

Franklin Porcelain
Franklin Center, Pennsylvania 19091

Please enter my subscription for the *Game Birds of the World* porcelain plate collection, bearing original works of art by Basil Ede and crafted in fine Limoges porcelain.

I need send no payment now. The twelve plates are to be sent to me at the rate of one plate every other month. I will be billed for each plate in two equal monthly installments of $27.50*, with the first payment due in advance of shipment. *Plus my state sales tax

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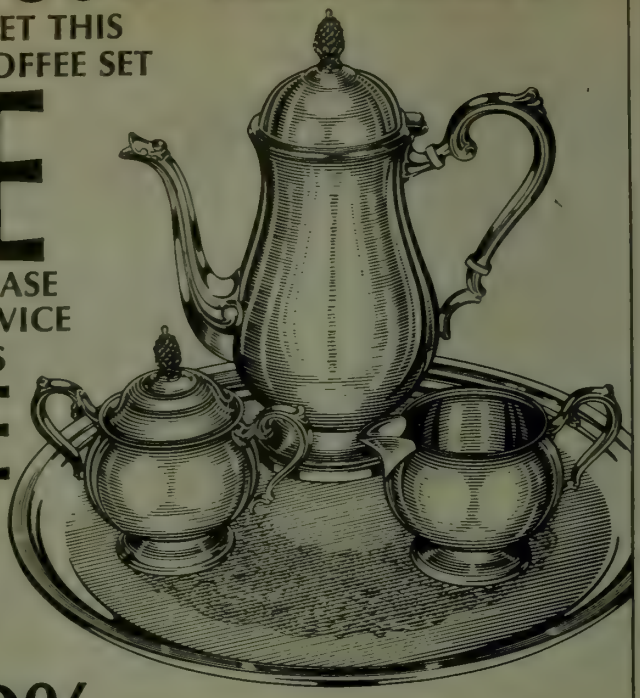
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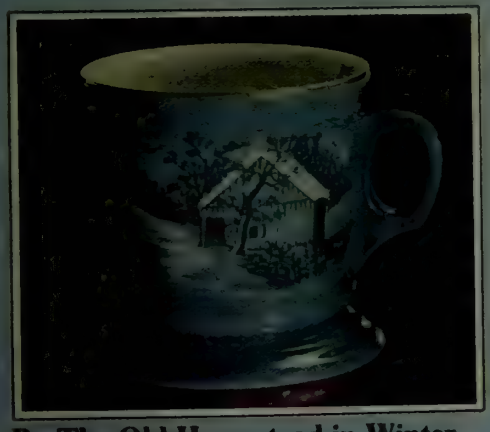
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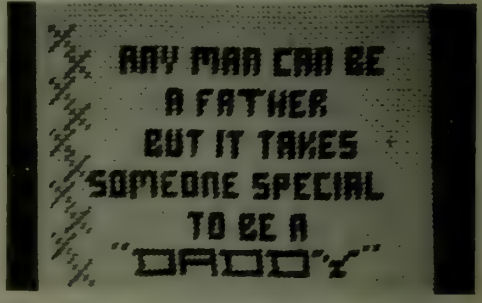
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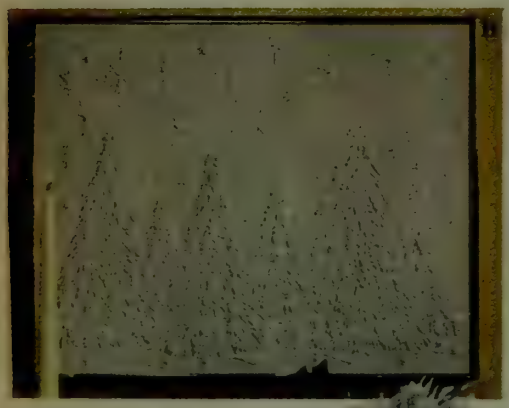
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A


B


C


D



E


F

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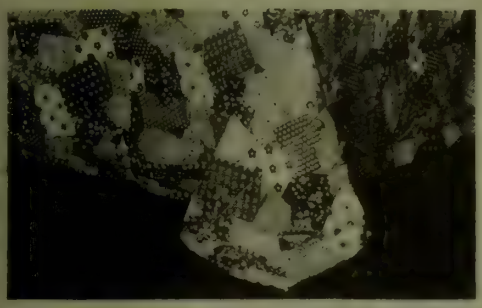
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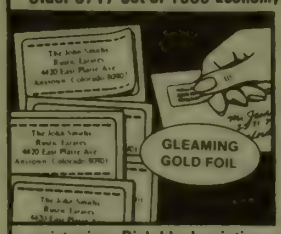
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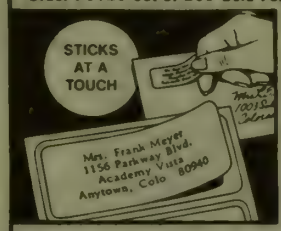
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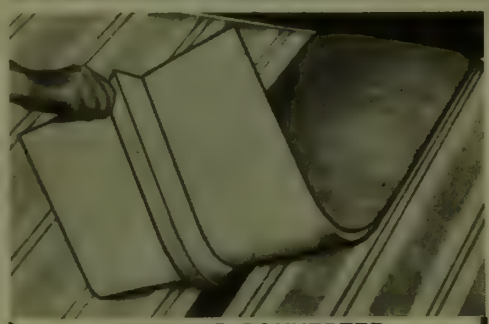


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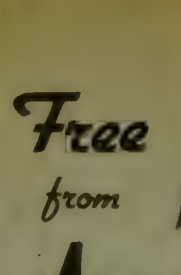
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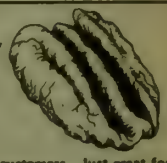


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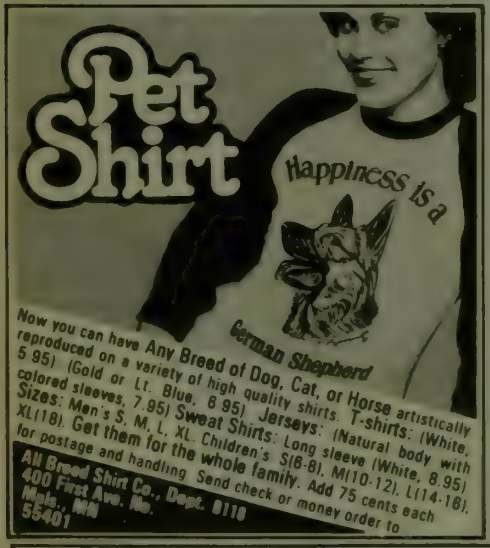


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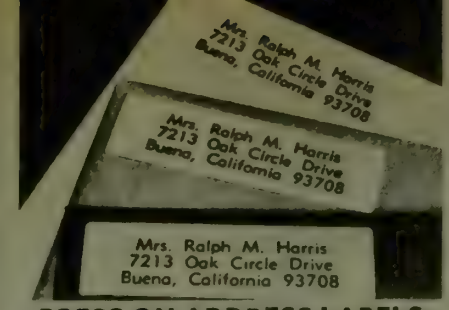
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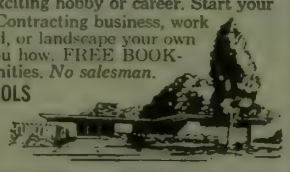
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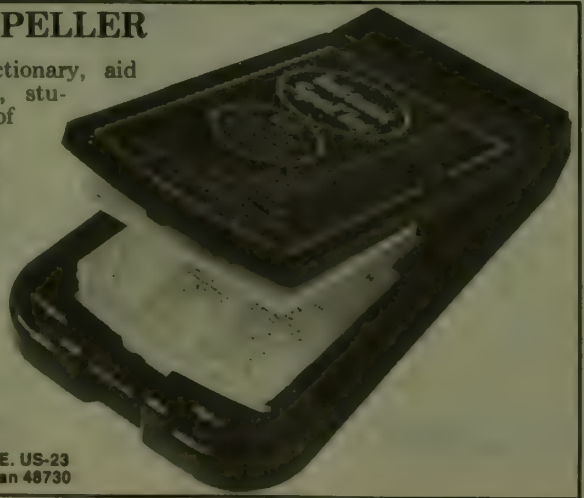
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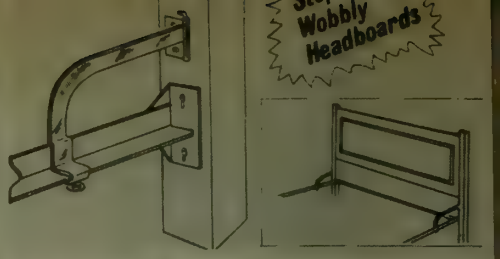
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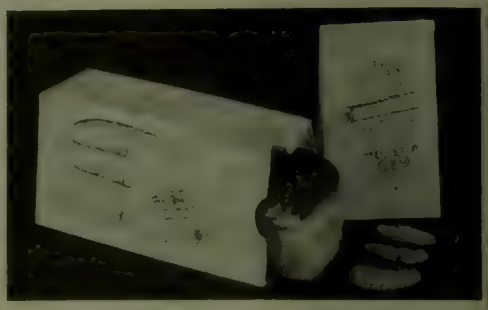


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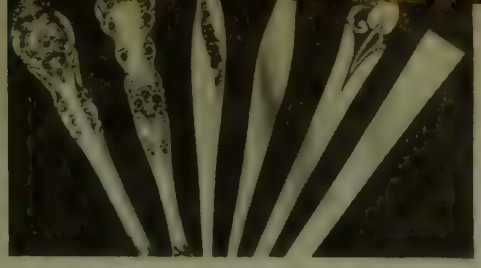
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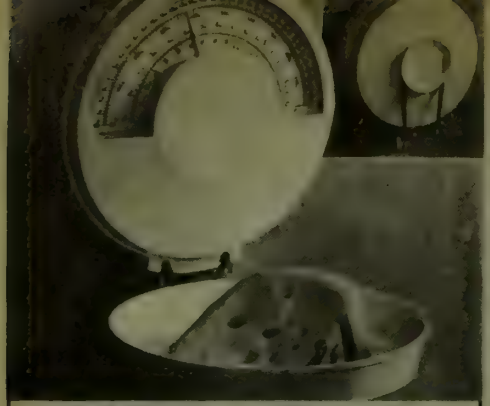
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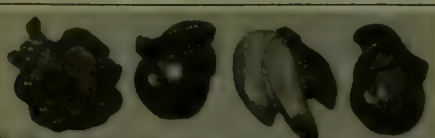


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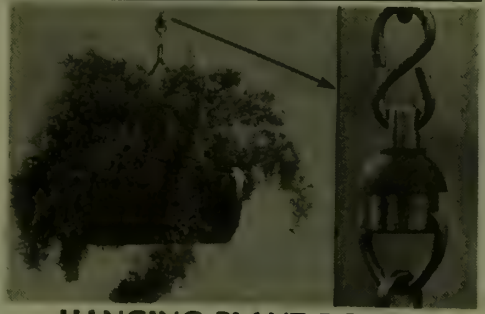


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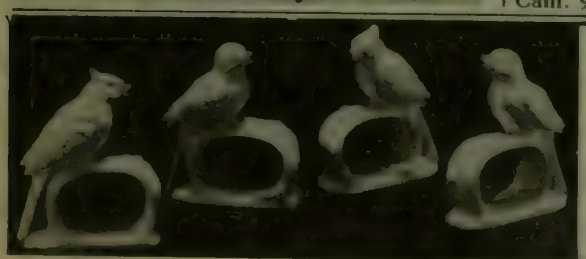
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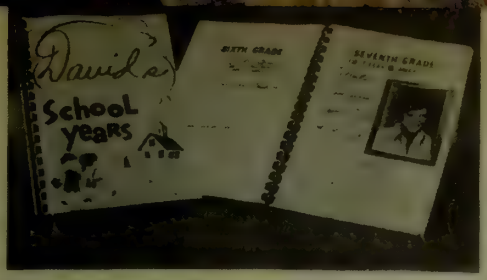
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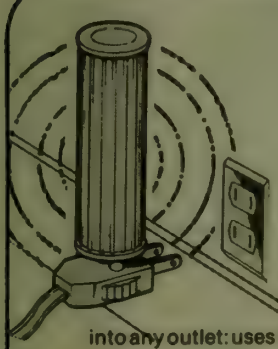
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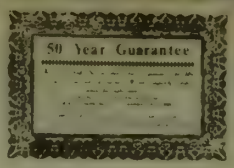
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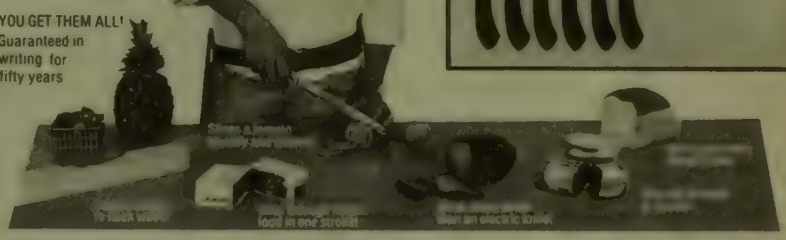


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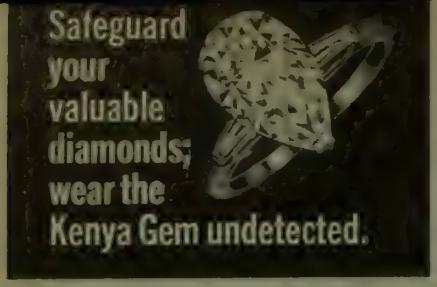
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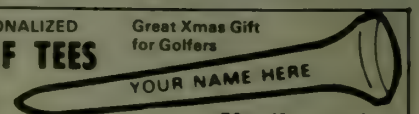
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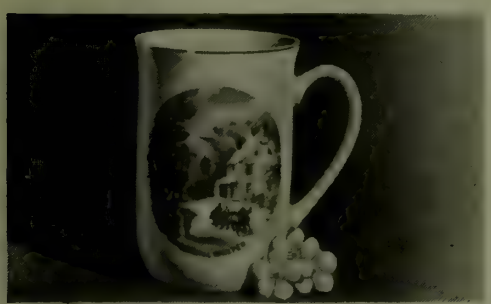
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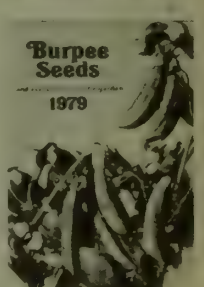
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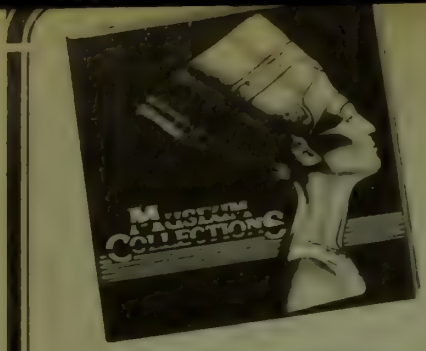
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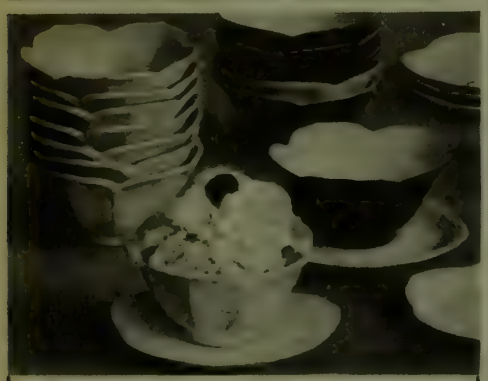
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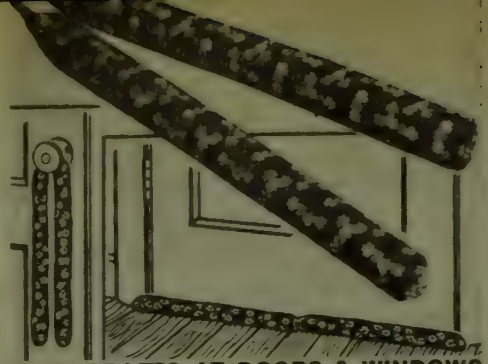
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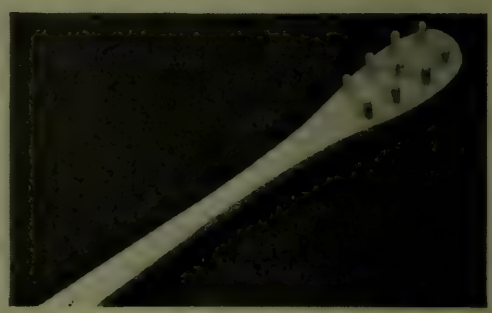
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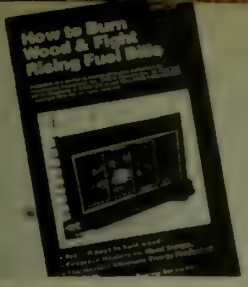
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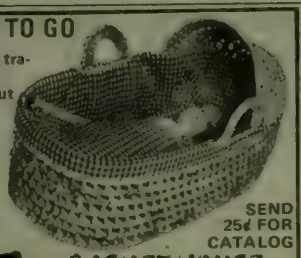


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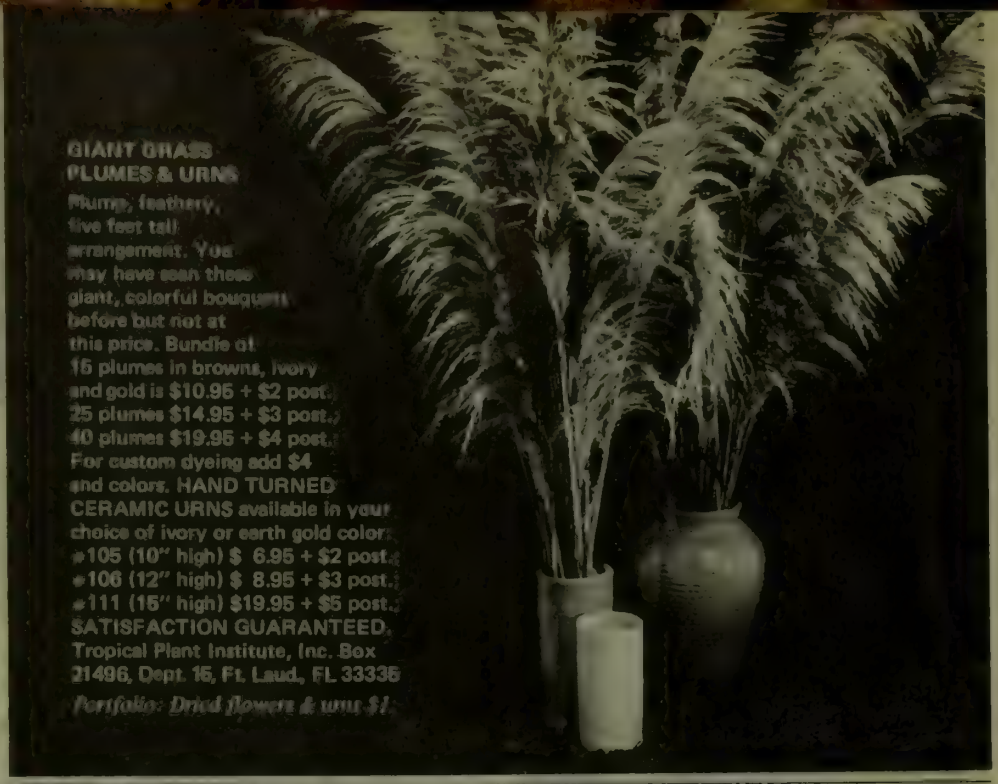
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Portfolio: Dried flowers & uses $1.



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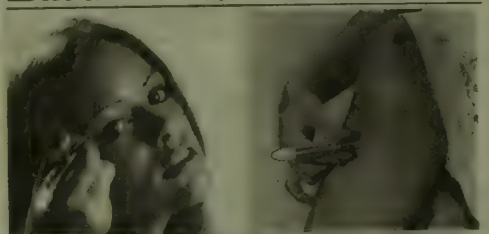
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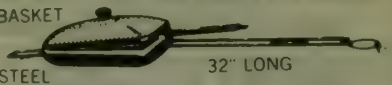
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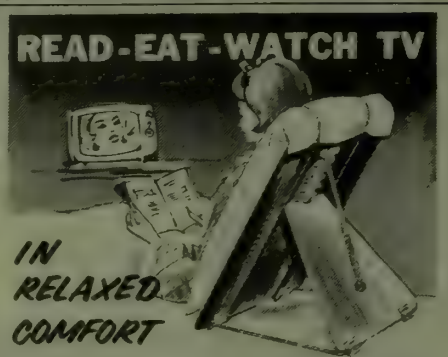
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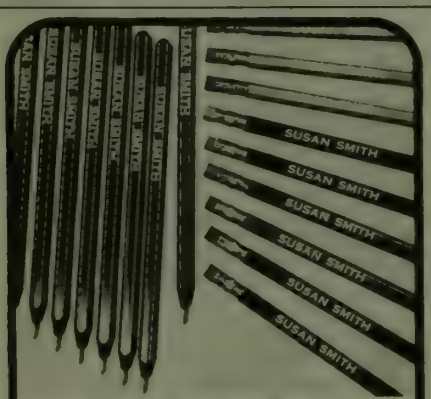
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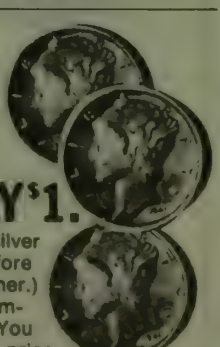


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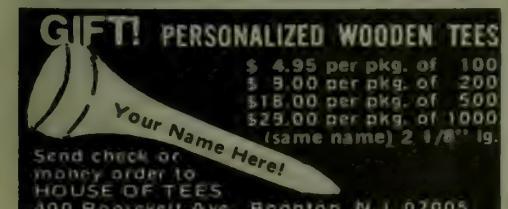
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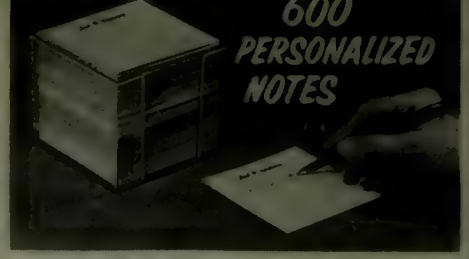
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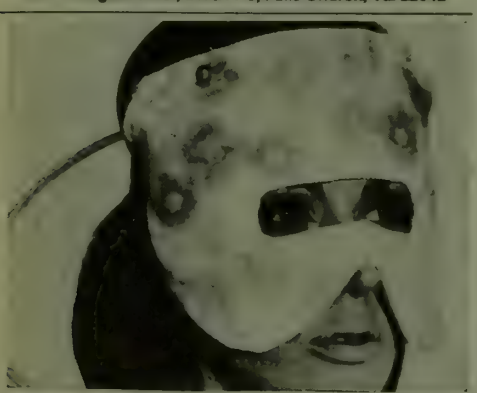
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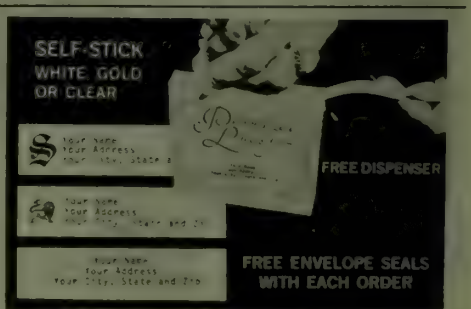


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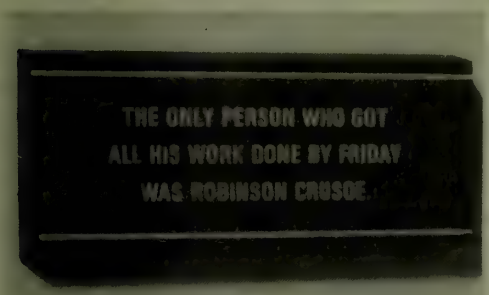
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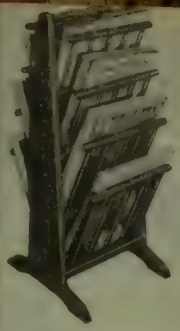
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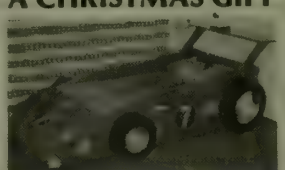


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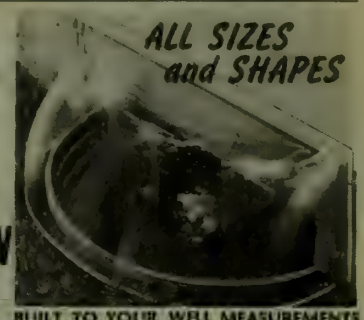
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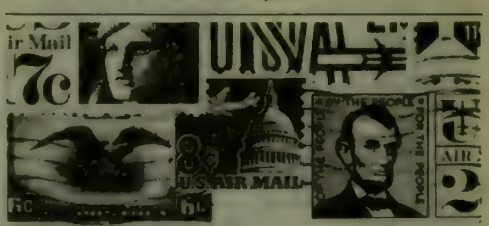


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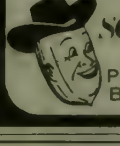
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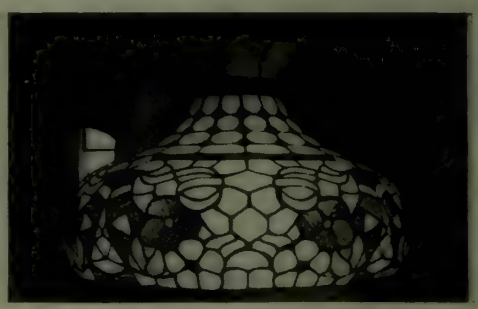


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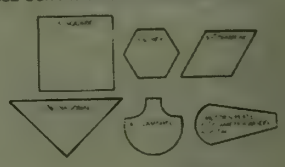
Colorful stained glass pieces cut to shape. You foil and assemble according to simple illustrated instructions. Many sizes, styles, designs and colors in kit or factory handcrafted. Catalog $1. Rainbow Art Glass, Dept. BH11, 49 Shark River Rd., Neptune, NJ 07753.



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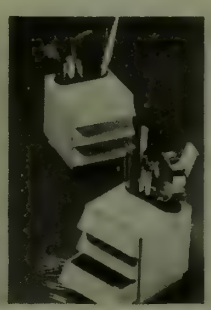
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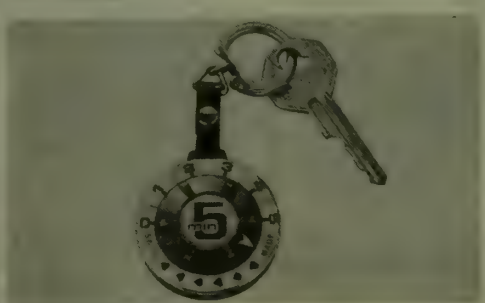
Allows the user to ride up and down stairs in a normal sitting position. Designed for those who can't climb stairs because of physical disabilities. 110-volt household current. For more info write: American Stair-Glide Corp., Dept. EBHG-118, 4001 E. 138th St., Grandview, MO 64030. (816-763-3100).

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The Man Next Door®

Christine doesn't buy the complaint that teen-agers don't communicate these days. She points out that all you have to do is read the fronts and backs of the kids' T-shirts.

Uncle Dodd Buckner often wonders aloud whether *my* generation really knows where it wants to go. He's seen scores of us flock to the city, just so we could make enough money to afford a piece of property back in the country.

Burt, Jr., gained a new respect for the school district trustees when he discovered their annual budget cutbacks hadn't eliminated such essentials as basketball and auto mechanics from the curriculum.

"Perhaps one reason why many people seem content with life is that they keep looking for new experiences," the Rev. George Hall declared last Sunday. "I never heard of anyone stumbling onto something good while sitting down."

Grandpa Hillis admits he yearns for the good old days, when "trouble in the streets" usually meant that somebody's horseless carriage wouldn't start.



"If God had wanted me to play the piano, He'd have given me 88 fingers."

Ned Carter wasn't surprised when opinion polls detected many "undecided voters" this fall. He had already noted a lot of taxpayers driving around without any bumper stickers.

Dieting George Bell says he still doesn't seem to be quite the right size for fall fashions. He confides that he's a little too round for the old clothes and a little too square for the new styles.

Rosemary writes from college that one of her professors actually encourages his students to ask "dumb" questions, pointing out that they are much less damaging than dumb solutions would be in future years.



Christine and I have tried to run an orderly household, but the children have not always been quick to recognize the wisdom of our ways.

Their *"Code of the Kitchen" frequently seems to demand that cupboard doors shall be left open once a box of cereal has been removed; a milk container taken from the refrigerator is to be parked half-empty on the counter; the lid to the cookie jar is never to be replaced; and dishes used to carry a snack to the family room should be put into storage under the sofa, on the coffee table, or perhaps balanced precariously on the arm of a chair.*

Other unwritten laws they've adopted are that a ball-point pen borrowed for doing homework shall not be returned; newspapers after being read must be scattered about the floor as indisputable evidence of use; and items of apparel are to conceal as much of the bedroom carpeting as possible.

Christine often worries that such habits suggest a breakdown in our parental responsibilities, and to mend our fences we regularly issue demands for stricter compliance with our ground rules for orderliness.

The latest edict didn't produce substantial improvement, but it did produce a note from Burt, Jr., before he hurried off to basketball practice: "Dad—Sorry I forgot to put your socket set away—Bud. P.S. Sorry about the mess in the kitchen, too."

The note was written with a pen that's still missing from my desk in the den, and Christine fears that routine housecleaning soon may include the collection and disposal of a series of apologetic notes.

At least the notes are tangible evidence that we have implanted the thought of picking up after yourself.

Now, if we only could convince the kids that it actually takes less time and energy to close the cupboard door, put their plates in the dishwasher, and put away the socket set than it does to locate pen, paper, and compose the note.

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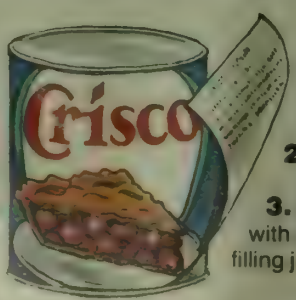
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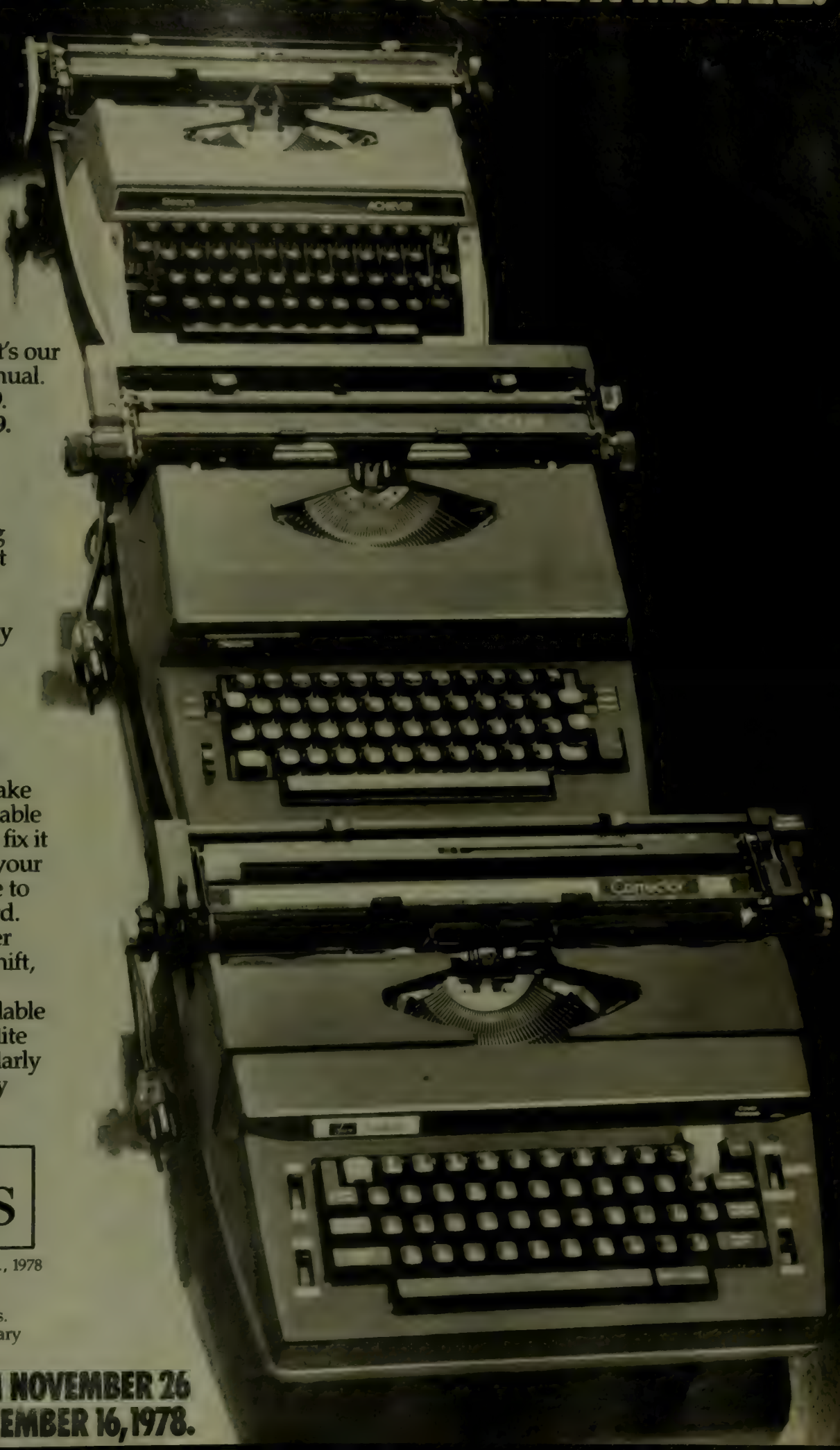
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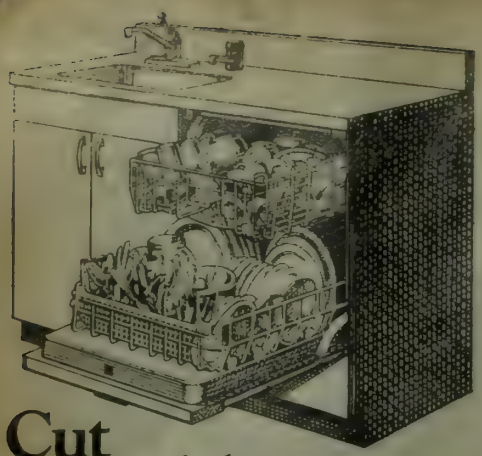


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Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

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Join us for a tour of Christmas food celebrations around the nation. The fun of these traditional events is contagious.

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Published monthly by Meredith Corporation, 1716 Locust Street, Meredith Building, Des Moines, Iowa 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. Trademark registered in Canada and Australia. Marca Registrada en Mexico. Authorized as second-class mail Post Office Department, Ottawa. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. Postmaster: Send Form 3579 to BETTER HOMES AND GARDENS, 1716 Locust Street, Des Moines, Iowa 50336. This issue is published in multiple editions. **Subscription Prices:** One year $8 in the United States and its possessions. Canada, add $3 per year. Other countries, add $7 per year.

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Cover photograph: Hopkins

A Homespun Christmas



This year why not keep Christmas at your homestead with a wondrous assortment of delightful things you make yourself? To help you, here are 18 color pages brimming with ideas for distinctive and thrifty tree trims, stockings, gifts, wrappings, and all manner of irresistible things.



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DECEMBER, 1978; VOL. 56, NO. 12

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THE REBIRTH OF THE BLOODY MARY

In 1921, at Harry's New York Bar in Paris, France, a man named Fernand Petiot first mixed what was to become the famous Bloody Mary. (A few years later he became the head mixologist of the King Cole Bar in New York City. And here he introduced his drink to the fun-loving people of the roaring '20s.)

In the years that followed, our own TABASCO® pepper sauce became an important ingredient in the Bloody Mary. And the truth is, each helped the other become famous.

In more recent times, manufacturers sensed the popularity of the Bloody Mary and began to package their own mixes. One added Jalapeño peppers and another celery salt to attract attention to their new versions.

So now we, the makers of TABASCO sauce, announce "The Rebirth of the Bloody Mary." TABASCO Bloody Mary Mix is made with thicker than regular store-bought tomato juice, fresh frozen lime juice and the perfect touch of Worcestershire... plus our own unique TABASCO sauce. And we added no chemicals, preservatives or stabilizers like many of the mixes. That is why we call our brand "The Fresh One."

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GIVE A LIVING LEGEND

By Steven Coulter

How did various plants and flowers originate? That question has inspired a wealth of colorful legends. One of the best-known concerns Narcissus, who became so fascinated by his reflection in a pool that he pined away, leaving only a flower bearing his name to preserve the memory of his vanity. Lilies reportedly sprang up from Eve's tears, shed as she fled the Garden of Eden with Adam.

On the following pages you will find six good gift plants and their legends. Cut on the dotted lines, and fold each legend to form a leaflet to accompany that plant. The back of each leaflet tells how to care for the plant.

Photographs: Mike Dieter; William N. Hopkins

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Poinsettia CARE



Water: Keep the soil slightly moist, especially during the blooming period.
Light: Give the plant at least four hours of bright light daily, but avoid direct sun.
Special aid: After the colored bracts fade and drop in the spring, cut your poinsettia back to four inches and repot it in fresh soil. Fertilize once a month until fall, then stop feeding. To induce the plant to flower again, alternate light with at least 14 hours of darkness each day for six weeks. Start this process in September for bloom by Christmas.

Dwarf Palm CARE



Water: Grow this—and most other palms—in soil that's on the moist side. If the soil dries out for any length of time, the plant won't fold up, but tips and edges of fronds will turn brown and look unattractive. If this happens, trim away the affected areas.
Light: The dwarf palm tolerates the dim light and dry air of most homes. However, it will perform better if you give it bright light—but not direct sun—and high humidity.
Special aid: To avoid soggy soil that can drown a palm, use a porous potting soil mix.

Crown-of-Thorns CARE



Water: Water the crown-of-thorns only when the soil surface feels dry.
Light: Grow this plant in medium, filtered light, or even in full sun if exposed gradually.
Special aid: Propagate the crown-of-thorns in spring or early summer by letting tip cuttings dry for several days before inserting them in moist, coarse sand or perlite to root. When the plant is rooted, pot it up in porous, well-drained potting soil. Handle this plant with care because the thorns are quite sharp and the milky sap is poisonous.

continued

THE Poinsettia LEGEND

Perhaps no other plant is as closely tied to Christmas as the poinsettia. It was named for an early United States ambassador to Mexico, Joel Poinsett, who carried the Central American plant home to South Carolina over a century ago.

But how did this Flor de la Noche Buena—Flower of the Holy Night—come to Mexico? On Christmas Eve it was the custom to offer gifts to the Christ Child, in remembrance of the Three Wise Men bearing gifts to the infant in the manger. A poor young girl (or boy, depending on which account you encounter) had no money to buy a present, so she plucked some roadside weeds and laid them on the altar with her love. So pure and fervent was her faith that the dry brown weeds were miraculously transformed into gorgeous red and green foliage.

Thus, even the most humble gift, if presented with love and sincerity, becomes a priceless treasure.

Today's long-lasting hybrid poinsettias are a far cry from their tall, weedy ancestors used by the Aztecs to combat fever 400 years ago. During the 17th century, Franciscan priests near Taxco were the first to use the plant to brighten a Christmas procession.

THE Palm LEGEND

Often seen during Palm Sunday and Easter services in modern times, the date palm in antiquity was dedicated to Apollo, god of manly beauty, youth, poetry, music, and wisdom. The palm symbolized prosperity and victory. In some countries, tradition has it that the palm was the original tree of knowledge in the Garden of Eden, rather than the apple or fig tree.

During the flight to Egypt, Mary instructed the palm to bend its head to shade the infant Jesus. Later, palm fronds were carried in Christ's triumphal entry into Jerusalem. The palm was a symbol of martyrdom to medieval Christians, who believed angels carried the souls of the dead to heaven on palm fronds. Carved palms decorated gravestones.

The ancient Egyptians, the Roman legions, Jews, Mohammedans, and Christians have all adopted the graceful palm as an important symbol. During the Middle Ages, it was thought to be able to prevent sunstroke, ward off lightning, cure fevers, and drive away mice and fleas. Truly, the palm is a balm for all time and all people.

To symbolize the palms of antiquity, we've chosen the dwarf palm as the perfect palm for growing indoors in limited space.

THE Crown-of-Thorns LEGEND

The plant we call crown-of-thorns *(Euphorbia splendens)*, a native of Madagascar, is unrelated to the Biblical crown of thorns which the soldiers placed on Christ's head.

Euphorbus was the court physician to Juba, King of Mauritania. The good doctor fell in love with the beautiful Letitia, the king's niece. Since a member of the royal family could not marry a commoner, Princess Letty and Euphorbus decided to run away.

They set out in a sturdy boat and sailed down the western edge of Africa, around the Cape of Good Hope, and up to Madagascar. There they were warmly received by the friendly natives, who were intrigued by Princess Letty's long red hair. The happy couple lived in a little hut until Letty became ill and died, despite the doctor's valiant efforts to save her. He buried his lovely Letty on a hill and planted thorny bushes around the grave to keep wild animals away. Soon the bushes blossomed with clusters of red flowers, to become *Euphorbia splendens*—the splendor of Euphorbus: the memory of his beautiful Princess Letty.

If you forget to water your crown-of-thorns and the leaves drop off, don't be alarmed. New ones will appear when moisture is ample.

continued

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Christmas Cactus CARE

Water: Pot your Christmas cactus in well-drained, porous soil. Water the plant evenly during most of the year.
Light: Unlike most succulents, the Christmas cactus dislikes too much direct summer sun. Diffuse strong sunlight with sheer curtains.
Special aid: To ensure holiday bloom, stop watering the plant in the fall for a month. Resume watering in November, but don't let the stems get flabby from too much water. Starting in October, keep the plant where it's cool at night—60 to 65 degrees Fahrenheit.



Lily-of-the-Valley CARE

Buy cold-treated pips intended for indoor bloom. If you prefer to use your own decorative container, simply slip the planted growing medium out of the pot it arrived in, and place the medium in your own bowl (a container five inches wide and five inches deep will hold a dozen pips).

Water the bowl thoroughly and place it in a dark place at 50 to 65 degrees F. Keep the growing medium moist. When sprouts are four inches tall, place the bowl in strong, indirect light. Flowers appear in three weeks.



Holly CARE

Water: Holly prefers an ample water supply. Use a well-drained, porous potting soil which is well mixed with peat.
Light: Give your holly a cool, sunny location. It will tolerate partial shade; in fact, some sun protection is desirable in hot climates.
Special aid: High humidity is an absolute necessity to prevent leaf drop. Mist foliage daily—in the morning (moisture left on the leaves overnight will invite mildew or fungus). On female plants, the bright red berries are borne on the previous year's growth.



continued

THE Christmas Cactus LEGEND

The Christmas cactus legend dates back many years to the land now known as Bolivia and a Jesuit missionary, Father José, who labored endlessly to convert the natives there.

He had come across the Andes Mountains from the city of Lima nearly a year before. But he felt the people of this village on the edge of the great jungle were still suspicious. He had cared for the sick and shown the natives how to improve their simple dwellings which leaked dismally in the rainy season.

Most important, he had attempted to teach them the story of the Bible, especially the life of Jesus, though much seemed to be beyond their comprehension. He had told them about the beautifully decorated altars in cities during holidays; yet here it was Christmas Eve and he was on his knees alone in front of his rude altar.

Then he heard voices singing a familiar hymn he had taught his flock. He turned to see a procession of the village children carrying armfuls of blooming green branches they had gathered in the jungle for the Christ Child. Father José joyfully gave thanks for this hopeful budding of Christianity. Today the Christmas cactus still blooms each winter with its message of faith and hope.

THE Lily-of-the-Valley LEGEND

The dainty lily-of-the-valley is a fragrant herald of spring, thanks to the fairies and the gnomes. On the eve of May Day, the fairies were preparing for a grand party, and they recruited the gnomes to gather nectar for refreshments. But gnomes are notoriously unreliable, and they had collected only a few drops before they tired of the task and decided to dance in the bright moonlight awhile. So they hung their buckets on blades of grass and soon forgot about them completely.

Hours passed in merrymaking and before the gnomes knew it, dawn was breaking and the fairies were assembling for the party. The gnomes suddenly remembered their undone chores and hastened to retrieve their buckets. Alas, the bails on the pails had grown fast to the blades of grass!

Luckily for the naughty gnomes, the queen of the fairies merely laughed and, with a wave of her magic wand, changed the porcelain pails into pearly white bells tolling merrily in the breeze.

If you doubt this is how the lily-of-the-valley began, look into one of its bells. You will find there the drop of nectar gathered by a gnome before he hung up his pail to join the moonlight dance on the eve of May Day.

THE Holly LEGEND

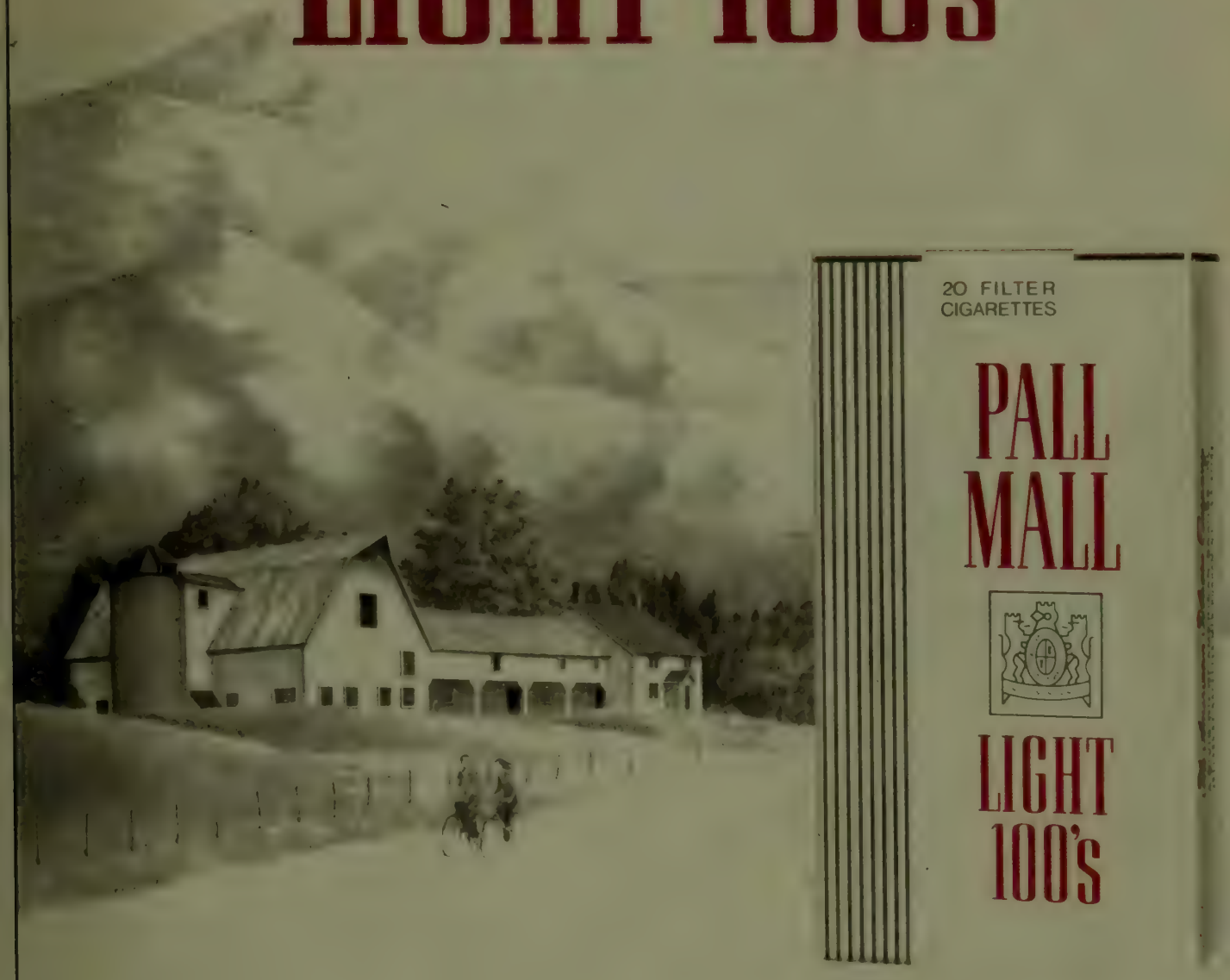
This symbol of Christmas joy and merriment is evidenced in the old carol "Deck the Halls with Boughs of Holly." In earlier times, holly was hung over doorways, windows, and fireplaces to repel witches. The ancient Druids, who worshiped the sun, considered holly sacred, since the sun never deserted its evergreen leaves.

The early Christians soon found it was difficult, if not impossible, to suppress pagan practices. It was far easier to adapt the heathen observances and give them new meaning as Christian symbols. So the Christians pronounced that holly first sprang up under the footsteps of Christ; the thorny leaves and red berries represented His sufferings.

An old Christmas carol relates the duel between the holly and the ivy for the place of honor in the hall. Holly with its bright red berries wins over ivy with its black berries.

The glossy, evergreen leaves of holly make it a great favorite as an outdoor plant in mild climates where humidity is high. In colder areas, keep holly as an indoor pot plant to enjoy all year long. Let holly adorn your festivities. It has become a universal symbol of Christmas and goodwill.

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CARS Kim Garretson

WHAT YOU SHOULD KNOW ABOUT GAS AND OIL

Buying gasoline and oil for your car can be baffling. You're confronted with a thicket of familiar national brands and not-so-familiar discount brands. And at each service station there are different grades of gasoline and types and weights of oil, and all have different prices. To buy wisely—in terms of your pocketbook and your engine's performance—you need to know what factors contribute to the price of gasoline and oil.



What gives gasoline its go?

Gasoline is mainly a mixture of chemicals called hydrocarbons that explode in the engine's cylinders to power the engine. The gasoline enters the cylinders after being suspended in a controlled volume of air by the carburetor. The upthrusting pistons tightly compress the mixture until the spark plugs ignite the hydrocarbons, sending the pistons hurtling downward with great force.

While the air/hydrocarbon mixture is exploding in the cylinders, a property of the gasoline called an octane rating actually is making it tougher for the hydrocarbons to burn. This heat resistance (which the gasoline gets from additives and refining processes) keeps the hydrocarbons and air from exploding too rapidly. If the octane rating of the gasoline is too low, the ignition of the mixture won't proceed properly. Instead, the spark plugs will ignite just some of the mixture, and the resulting rise in heat and pressure will detonate the rest of the mixture before it's fully compressed. This sends the pistons downward with more heat but less power for your engine.

You'll know when the octane rating is too low—your engine will knock (it

continued

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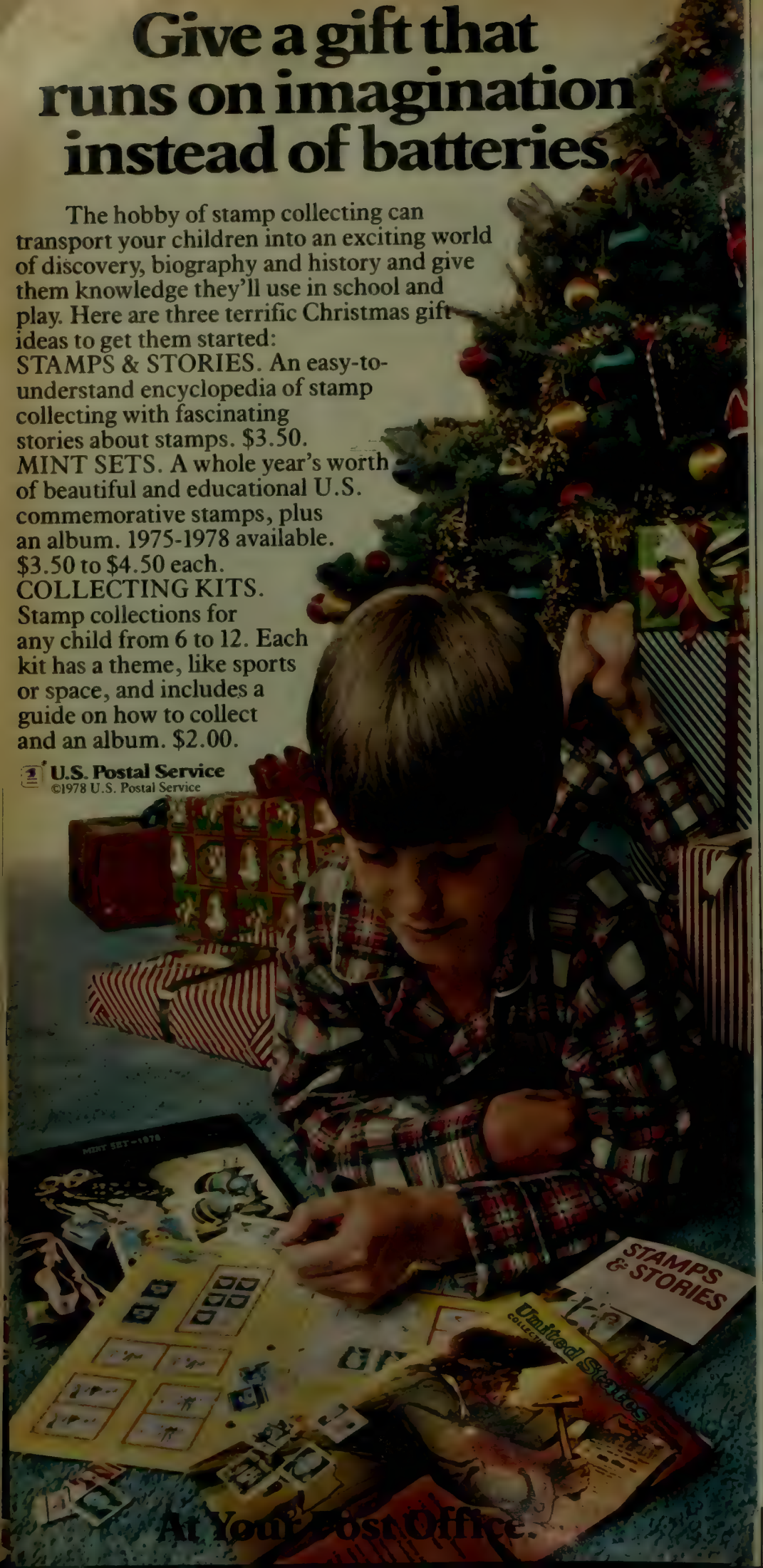
The hobby of stamp collecting can transport your children into an exciting world of discovery, biography and history and give them knowledge they'll use in school and play. Here are three terrific Christmas gift ideas to get them started:

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At Your Post Office.

continued

Gas and oil

actually sounds like a heavy ping) when you step on the gas after a full stop or accelerate up a steep hill. If your engine is knocking more than lightly or briefly, it's wasting gasoline and suffering damage. You should test a higher octane rating (we'll tell you how later) and/or have a mechanic check the engine's ignition timing.

Grades of gasoline (regular, premium, or special names like Super or Plus) designate different octane ratings. Although refining processes give the biggest boost to octane ratings, additives usually are required to bring the octane rating up to the required grades. Most gasoline sold contains lead compounds to boost the octane rating. Unleaded gasolines, required for newer cars, contain different additives, take more crude oil to make, and generally cost more. And you can expect the price gap between unleaded and leaded gasolines to widen even further in the future because refiners will be using more exotic additives and refining processes to produce fuels that pollute less.

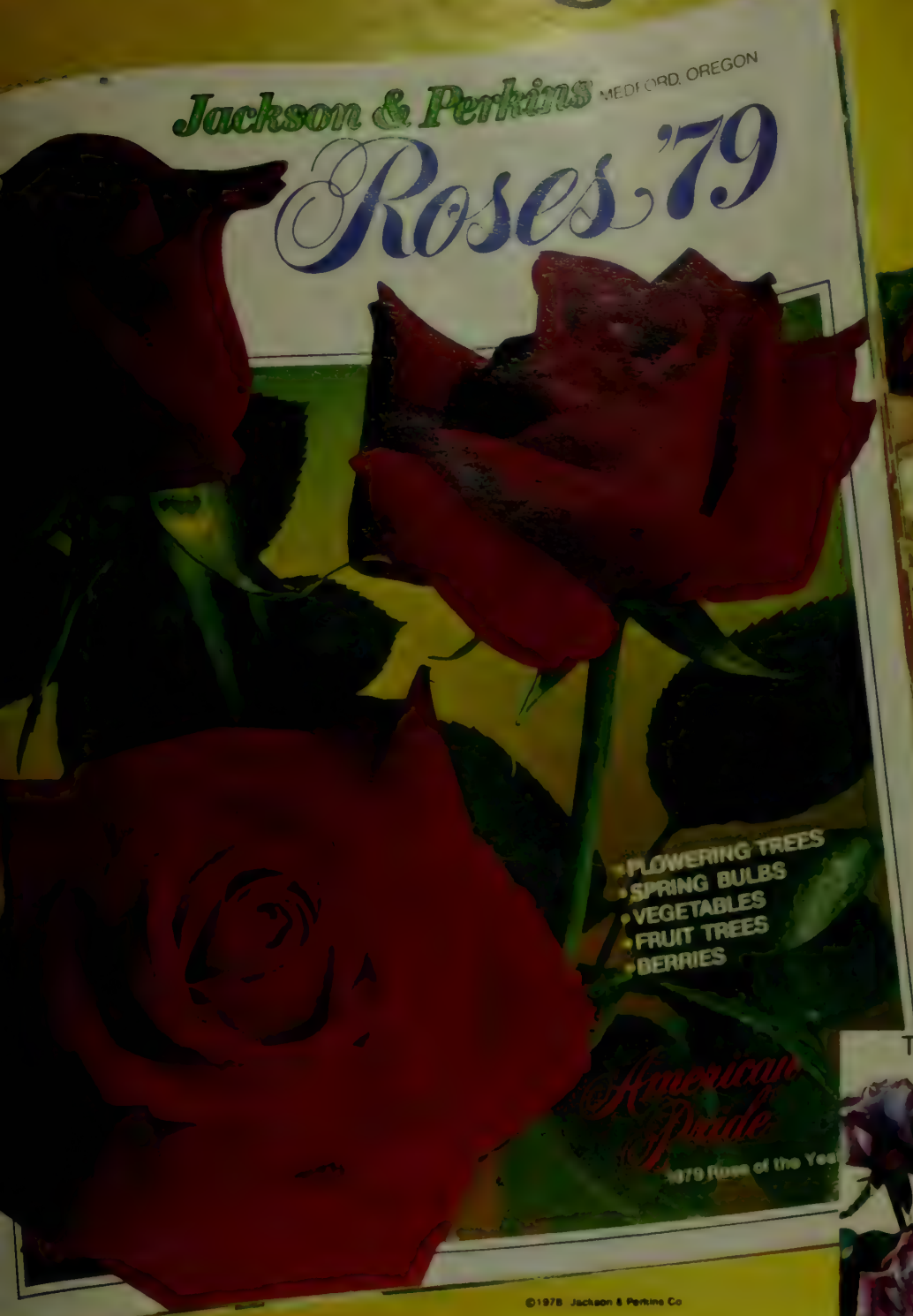
Octane and your car

The right octane for your car's engine is the lowest octane that will make your engine run smoothly, with no more than very light or brief knocking when you put heavy demands on the engine. Buying gasoline with a higher octane isn't doing your engine a favor and adds dollars to your monthly gasoline bills.

To determine the correct octane rating for your car, check your owner's manual. It probably will list the Research octane rating, which is one of the three types of rating designations. The other two are Motor octane and the average of Research and Motor ratings. Research and Motor refer to the testing methods that produce the rating (Research generally is the higher number) and the average of the two probably is the rating you'll find on the gasoline pump. If your car is newer than a 1971 model and has an engine designed to run on regular gasoline, you'll need a Research octane rating of at least 91 (or Research/Motor average of 87); if the engine runs

continued on page 28

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continued from page 24

Gas and oil

on premium, the Research octane requirement is at least 98 (R/M average of 93). To check your engine's performance on a particular octane rating, make this simple test.

Fill your gas tank with fuel of the octane rating you're testing (the car should be tuned and in good mechanical condition). Drive a few miles to warm the engine, come to a complete stop, then accelerate hard. If the engine knocks heavily or for more than a few seconds, move up to the next highest octane rating when you refill the tank and stick with this rating if it cures the knock. If the knock persists, you probably should have a mechanic check the engine. If you don't hear a knock with the octane rating you first test, try a tankful of the next lowest octane rating and switch to this if the engine still runs smoothly with no more than light knocking.

Amoco and some Mobil service stations offer regular and premium grades of unleaded gasoline, but most other stations have only one grade. If your car knocks on one brand, try another brand or one of the premium grades. And see a mechanic if the knocking persists.

Shopping the gasoline brands

Differences in gasoline brands result primarily from the refining processes used by the various oil companies. These differences needn't concern you because they don't affect engine performance. National brands also differ in the use of additives. Most brands contain additives to reduce accumulations of gummy dirt and carbon on cylinders, pistons, and spark plugs; to prevent unwanted chemical reactions between the gasoline and metal; and to keep the fuel lines and carburetors clean. During the winter months, gasoline sold in colder climates also contains anti-icers to keep fuel lines from freezing. If you're interested in learning the specific additives of any national brand, ask the service station manager. Most likely you'll find several brands that will keep your engine performing satisfactorily. If so, the next step is to shop for the best price. Many car owners look to the discount stations.

Discount brands may lack one or more of the additives found in most national brands. Some of this gasoline is refined specifically for the discount chains by one of the major oil companies, and several competing discount stations may sell the same gasoline. Again, ask the station manager to identify his supplier and list the gasoline's additives.

How oil works for your car

Oil circulates through your car's engine, lubricating fast-moving parts and reducing friction. As the oil circulates, it carries off or suspends contaminants (dirt, water, flecks of worn metal), seals the space between the pistons and cylinder walls to keep exhaust by-products out of the crankcase, and helps cool engine parts.

Unless you drive your car enough miles to allow changing the oil four times a year to match the change of seasons, you should use a multi-viscosity oil. It changes in thickness to meet the demands of the engine during all types of weather. When the engine is

continued





1. 1896 Quadricycle 2. 1924 Model T 3. 1928 Model A 4. 1949 Ford 5. 1965 Mustang

THE BEST-SELLING NEW CAR EVER INTRODUCED.



THE FORD FAIRMONT.

In the 1978 model year more Fairmonts were sold than any other new car nameplate ever.

Fairmont was designed for a changing world. With lots of room, great EPA mileage estimates, low sticker prices and a wide choice of models.

Lots of room for the money.
A roomy interior is quite important in a family car, and in Fairmont's price range it's hard to find a roomier one.

Impressive mileage estimates.
Fairmont has excellent EPA estimates, 31 MPG highway, 20 MPG city with the economical 2.3 litre engine and 4-speed manual transmission. Your actual mileage may vary depending on how and where you drive, your car's condition and optional equipment. California ratings are lower.

Cost efficient.
Fairmont sedans and wagons are extremely cost efficient with a wide range of sticker prices that are surprisingly low. Fairmont's prices are actually competitive with many smaller cars.

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2 Door Sedan



Popular Squire Wagon

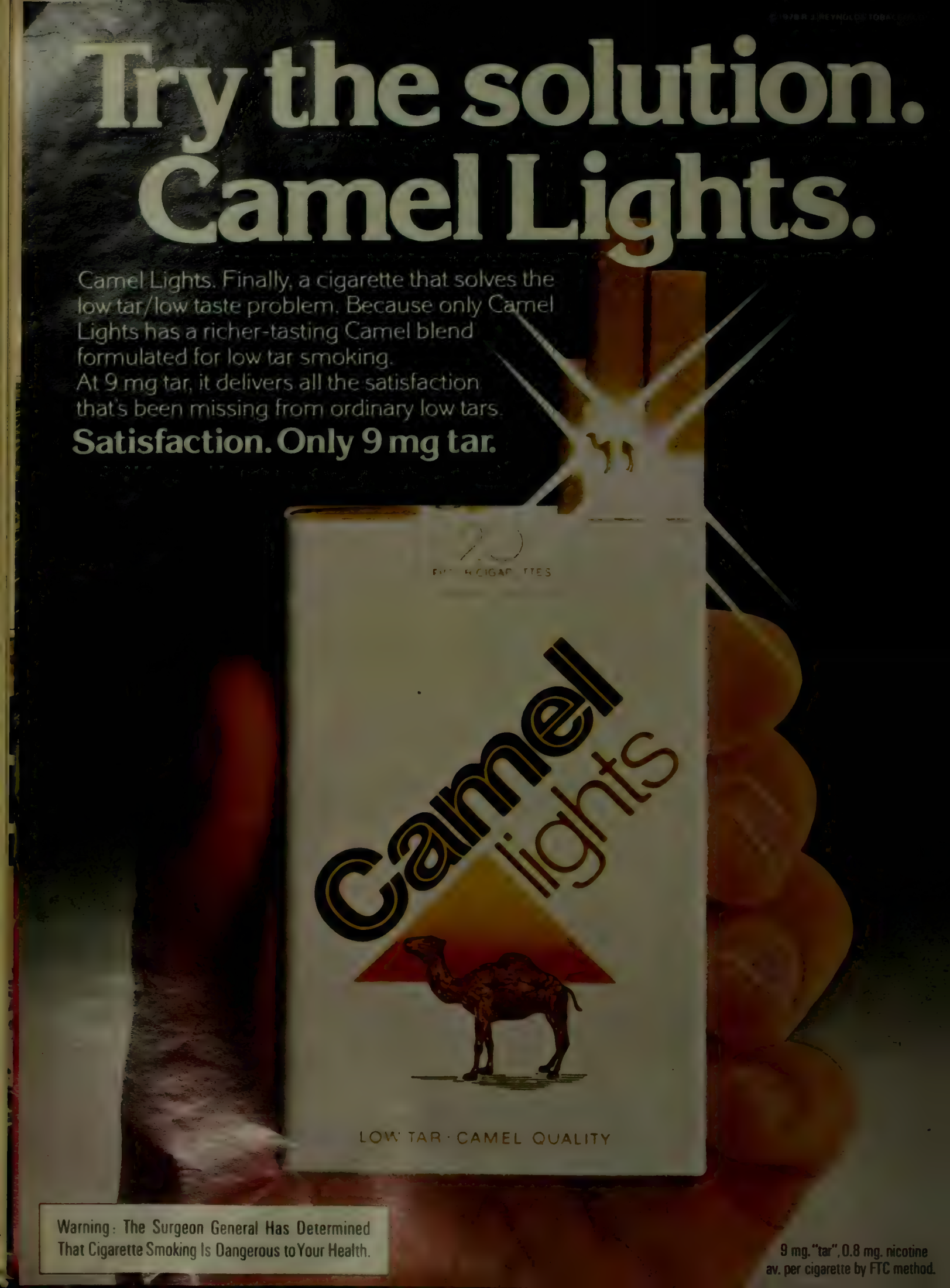


Sporty Futura Coupe

Try the solution. Camel Lights.

Camel Lights. Finally, a cigarette that solves the low tar/low taste problem. Because only Camel Lights has a richer-tasting Camel blend formulated for low tar smoking.
At 9 mg tar, it delivers all the satisfaction that's been missing from ordinary low tars.

Satisfaction. Only 9 mg tar.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

9 mg. "tar", 0.8 mg. nicotine av. per cigarette by FTC method.



continued

Gas and oil

cold, the oil must become thinner to flow easily and quickly through the engine. As the engine heat and outside temperature rise, the oil stays thick for stronger friction-fighting.

Check the oilcan for the viscosity classification designated by the SAE (Society of Automotive Engineers) numbers. The first number indicates the low outside temperatures in which the oil will let the cold engine parts start moving easily. If the first number is 10W, the oil is OK for winter temperatures (the W stands for winter) that rarely drop below zero. The second number indicates the oil's high temperature range; 30, 40, or 50 is suitable for most summer temperatures (the hotter the climate, the higher the number needed). If there are intermediate numbers in an SAE code, this indicates even more stages of thickness the oil goes through. But the first and last numbers still are more important.

Buying and changing oil

Since oil becomes inundated with dirt, and the additives wear out, regular oil changes are just as important as buying a good oil. Your owner's manual recommends the frequency of changes, but you'll be doing your engine a favor if you change the oil and oil filter more often when you drive a lot in stop-and-go traffic or in extremely dusty or cold conditions.

Brands of oil also differ in their additives. You'll find two letters on the can that designate the proper additives for your car. An SE (or SE/CC) oil is for cars of the model years 1971 to the present; SD oil is for 1968 to 1970 cars, and SC oil is for older cars.

Detergents are oil's most vital additive since they keep the combustion by-products—sludge and carbon—and dirt from increasing the friction and wear on moving parts. Other additives in good oils neutralize acids in the engine, inhibit metal corrosion, reduce foaming (which would cause the oil pump to gulp air bubbles), and make the oil even more slippery.

If you buy oil at a store, you should consider only the familiar national brands. Of course, these oils will have higher price tags, but the cheap oils generally wear out quickly or are unsuited for even brief use. Likewise, choose a national-brand oil filter.

When you're having the oil changed at a service station, ask for a specific brand of both oil and filter. If the station doesn't carry that brand, ask the attendant to suggest another good oil. Service departments of nationwide retail stores charge about $9 for an oil change with an oil filter. Service stations and dealerships charge about $18 for an oil change and filter.

Sizing up the synthetics

Manufacturers claim their relatively new synthetic oils, made of polyesters or other man-made materials, provide superior lubrication and durability that result in improved gas mileage and easier starts in winter. To date, the major automobile manufacturers have withheld recommendations for using the synthetic oils. In fact, the manufacturer may balk at accepting warranty claims if you use a synthetic oil while the car is under warranty.

Some synthetic oils are supposed to last for 25,000 miles and some for 15,000. Currently, prices range from $3 to $5 a quart. If you want to test a synthetic oil, you must carefully calculate your costs and test gas mileage and ease of starting for at least one period of 15,000 or 25,000 miles. Just add up the cost of the oil and filter (and labor if a service station puts the oil in) and compare this to how much the three or more oil changes with regular oil during the period would have cost. You'll also have to figure in one or two oil filter changes during the period as recommended by the synthetic-oil manufacturer (a filter wears out before the synthetic oil). And when you change a filter, you'll probably lose about a quart of oil, so add the cost of replacement oil to your tally.

You might encounter more difficulty in calculating how much gasoline you save by using a synthetic oil. The manufacturers claim this saving will average about four percent, so you may have to keep careful records of gas consumption for some time before the exact saving becomes apparent. ■





This is the nighttime laxative.



For gentle relief in the morning.

If you're like most laxative users, you take your laxative at night. And never quite get over the worry of unexpected results. Relax with Nytilax®.

Taken as directed at bedtime, Nytilax promises an undisturbed night's sleep for most people, and predictable relief first thing in the morning.

And Nytilax isn't a combination of harsh chemicals. Its single ingredient is purified senna—a natural plant derivative that brings effective yet gentle results. So if you worry about laxatives causing diarrhea or cramps, relax with Nytilax.

Whatever your laxative worries, relax with Nytilax. The gentle nighttime laxative that works in the morning.

Relax with Nytilax

In tiny, easy-to-take tablets.

Use only as directed. © Pfizer Inc 1978

Nytilax is another fine product from the Monograph Family of Medicines. When nonprescription medications are needed at home, none provide more effective relief than those from the Monograph Family. Each formula is doctor-tested and approved to meet today's strict demands for safety, effectiveness and quality. Each package includes complete label disclosure for maximum consumer protection.

Monograph®. The mark of assurance in family medicines.

How to order material from the magazine

DOLL FURNITURE PATTERN Make the cradle, bench, hutch, rocker, and dry sink shown in this issue with our pattern. Pattern is full-size for each piece and includes illustrated step-by-step instructions. (For information on items listed below, see page 34.)

Credit Card Users Can Speed Delivery By Phoning Toll Free

Send order and remittance to: Better Homes and Gardens®

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91	No. 15976 Tea Cozy and All Three Dolls $28.49			
81	No. 14736 Potpourri Ornaments $7.99			
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88	No. 01054 Lace Boxes Pattern	
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continued



When I see Sam clean off a bowl of Dog Chow® dog food day after day, I feel mighty good.

Because then I know he's getting every last lick of nutrition he needs.

You see, Purina knows all about those things that are good for a dog.

So Sam gets thiamin (ever heard of that?) for speedy reflexes.

Vitamin A for sharp eyes. Carbohydrates to help him stay frisky (like me).

And protein to keep the whole works humming.

So don't just feed your dog, nourish him with Purina® Dog Chow.®

Purina® Dog Chow®
Dog Food

For your pet's health see your veterinarian regularly. ©Ralston Purina Company 1978.

Hunter Style Chicken with a saucy secret.

Heinz 57 Sauce makes chicken a whole new game.

Chicken lovers, search no further. Heinz 57 Sauce has a delicious recipe idea for adding a little more spice and a lot more excitement to ordinary chicken.

We call it Hunter Style Chicken. Complete with all the trappings. Bold, tangy and really easy, too. Because it's all top-of-the-range.

Bring home the bacon tonight with Hunter Style Chicken. Compliments of Heinz 57 Sauce—the steak sauce you can cook with.



Hunter Style Chicken

4 slices bacon, cut into 1-inch pieces
1 medium onion, sliced
2 to 2½ pounds broiler-fryer pieces
Salt and pepper
1 pound can tomatoes, cut into bite-size pieces
⅓ to ½ cup Heinz 57 Sauce
1 tablespoon sugar
Hot buttered rice

Sauté bacon in large skillet until partially cooked, then sauté onion in same skillet until onion is tender. Remove bacon and onion; set aside. Drain drippings from skillet, reserving 2 tablespoons. Brown chicken in reserved drippings; sprinkle lightly with salt and pepper. Drain excess fat. Combine cooked bacon, onion, tomatoes, 57 Sauce and sugar; pour over chicken. Cover; simmer 40-45 minutes or until chicken is tender, basting occasionally. Thicken sauce with flour/water mixture, if desired. Serve with rice. Makes 4-5 servings (about 2½ cups sauce).

Heinz

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continued

How to order material from the magazine



FABRIC CANDLE ORNAMENTS (shown above) safely recreate Christmas past. EXCLUSIVE kit for six candles has assorted calico prints of cotton blend (prints may vary slightly) for candlestick holders (2 yellow, 2 green, 2 red), muslin for candles, wire, embroidery floss for flame, and complete instructions. Finished candles are 5" tall.

TEA COZY (shown in this issue) Adorable cover for your teapot keeps your tea piping hot! Easy-to-make EXCLUSIVE kit includes cotton and cotton blend fabrics (prints may vary slightly), laces and ribbon for trim, embroidery floss, polyester batting, needle, instructions and full-size patterns. Finished Tea Cozy measures a charming 9"x11".

TEA COZY DOLLS Our exclusive Tea Cozy Dolls (also shown in this issue) match the tea cozy teapot cover. Choose Hostess, Tea Drinker, or Guest—or all three! Each exclusive kit has cotton and cotton blend fabrics (prints may vary slightly), polyester lace, ribbon, embroidery floss, needle, and full-size patterns and instructions. You provide the stuffing of your choice. Each doll measures 11"x18".

POTPOURRI ORNAMENTS Ornament kits created by Member-at-Large Organization of *The Herb Society of America* are worked in natural dyed yarns with scented natural fill. Kit contains precut wool yarns, taped canvas, needle, backing, fragrant potpourri fill, and instructions. Finished size is 3¼"x3¼". Each kit makes one ornament—design selected for you from those shown. ■



A genuine Bell phone. There's nothing more fitting for your father, mother or anybody you're close to.

Bell telephones come in all sorts of colors, shapes, and sizes. With all kinds of customized calling services.

Which means you can choose a phone that's genuinely them. And still get a phone that's genuine Bell.

And since all the working parts remain ours, if there's ever a problem, we'll fix it at no extra charge.

Now that's the kind of quality you won't have any misgivings about.

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A window and door idea book for traditional and contemporary homes.

16 pages in full color packed with interesting examples of how the right windows can add beauty and liveability to your home. Tells how Pella Wood Windows make washing easier, cut energy costs and need no painting. Contains a helpful guide to different window types, and how each works. Describes the important things to consider in proper placement of windows. In short, it contains everything you need to know to make an intelligent decision about windows. And it's yours free!



Please send me a free copy of "Pella Window and Door Ideas."

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Also available throughout Canada
This coupon answered within 24 hours



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Only Pella offers it all.

MONEY Margaret Daly

LIFE INSURANCE: WHAT ARE THE PAYOUT OPTIONS?

Getting the right amount of life insurance is important, but so is making sure the money will be distributed in a way that suits your family's needs. Talk over the options with your beneficiary now, and make the appropriate arrangements with your insurance company. Here's what to consider.

Life insurance payouts involve a choice: to receive the money in one lump sum right away; or, to take the cash in installments according to one of several "settlement option" plans.

With a lump sum payout, the beneficiary personally decides how to use or invest the money. With settlement options, the insurance company handles the funds. That relieves the beneficiary of the need to watch over investments closely, or to assume risks in unfamiliar investment areas. However, the yield on funds handled by the insurance company may not be as high as the beneficiary might achieve alone or with the guidance of other advisers.

Preparation is the key

It's possible to state in your policy the exact payout plan you want your beneficiary to use. However, that's probably not the wisest approach, unless the beneficiary is absolutely certain he or she does not want the responsibility at all. Generally, it's better to leave the choice open.

Make sure that the various options are understood now, however. Sit down with your beneficiary and your agent and go over the financial resources and liabilities your family would have if you were to die: anticipated earnings from social security, pensions, and other sources; tax possibilities; outstanding debts; expected expenditures at various stages of life.

Talk over the advantages and disadvantages of settlement options. Explore various savings and investment opportunities should the beneficiary take charge of the funds in a lump sum. Also establish a working relationship now with experts who may be involved later—broker, bank officer, lawyer, and insurance agent.

Size up settlement options

If your beneficiary elects to have the money paid out in installments, it usually will be possible to change the plan later. (The life income option, discussed below, is an exception.) However, the right to change options must be stated in your policy. Also, it is not possible for your beneficiary to switch options if you specify a particular payout plan in your policy.

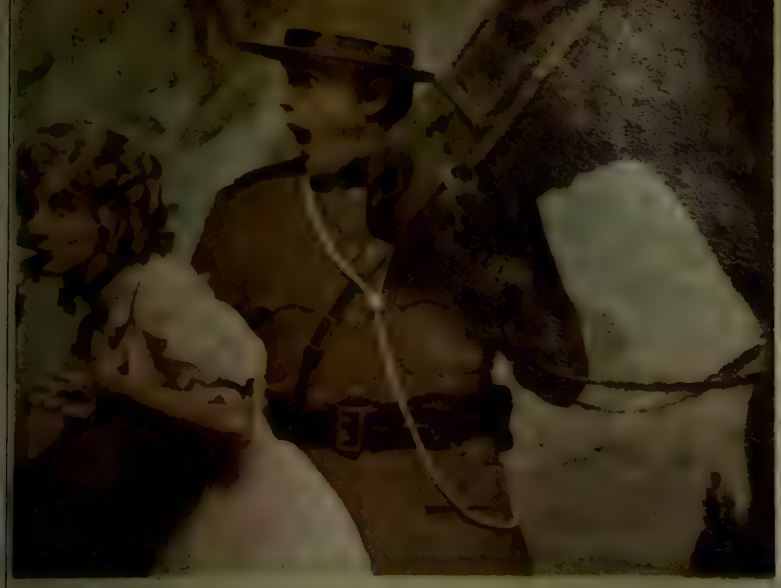
Here are the most likely choices, with a $50,000 policy serving as an example:

1. Interest option. This provides a kind of wait-and-see buffer, while your beneficiary is sorting out other matters and may not want to be bothered with managing extra funds right away. With an interest option, the proceeds of the policy are left on deposit with the insurance company. Interest payments are made to the beneficiary. Some companies also allow interest to be left on deposit if you wish. Arrangements can be made to withdraw all of the principal when needed. Some companies allow partial withdrawal, too.

Most companies guarantee at least 3½-percent interest return on the money, but in fact pay rates competitive with other savings vehicles—currently about 5½ to six percent. That would mean from about $2,750 to $3,000 a year interest on that $50,000 policy.

2. Fixed period option. Suppose your family does not need all the money at once, but would require extra cash over several years on a regular basis—until your children are through college, for example. Then a fixed period option might be a good choice. The funds are paid out in installments over a specified time until the money is exhausted. (Interest is earned along the same lines as with the interest-only plan.) Your youngsters might be through college in ten years, for example, so $50,000 could be paid out over ten years in equal installments of

continued



In 1902, in the midst of an Indian love call, Miss Sally surprised Mountie Bob by lighting up a cigarette.



Mountie Bob did not complete the call.



Fashions: Thea Porter

You've come a long way, baby.

VIRGINIA SLIMS

Slimmer than the fat cigarettes men smoke.



15 mg "tar," 0.9 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

continued

Life insurance

$2,500 twice a year, plus proportionate interest on the declining balance over that period ($6,306 at five percent, spread over ten years, as principal is being withdrawn).

3. Fixed amount option. In this case, the money is paid out in specified amounts, rather than for a specific period of time. The approach might make sense if, say, your spouse would not be eligible to receive social security checks for another ten years. Until those checks start coming in, he or she might need another $400 a month income. Your spouse could draw that amount from the insurance funds, then collect the balance (plus interest) once social security payments begin.

4. Life income option. Like an annuity, the life income option guarantees the beneficiary a lifetime income from the funds. The amount of each installment depends upon the beneficiary's age and sex. Variations may be set up so that a second beneficiary will receive regular income for a specific number of payouts or for life when the primary beneficiary dies. As an alternative to the life income option, some companies allow the beneficiary to buy a regular annuity plan.

If you are in the market for life insurance, compare various policies. Though the basic options are similar, some companies offer more flexible plans than others. Interest rates on money left with the company vary, too. Some may offer discounts if you convert the funds to another plan within the same company.

Consider the tax angles

Generally, life insurance proceeds are not taxable as income to the beneficiary, though they may be vulnerable to estate taxes if the estate is large enough (over $250,000 for most families). Therefore, when the beneficiary takes any proceeds from the face value of the policy—as lump sum or in installments—that money is not taxable.

On the other hand, some tax wrinkles affect the interest earned on funds left with the insurance company.

- With an interest-only option, the interest payments are fully taxable in the year they're received.
- With installment and life annuity plans, the surviving spouse (but no other beneficiary) gets a tax break: Each year, up to $1,000 in interest received as part of installment payments can be excluded from taxable income.

What about an insurance trust?

It is possible to have insurance proceeds placed in a special trust, arranged during your lifetime or in your will. There may be estate tax advantages when the estate is sizable and the trust is set up properly.

Trusts can be quite flexible, so that principal as well as income may be used as needed. A trust also may be helpful if you want professional investment management. However, weigh those advantages against the annual management fees—typically, at least one-half of one percent of the fund a year, with a minimum of $200 or $300, and often more. For smaller amounts of insurance proceeds, the trust might be more beneficial set up as a savings account in trust rather than as a formal plan requiring expert management at a fee. ■

Presenting the GE toaster that broils and bakes.



The GE Toast 'N Broil Toast-R-Oven® toaster.

Versatility is what makes the GE Toast 'N Broil Toast-R-Oven® toaster so great.

It's a great broiler.

This GE toaster has a separate broil setting that lets you broil steaks, hamburgers and hot dogs. You can position the broil pan high or low to suit your needs. Its high walls help protect the interior from spatters . . . and the pan pops right into the dishwasher for easy cleaning.

It's a great oven.

The GE Toast-R-Oven handles dozens of small cooking jobs you'd hate to heat up your big oven for.



Like making hot snacks, warming leftovers, baking casseroles, cooking frozen dinners and appetizers. And used together with your big oven, it lets you cook different dishes at different temperatures. Its thermostat controls the temperature from 200° to 500° F.

It's an automatic toaster.

This toaster replaces old-fashioned vertical toasters. It toasts up to 4 slices of regular bread, both sides at once, then shuts off and rings a bell, automatically. It lets you top-brown or toast odd-size breads and rolls, corn muffins or English muffins.



GE gives you broil and non-broil models.

The model featured here is the T26. Other broil models are the T114 and (two-slice) T23. The T104 and (two-slice) T93B are GE's non-broil models.

Whichever model you choose, once you own a Toast-R-Oven toaster from GE, you'll wonder how you ever managed without it.

GENERAL ELECTRIC

Give this headache all it needs. And nothing more.

Bayer.® 100% pure pain reliever. Nothing else is needed.

What this headache needs is 100% pure pain reliever. And that's Bayer Aspirin. 100% pure pain reliever. Bayer adds nothing because—even for a big headache—nothing else is needed. And rest assured, Bayer Aspirin has relieved millions of headaches without stomach upset.



If your headache is too big for Bayer. . . see your doctor.

Read and follow label directions

BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

A HOMESPUN CHRISTMAS

Pages 74-75: Trees and greens—Martin W. Schmidt and Sons, 262 N.W. Miller Rd., Portland, Ore. 97229. Chair—Middleburg Antiques Center, Middleburg, Va. 22117.

Pages 76-77: Natural-finish cheese boxes—Dufeck Mfg. Co., Broadway at Maple, Denmark, Wis. 54208. Package wrappings from paper tablecloth—Hallmark Cards, Inc., Kansas City, Mo. 64141. Package ribbons—C. M. Offray and Son, Inc., 1411 Broadway, N.Y., N.Y. 10018. Wooden rings for embroidered ornaments—Woodring Craft, Gould-Mersereau Co., Inc., 35 W. 44th St., N.Y., N.Y. 10036. Quilted wreath—Soft Antiques, 43 Main St., P.O. Box 1826, Orleans, Mass. 02653.

Pages 78-79: Bulrush baby basket—New Orleans Baby Co., P.O. Box 4190, New Orleans, La. 70178. Braided rug—Younkers Dept. Store, Des Moines, Iowa 50309. Nightgown—McCall's Pattern #5857. Lacy quilted heart and stocking—Soft Antiques (address above).

Pages 80-81: Dishes "Solid Cherry"—Iron Mountain Stoneware, Rt. 91, Laurel Bloomery, Tenn. 37680. Flatware "Old Forge"—Oxford Hall Silversmiths Ltd., 225 Fifth Ave., N.Y., N.Y. 10010. Chairs on table—Pier 1 Imports, 2833 Douglas Ave., Des Moines, Iowa 50317. Miniature chairs on tree—B. Shackman & Co., 85 Fifth Ave. (at 16th St.), N.Y., N.Y. 10003. Quilted wreath and treetop star—Soft Antiques (address above). Needlepoint sachet kits—Herb Society of America, Horticultural Hall, 300 Massachusetts Ave., Boston, Mass. 02115. Braided rug—*Rug Making*, Better Homes and Gardens® Books, 1716 Locust St., Des Moines, Iowa 50336.

Pages 82-83: Chair and cupboard—The Pines Antiques, Ames, Iowa 50010. Cording for fabric bowls "Jumbo Upholstery Cord"—Conso Products Co., 27 W. 23rd St., N.Y., N.Y. 10010. Loom for woven vest "Weave-It Loom"—Scovill Mfg. Co., Spartanburg, S.C. 29301. Laces for lace wreath "Adorn-A-Trim"—Emanuel Roth Co., P.O. Box 1222, Secaucus, N.J. 07094, and Roth Import Co., Inc., 13 W. 38th St., N.Y., N.Y. 10018.

Pages 84-85: Stenciled boxes: "Americana" stencils—Stencil Magic, 8 W. 19th St., N.Y., N.Y. 10011; Rit Dye—Best Food Division, 25 Continental Dr., Wayne, N.J. 07470; boxes—The Cracker Barrel, 527 Narberth Ave., Haddonfield, N.J. 08033.

Pages 86-87: Cat pillow—Fabrications, 146 E. 56th St., N.Y., N.Y. 10022. Crocheted rag rug—*Rug Making*, Better Homes and Gardens® Books, 1716 Locust St., Des Moines, Iowa 50336.

Pages 88-89: Soft rabbit—The Gazebo, 660 Madison Ave. (at 61st St.), N.Y., N.Y. 10010. Doilies and lace border—Some Place, 2990 Adeline St., Berkeley, Calif. 94705.

Pages 90-91: Bed—Boulevard Mart, Kingman at 28th St., Des Moines, Iowa 50320. Sheets and pillowcase "Trousseau"—Fieldcrest, 60 W. 40th St., N.Y., N.Y. 10018. Nightgown—McCall's Pattern #5857. Wrapping paper for packages on window seat, wallpaper, tablecloth fabric, fabric for stocking and bows—Laura Ashley Inc., 735 Montgomery, San Francisco, Calif. 94111. Chair—The Door Store, 210 E. 51st St., N.Y., N.Y. 10022. Lacy quilted heart—Soft Antiques (address above). Cups and saucers "Romance"—Sigma Marketing China, 615 South St., Garden City, N.J. 11530. Silver spoon "Silver Renaissance"—International Silver Co., Meriden, Conn. 06450. Miniature papers for small packages—J. Hermes, P.O. Box 23, El Monte, Calif. 91734.

FOOD AND FELLOWSHIP FOR THE HOLIDAY

Page 102 (left): Glasses "Facette"—Dansk Designs, Inc., Radio Circle Road, Mt. Kisco, N.Y. 10549. (Right): Pewter coffeepot—Oneida Silversmiths, Kenwood Station, Oneida, N.Y. 13421.

Page 103: Butter dish—International Silver Co., 500 S. Broad St., Meriden, Conn. 06450.

Page 104 (left): Glass "Facette"—Dansk (address above). (Right): Tureen—Oneida Silversmiths (address above).

Page 106 (left): Crystal goblets—Gorham, Div. of Textron, 333 Adelaide Ave., Providence, R.I. 02907. China "Asian song"—Noritake Co., Inc., Cincinnati, Ohio 45215.

PRIZE TESTED RECIPES

Page 111 (left): Casserole "Ptarmigan"—Fabrik, Inc., 3241 Eastlake Ave. E., Seattle, Wash. 98102. Trivet—Crate & Barrel, 1510 N. Wells St., Chicago, Ill. 60610. (Right): Snack tray with cup—Crate & Barrel (address above).

Page 112 (center left): Blender—Oster Corp., #5055 N. Lydell Ave., Milwaukee, Wis. 53217. (Center right): Platter "Medallion D'or"—Fitz & Floyd, 1371 Round Table Dr., Dallas, Tex. 75247.



A HOMESPUN CHRISTMAS CREDITS

Page 73. Willa Cather, *O Pioneers!* Copyright, 1913 and 1941, by Willa Sibert Cather. Reprinted by permission of Houghton Mifflin Co., Boston, Mass.

Accommodations—Red Fox Inn, Middleburg, Va. 22117

Our warmest appreciation to Giles and Dorothy Showers of Hume, Va., for rescuing part of our staff from a snowbank and for their hospitality.

Design and production coordinator—Ciba Vaughan.

DESIGNER CREDITS

Pages 74-75. Schoolhouse block wall hanging—Lynn Hopkins Cipolla. Burlap crèche—Kathleen Praxel.

Pages 76-77. Soft-sculpture candle ornaments—Ciba Vaughan. Wooden angel ornaments—Arlene Aune. Macrame snowflakes—Arleen Manburg. Hardanger-embroidered ornaments—Susan Nielsen. Quilted wreath—Sharyn Prentiss for Soft Antiques, Orleans, Mass. Colonial doll—June Alexis. Quilted farm scene—Susan Hesse.

Pages 78-79. Baby basket—Cipolla and Peggy Jester. Lacy quilted heart, Quilted stocking—Prentiss. Schoolhouse quilt—Jester. Knitted wrap—courtesy of Lion Brand Yarn Co. Baby ball, Pioneer dolls, Quilted boxes, Quilt pattern cards—Vaughan. Log cabin ornaments—Cipolla. Schoolhouse ornaments—Ann Levine and Cipolla. Picnic basket, schoolhouse basket pincushions—Mary Grunbaum for Great American Cover-Up, Dallas, Texas.

Pages 80-81. Treetop star—Prentiss. Wooden candlesticks—Don Wipperman. Braided place mats and napkin rings—Charles and Alice Proctor and Merr Shearn for Proctor Patchworks, Colorado Springs, Col. Needlepoint sachets—Jo Lohmolder and Mary Spencer for The Herb Society of America, Boston, Mass.

Pages 82-83. Woven checkerboard vest, Soft-sculpture jam jars, Lace wreath—Vaughan. Fabric bowls—Connie Lidster and Linda Wilson.

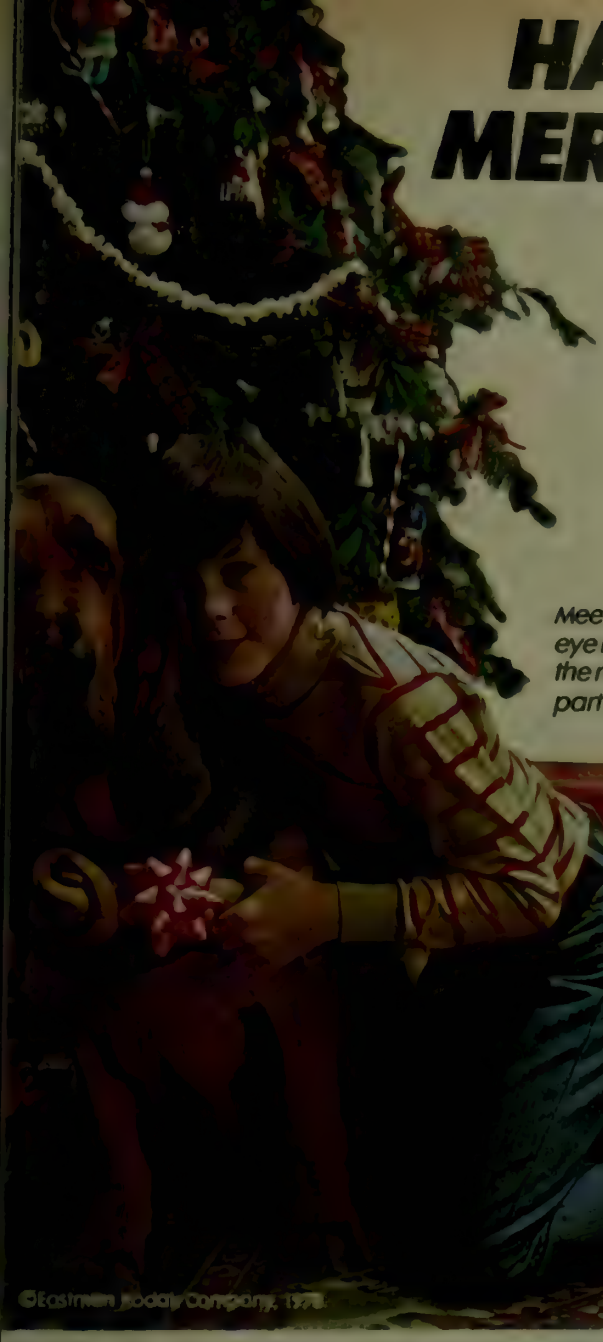
Pages 84-85. Primitive wooden animals—Rick, Eileen, and Jason Phillips. Stenciled boxes—The Whole Kit & Kaboodle for Stencil Magic, N.Y., N.Y.

Pages 86-87. Doll furniture—David Ashe for The Design Concern, Des Moines, Iowa. Parlor dolls—Terry Ryder. Postage-stamp quilt—Charles Briarly.

Pages 88-89. Lace boxes, Lace picture frame, Lace photo album, Basket pincushions, Walnut pincushions—Margot Carter Blair.

Pages 90-91. Yo-Yo stocking—Wilson. Hearth scene pillow—Hesse. Fabric bows—Karla Rabanus. Tea-party pillow dolls, Tea-party tea cozy—Phyllis Dunstan.

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Give your subjects something to look at besides the camera. You'll get more interesting shots.

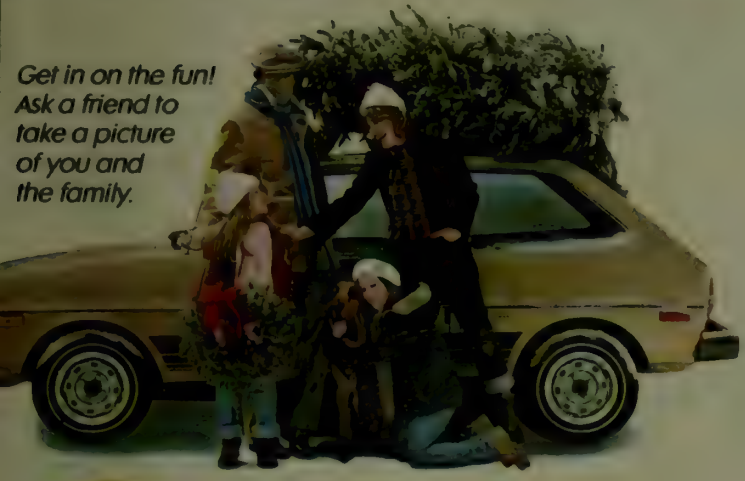


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Stay low in the snow, to avoid the glare of the winter sun.



Get in on the fun! Ask a friend to take a picture of you and the family.





Catch the spirit of your Christmas, on Kodak film.

Kodak film.
You've got what it takes.



BARBECUE MAIN DISHES AND GELATIN DESSERTS

Are you an expert at preparing tasty main dishes on the barbecue grill? Do you rely on gelatin to make refreshing summer desserts? Send us your recipes—you could win next July. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next July. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Barbecue Main Dishes

A family favorite or newly created recipe cooked on the barbecue grill could qualify. Do you cook single-serving packets of meat and vegetables over hot coals? Do you prepare roasts or chops on the grill in a special way? Tips: **tarragon-almond glazed chicken, liver 'n bacon kabobs, grilled crab zucchini boats.**

Gelatin Desserts

You can enter any dessert that calls for flavored or unflavored gelatin. Do you combine two flavors of gelatin for a special dessert? Do you make ice creams, sherbets, parfaits, or cheesecakes with gelatin? Hints: **blackberry-wine soufflé, citrus chiffon parfaits, strawberry-marshmallow squares.**

THIS MONTH'S WINNERS

(See recipes on pages 111 and 112.)

Cooks-of-the-Month

Mrs. Kae Jeffers, La Junta, Colo.
Sally W. Robinson, Columbia, S.C.

Runners-up

Janice Auth, Pittsburgh, Pa.
Mary Burdick, Indianapolis, Ind.
Joellen Crouch, Corte Madera, Calif.
Sharon Wampler, Scottsdale, Ariz.

Honor Roll

Patricia Bertone-Gross, Windsor, Conn.
Mrs. Dolores Gallagher, Riverdale, Ill.
Ms. Lorry L. Mudge, Detroit, Mich.
Penny Petterborg, Boise, Idaho
Mrs. Flora B. Rippstein, Apple Valley, Calif.
Marlene J. Souriano-Vinikoor, Seattle, Wash.
Iris Spellings, Madison, Ind.
Mrs. Flora Turesdell, Barker, N.Y.
Nancy Vale, New York, N.Y.
Susan Wortley, Latrobe, Pa.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "July Barbecue Main Dishes" or "July Gelatin Desserts."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, December 31. Where duplicate recipes are submitted, the one with the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7812 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**



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Chicken of the Sea® tuna is the only leading brand that has constant voluntary federal inspection.

There's no law that requires us to have a federal inspector constantly on the job.

But we do it for a good reason. We think it's the best way to reassure you and your family that our delicious tuna is consistently wholesome, top-quality tuna. Can after can.

Chicken of the Sea. It's the only leading tuna with a Government seal of approval because it's the only one that earns it.

Chicken of the Sea.

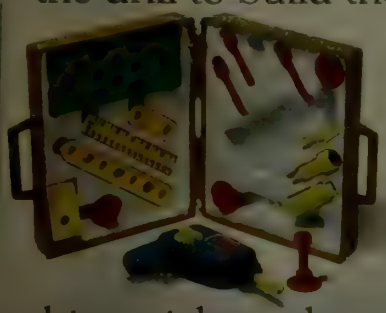
The Fisher-Price Tool Kit makes putting things together as much fun as taking them apart.

Fisher-Price knows that preschoolers are fascinated by the way things go together and especially by the way they come apart.

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Young masterminds can use the drill to build the handy workbench. And then they can put on the links and straps and nuts and bolts every which way. There's also a vise to hold things tight and a ruler for precise measurements.

When it's time to pack up, all equipment stores neatly inside the sturdy carrying case. Until the next important construction job.



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And you don't have to be a handyman either. Because they're a snap to install.

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Wood furniture upkeep

Whether antique or brand-new, all wood furniture needs proper care. Even furniture that is factory-finished with a protective coating is vulnerable to damage from weather and wear. Here's how you can keep your wood furniture looking its best.

Precautions

Wood has several natural enemies—and excessive moisture is the worst. Lack of moisture is nearly as harmful. Too much humidity will cause warping and mildew stains; too little will cause shrinking, which curls veneers and loosens joints.

Temperature extremes are also harmful to wood. Antique furnishings that thrived for years in chilly English homes have been known to almost fall apart when transplanted to overheated and dry American homes.

Like fine paintings, wood furniture does best in a steady temperature of between 65 to 70 degrees, with 50-percent humidity. Use humidifiers or dehumidifiers when needed. Draw the shades to prevent sun bleaching and checking and crazing of the wood.

Other precautions include placing furniture where it doesn't get bumped by doors and putting felt pads under lamps and vases to prevent marring of table or cabinet tops. Don't use rubber or plastic pads, as they may cause staining. Always use insulated pads for hot dishes.

Check the finish

When it comes to selecting a cleaning method, the type of finish is more important than the kind of wood. A satiny shellac finish, for example, may dissolve if cleaned with a product that contains alcohol or turpentine. A cream polish is fine for a varnished surface, but it will make a waxed finish gummy and dull.

No matter what the finish, all furniture will benefit from frequent dusting to keep grit from settling into carvings and pores.

Polishing

Furniture polishes range from sprays which dust and wax in one quick operation to liquids that dry to a haze and leave a high luster when wiped off.

There is no miracle polish that is right for every wood finish, but a hard carnauba paste wax polish is the most versatile. It gives a protective finish that won't get smeared by fingerprints and won't attract dust.

Initially, paste wax requires considerably more work to apply than a liquid polish does. But eventually a hard, lustrous surface will develop, and then the upkeep is reduced to an occasional waxing.

Fine antique furniture made of hardwoods, such as mahogany, walnut, rosewood, fruitwood, and maple, should be waxed sparingly every six months. Hand rubbing is the secret of bringing out the beauty of these woods.

Country pine, poplar, and oak often have oil finishes. These should be touched up periodically with a mixture of equal parts of vinegar, turpentine, and boiled linseed oil. Rub on the oil dressing with a dampened cloth. After two hours, wipe off any excess.

Washing

Museum caretakers often use soap and water to remove grime from antique furniture, but this cleaning method should be used with caution.

Don't wash shellac or lacquer finishes. On all other finishes, test a small, inconspicuous area first. If the surface turns white, forgo this method of cleaning. If no white "bloom" appears, it should be safe to wash the furniture with soap and water.

Dip a soft cloth in a mixture of one teaspoon of detergent powder to a quart of lukewarm water. Wring the cloth tightly and wash a small area at a time. Be careful not to slosh on excessive amounts of water. Rinse with a cloth dampened with clear warm water. Then dry with a clean cloth.

Painted furniture can be washed in the same manner. A spray waxing every four months will also help protect and preserve a painted finish. Don't use a linseed oil cleaner. It will darken painted surfaces and discolor gold leaf decorations. ■

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A Homespun Christmas Index of Instructions

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Package wraps 48
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To order free instructions (except 50 cents for postage and handling) for macrame snowflake designs, see page 32.

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To order free instructions (except 50 cents for postage and handling) for the crocheted rag rug, see page 32.

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To order free instructions (except 50 cents for postage and handling)

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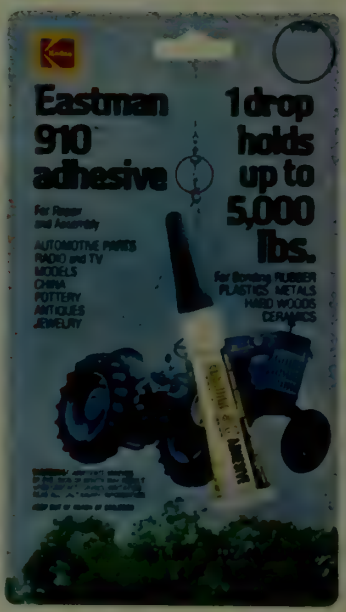
'Twas the day after Christmas and all through the house...

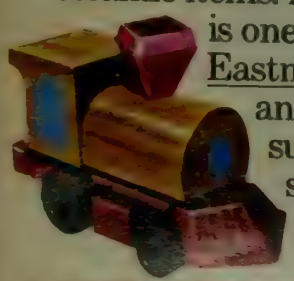
Put a tube of Eastman 910* adhesive in Dad's stocking this Christmas. It's a great little helper for tackling those minor repair jobs that keep cropping up. And he can use it all year long for things like torn athletic shoe soles, broken steam iron handles and roughly handled toys. As well as for all kinds of other metal, plastic, rubber, hard-wood and ceramic items. All it takes is one drop of Eastman 910 adhesive and fingertip pressure. Available in stores nationwide.











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*Eastman 910 is Eastman's trademark for its cyanoacrylate adhesives

What's best for your puppy: dry dog food or canned?



Wrong question. It's not the form; it's the *formula* that is key to your puppy's healthy growth.

You see, during his first year, your puppy *has to do ninety percent of his growing.*

Pound for pound, he burns up twice as many calories as a full-grown dog. He needs about twice the vitamins and minerals. Extra protein. Extra calcium for growing bones and teeth.

He gets all that extra nutrition—concentrated for his little stomach—in bags or cans of Cycle® 1 dog food.

Cycle 1 isn't simply a puppy-sized version of adult dog food.

It is just as specially balanced for growing puppies as Cycle 2 is for adult dogs. As Cycle 3 is for dogs who should have fewer calories. As Cycle 4 is for dogs over 7.

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Cycle® DOG FOOD Nutrition... for the life of your dog.™



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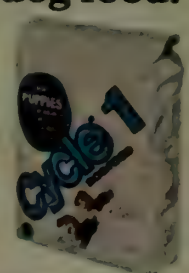
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TO THE RETAILER: General Foods Corporation will reimburse you for the face value of this coupon plus 5¢ for handling if you receive it on the sale of the specified product and if upon request you submit evidence thereof satisfactory to General Foods Corporation. Coupon may not be assigned or transferred. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. For redemption of properly received and handled coupon, mail to: General Foods Corporation, Coupon Redemption Office, P.O. Box 103, Kankakee, Illinois 60901



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continued

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Tea-party tea cozy, page 91 172

To order kits for dolls or tea cozy, see page 32.

HOW TO ENLARGE PATTERNS

Enlarging a pattern from a grid is the key to successful crafts projects.

1. Determine how large the squares of the grid for the *full-size pattern* are supposed to be. Diagrams are usually labeled with a scale—such as "one square equals one inch." This means that all the lines and details given within one small square of the grid on the diagram must be enlarged proportionately to fit within a one-inch square on the full-size pattern.

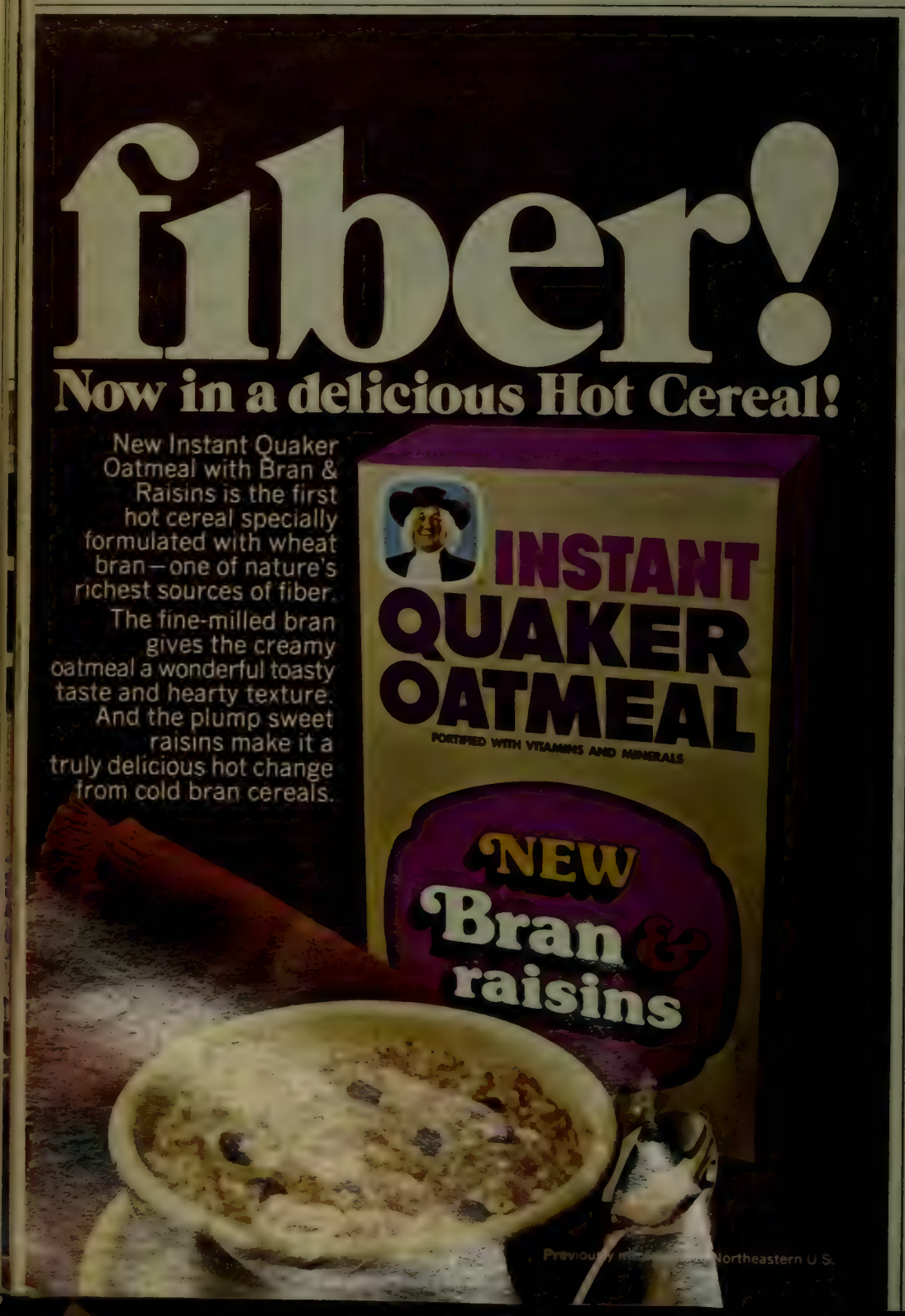
2. To enlarge a pattern, first measure off a new grid on a large sheet of paper. If the scale called for is "one square = one inch," mark the paper with horizontal and vertical lines spaced exactly one inch apart, thus dividing the paper into a series of one-inch squares. If the scale is "one square = two inches," then mark a grid of two-inch squares. Count the squares in the original drawing, and then make the same number of squares on your own brown wrapping paper grid.

3. Choose the point at which you wish to start your enlargement, and mark it with a small X on the original drawing. Locate the corresponding square on your enlarged grid and mark it with an X as well. You may find it helpful to number corresponding horizontal and vertical squares on the original diagram and on your enlarged grid.

4. Next, mark the new grid exactly where the line of the design intersects the line of the original grid. Working one square at a time, make tiny marks on each grid line where it is intersected by the line of the design. When you have several squares marked, connect the dots, following the contours of the original design. Work in pencil so you can erase. When you've enlarged the whole design, square by square, go over the final outline with a felt-tip pen. Cut out your design, or use it to trace onto fabric or paper as called for in the project instructions.

PACKAGE WRAPS

Imaginative gift wraps are a snap—and inexpensive too—if you use tablecloths, fabrics, and wallpaper as we did. Packages shown on pages 75, 76, and 79 are wrapped in paper tablecloths, while those on page 83 are done up in calicos. For wallpaper wrappings, see page 91. To duplicate them, cut the tablecloth, fabric, or wallpaper as you would regular gift paper, then wrap and accent with ribbons. ■



We changed what an oven does by changing how it does it.



The Farberware Convection Oven. A Cooler, Cleaner Oven For Under $165.

Farberware's convection oven is a whole new concept in ovens. An electric counter-top oven that's compact and portable, but with big-oven capacity. (It can roast up to an 18 lb. turkey.) An oven that cooks fast, yet safely and economically. An oven that will give you better results, and take less time, effort, and work. But before we could come up with an oven that could do all these things, we had to find an entirely different principle for an oven to work on.

Our secret: circulating air.

In Farberware's convection oven, the cooking air is kept in constant circulation, moving around all sides of the food. Your food cooks on all sides at the same temperature. So you never have to turn anything, whether you're broiling, roasting or baking.

Cook without heating up your kitchen.

Since the cooking air is kept in constant motion inside the oven, it can't escape to heat up your kitchen. You can bake, broil or roast on the hottest days without baking, broiling or roasting. Convection roasting also saves you 1/3 of the time it takes to roast in a regular oven. You can do frozen meat in the time a regular oven will do thawed meat. You'll be able to save power, too. Our convection oven uses less energy than a conventional range oven. And it runs on standard current, without special wiring.

An oven that's easier to clean.

The inside walls of our oven are treated to vaporize food splatters while the oven is working. A removable filter traps solids and fats. The drip tray and glass door come off and pop right into the dishwasher.

A lot of oven for a little money.

The Farberware convection oven sells for less than $165. A lot less than other ovens that don't do nearly as much, nearly as well. Which makes it the ideal second oven, one that could well become the oven you use all the time. And why not? Everything you roast, bake or broil will come out of this oven looking like it came out of a magazine. In less time, with less work, and for less money.

The Farberware Convection Turbo-Oven.®

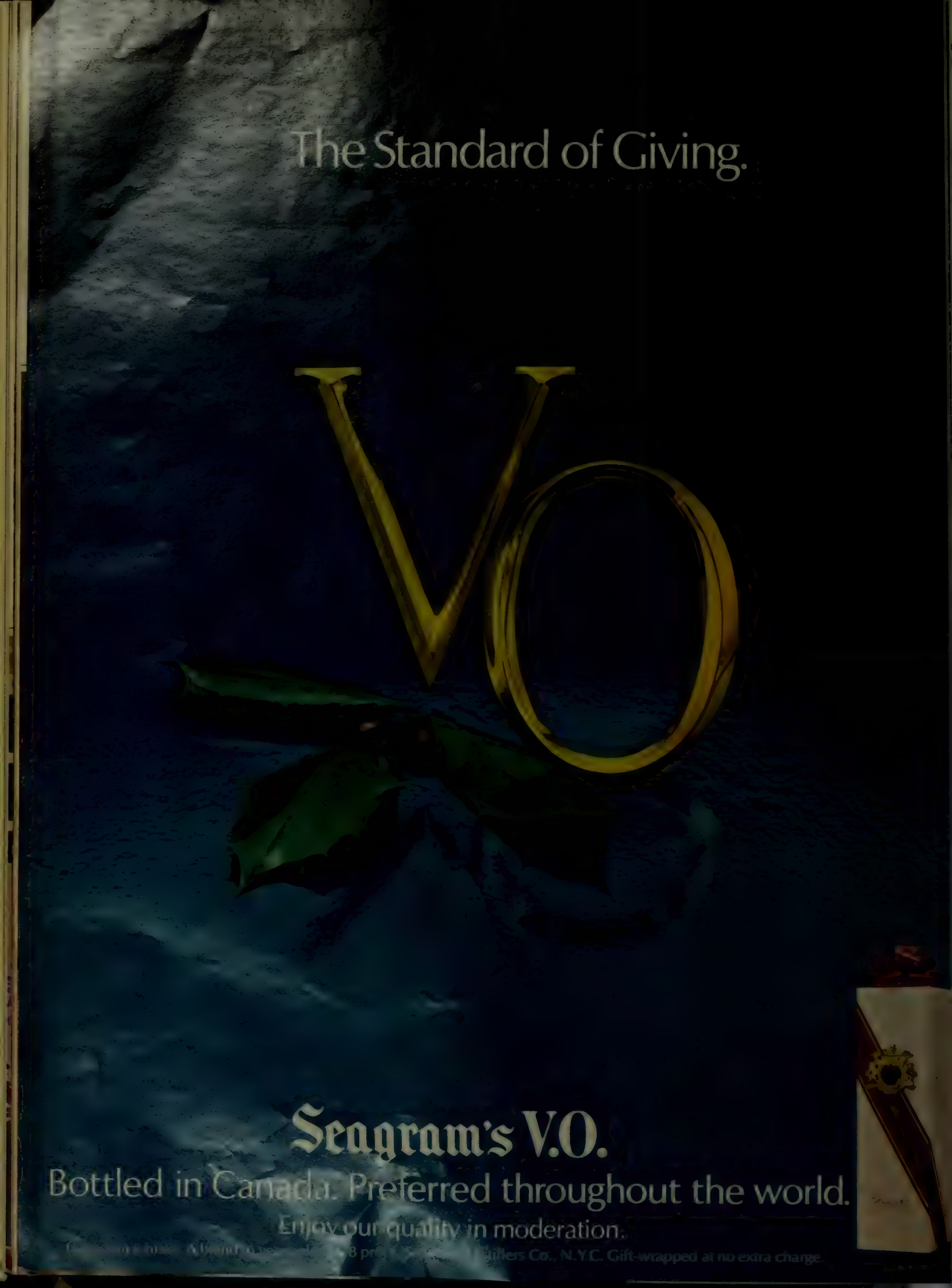
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Bottled in Canada. Preferred throughout the world.
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GOOD NEWS

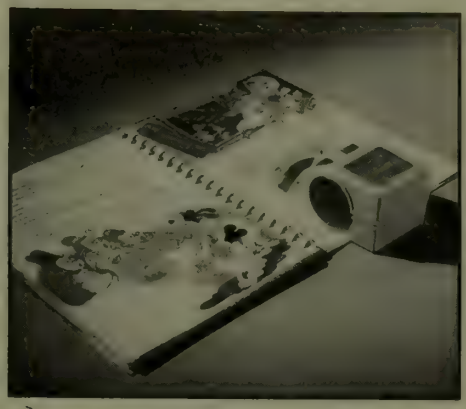
Auto-focus camera



To get sharp photos with this 35-millimeter camera, you simply aim and shoot; the focusing is done automatically by sensors and a microcomputer. The camera also has automatic exposure and a built-in electronic flash.

Konica C35 AF Camera, about $260. Konica Camera Co., 25-20 Brooklyn-Queens Expressway West, Woodside, N.Y. 11377.

"Talking" storybook



Amaze your children on Christmas morning with this show-and-tell book (one of 18 in a series). A rugged mini-phonograph plays small records laminated to the pages. The result: voices and sounds that follow the words and pictures.

"Talk-To-Me" player and Walt Disney's "Ghost Chasers," about $23; additional books, about $4 each. Fisher-Price Toys, East Aurora, N.Y. 14052.

Speedy yogurt maker



Photographs: William Hopkins

This yogurt maker produces two quarts in only four hours, half the time most other devices require. And, unlike yogurt makers that heat from the bottom only, this one heats the contents evenly through a layer of water around the glass liner.

Yogourmet, about $60. Starter, about $2. Yogourmet, Rolmex Electro Inc., 2334 Marie-Victorin, Varennes, Quebec, Canada J0L-2P0.

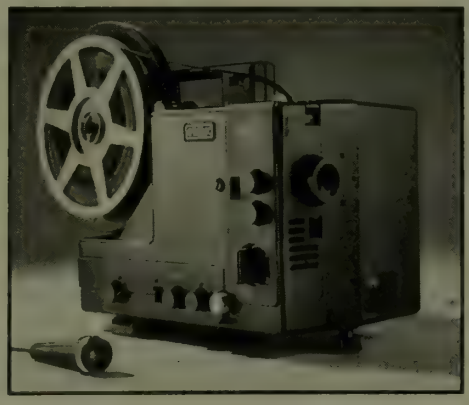
Finger wrench



This short ratchet wrench can mean fewer scraped knuckles for the home auto mechanic. The tool fits into tight spots and operates with finger pressure. The set includes a reversible ratchet, five sockets, and a two-inch extension arm.

Thumbwheel Ratchet Set (¼" or ⅜"), about $12. S-K Tools, a division of Dreisser Industries, 3201 North Wolfe Rd., Franklin Park, Ill. 60131.

Compact projector



There are no cumbersome reel arms on this sound-recording and auto-threading movie projector; one axle holds both the feed and take-up reels. The zoom lens projects sharp edges, and one lever instantly synchronizes sound and picture.

Sound 905 Super 8 Projector, about $340. Eumig (U.S.A.) Inc., Lake Success Business Park, 225 Community Drive, Great Neck, N.Y. 11020.

Electronic scale



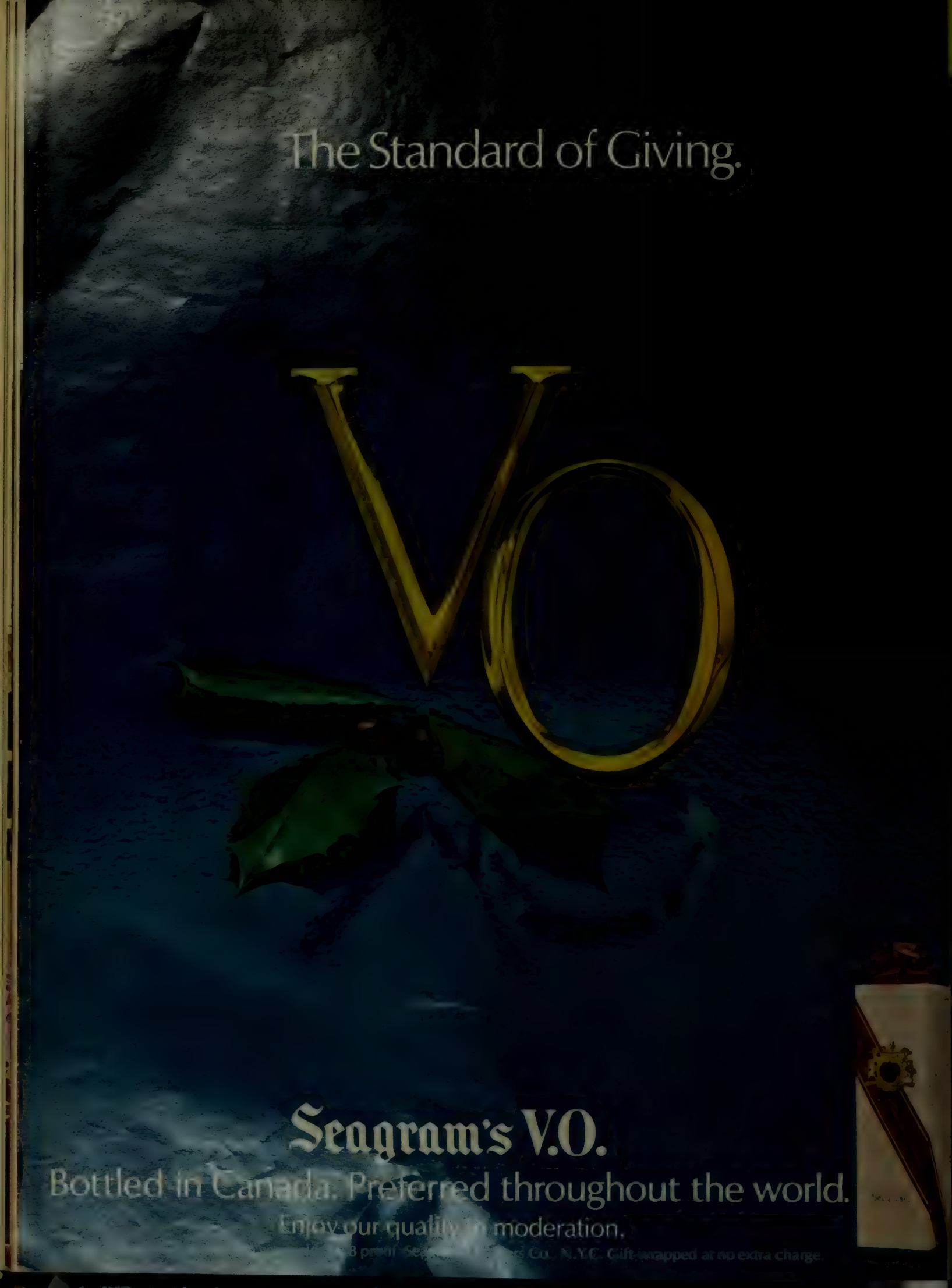
This sleek bathroom scale features electronic accuracy and a bright, easy-to-read digit display. When you step on the battery-powered scale, it calculates your weight and displays the readout until you step off the scale.

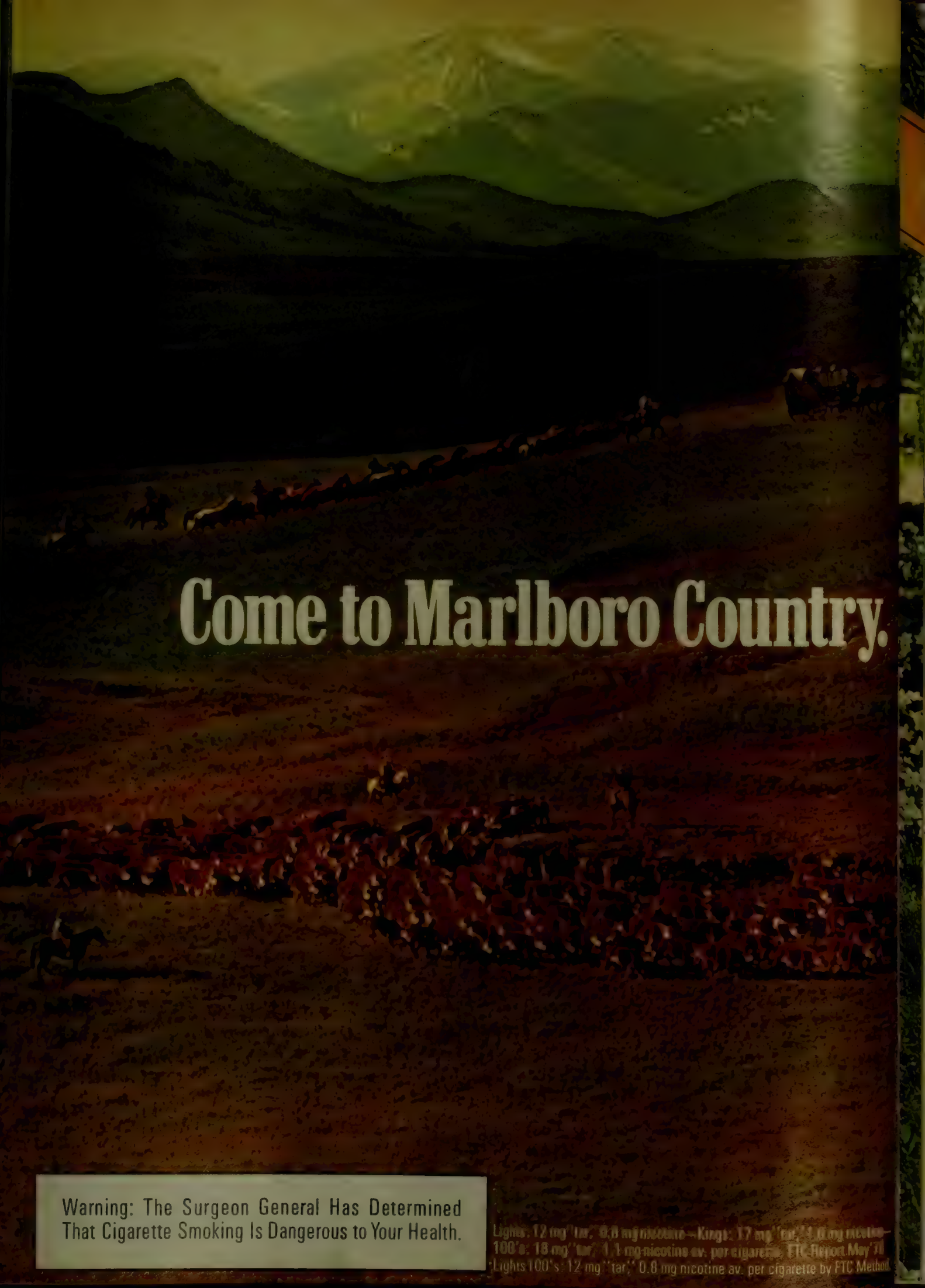
EDS-1 Electronic Digital Scale, about $49. General Electric Company, Bridgeport, Conn. 06602.

continued on page 58


This is a special place
where some do what others only dream about.
And life has a flavor all its own.
Come to where the flavor is...




The Standard of Giving.
VO
Seagram's V.O.
Bottled in Canada. Preferred throughout the world.
Enjoy our quality in moderation.
Gift-wrapped at no extra charge.

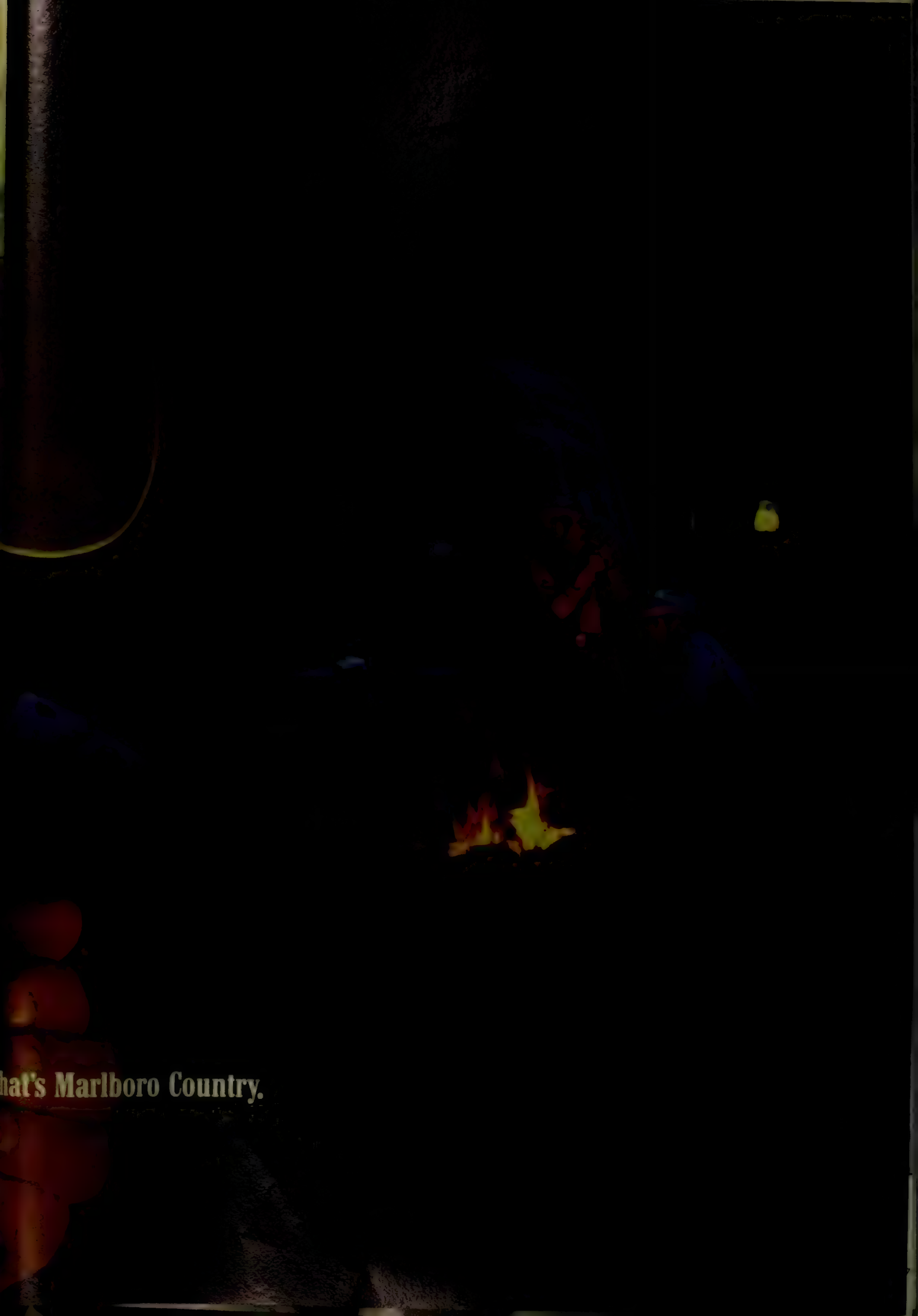


Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Lights: 12 mg "tar," 0.8 mg nicotine—Kings: 17 mg "tar," 1.0 mg nicotine—100's: 18 mg "tar," 1.1 mg nicotine av. per cigarette, FTC Report May '71.
Lights 100's: 12 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.




Marlboro
LIGHTS
100's
Marlboro
Marlboro
100's
Marlboro
LIGHTS
Wherever men smoke for flavor.
Marlboro Lights, Longhorn 100's and famous
Marlboro Red—you get a lot to like.


hat's Marlboro Country.



Save on Sears Watercolor Floral

Sale $31.99 twin size bouffant bedspread

Splash your bedroom with Sears Watercolor Floral pattern. Save on all sizes. Perma-Prest® percale sheets are 50% polyester, 50% cotton.

Bouffant bedspread, twin	reg. $36.99	Sale $31.99
Quilted bedspread, full	reg. $29.99	Sale $24.99
Percale sheet, twin	reg. $ 6.49	Sale $ 5.49
Percale sheet, full	reg. $ 7.99	Sale $ 6.99
Comforter, twin	reg. $29.99	Sale $25.99
Comforter, full	reg. $35.99	Sale $31.99
Pinch-pleated draperies (50 in. x 84 in. size)	reg. $19.99	Sale $17.99

Quilted bedspread

Matching towels, shower curtains and coordinating bath rugs and carpeting are also on sale. Canopies, shams and priscilla curtains are at regular price. In most larger Sears retail stores from Dec. 3 thru Dec. 23, 1978.

Prices and dates may vary in Alaska and Hawaii.

Only at Sears

Copyright, Roebuck and Co., 197





GOOD NEWS



Toasty togs

Thanks to a new insulating material in their jackets and pants, these three skiers are probably the warmest people on the slopes. The insulation is composed of many tiny air-trapping fibers that tests show provide twice the warmth—thickness for thickness—as goose down. And garments containing the material are machine washable and dryable. This Christmas the insulation is available in this line of skiwear and other brands of jackets, vests, and gloves. Next year the material should be available in sleeping bags, footwear, and other products.

"THINSULATE" Brand Thermal Insulation. 3M Thinsulate product information, P.O. Box 33600, Saint Paul, Minn. 55133. Skiwear: women's jackets, about $125 to $130; woman's insulated pants (left), about $89; man's jacket (over arm), about $120; man's pants, about $99. AMF Head Sports Wear Inc., 9189 Red Branch Road, Columbia, Md. 21045.

Toy scooper



Any child three or under will have fun picking up building blocks and other small toys with this riding "alligator." Two harmless, pliable blades rotate with the front wheels to scoop up small items in the child's path. The green and yellow toy is constructed of high-impact polystyrene.

Gobblegator, about $14. Wonder Toys, a division of CBS Toys, 151 South Main, Collierville, Tenn. 38017.

Double-duty light



You get either a 200,000 candlepower spotlight or a 100,000 candlepower wide-angle floodlight with this portable helper. Operating from a car's cigarette lighter, the light can be hand-held or hung for setting up a camp, changing a tire, or signaling.

Sportlite Spot/Flood by Q-Beam, about $39.55 (with 8-ft. coil cord and plug). Brinkmann Corporation, 4215 McEwen Road, Dallas, Tex. 75240.

Products shown in Good News are available nationally. For more information or the name of the nearest retail outlet, contact the manufacturer at the address listed; please do not send money to the company. All prices are subject to change.



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Prices and dates may vary in Alaska and Hawaii.

Only at Sears

What every other microwave oven is missing.



All microwave ovens are capable of cooking foods quickly. But at Whirlpool, we wanted to give you more.

That's why we designed the Mark Series Microwave Oven with our touch controls for simple operation. The right touches of your finger tell it when you want dinner. And it will compute the start time and begin cooking without your even being there.

We also add an automatic Meal Sensor™ temperature probe that continuously measures temperature and automatically turns the oven off.

We even include a special touch control cookbook with recipes tested and approved by the Better Homes and Gardens test kitchen so your meals taste as good as they look.

Then, most important of all, our microwave oven has something none of the others have. It has our name . . . Whirlpool. And all of the beautiful things that go with it.

Beautiful things like Cool-Line® service. It's a toll free telephone service that will help with any problems or questions about cooking or operation.

And Tech-Care® service. Our nationwide franchised service made up of, we believe, some of the best service technicians in the world.

And our warranty that's written so it can be understood.

Beautiful things, yes. And we think that's exactly what you should expect from Whirlpool.

Whirlpool
Home Appliances

We believe quality can be beautiful.

1978 SENSIBLE GROWTH AWARDS

Each year, the National Association of Home Builders and *Better Homes and Gardens* cosponsor a competition to recognize excellence in the design and planning of new housing developments. Entries from all across the country are judged by a panel of builders, developers, land planners, and architects.

This year's award-winning communities are listed here. Each is an example of just how good all of our new communities could be. If one of these developments is near you, we hope you'll visit it and see what makes it a winner.

Category 1
(Fewer than 25 units)

Grand Award

FONG APARTMENTS
Sacramento, California
Developer: Roger and Florence Fong
Architect/Planner: Donald Sandy, Jr., AIA, James A. Babcock

Merit Award

BAYSIDE TERRACE
Perth Amboy, New Jersey
Developer: Barro Construction Co.
Architect: Chester & VanDalen Assoc.

Category 2
(25 to 100 units)

Grand Award

WOOD CREEK COURTS
Lincolnshire, Illinois
Developer: Irvin A. Blietz Organization
Planner: William Nelson and Assoc.
Architect: Robert P. Coffin

Merit Awards

PINETREE VILLAGE
Miami, Florida
Developer: Kapelow Organization
Planner: Henderson-Rosenberg Assoc.
Architects: Charles M. Sieger, AIA/ Barry Sugerman, AIA

THE HAMLET
Perrysburg, Ohio
Developer/Planner/Architect: Cavalear Development Co.

Category 3
(100 to 300 units)

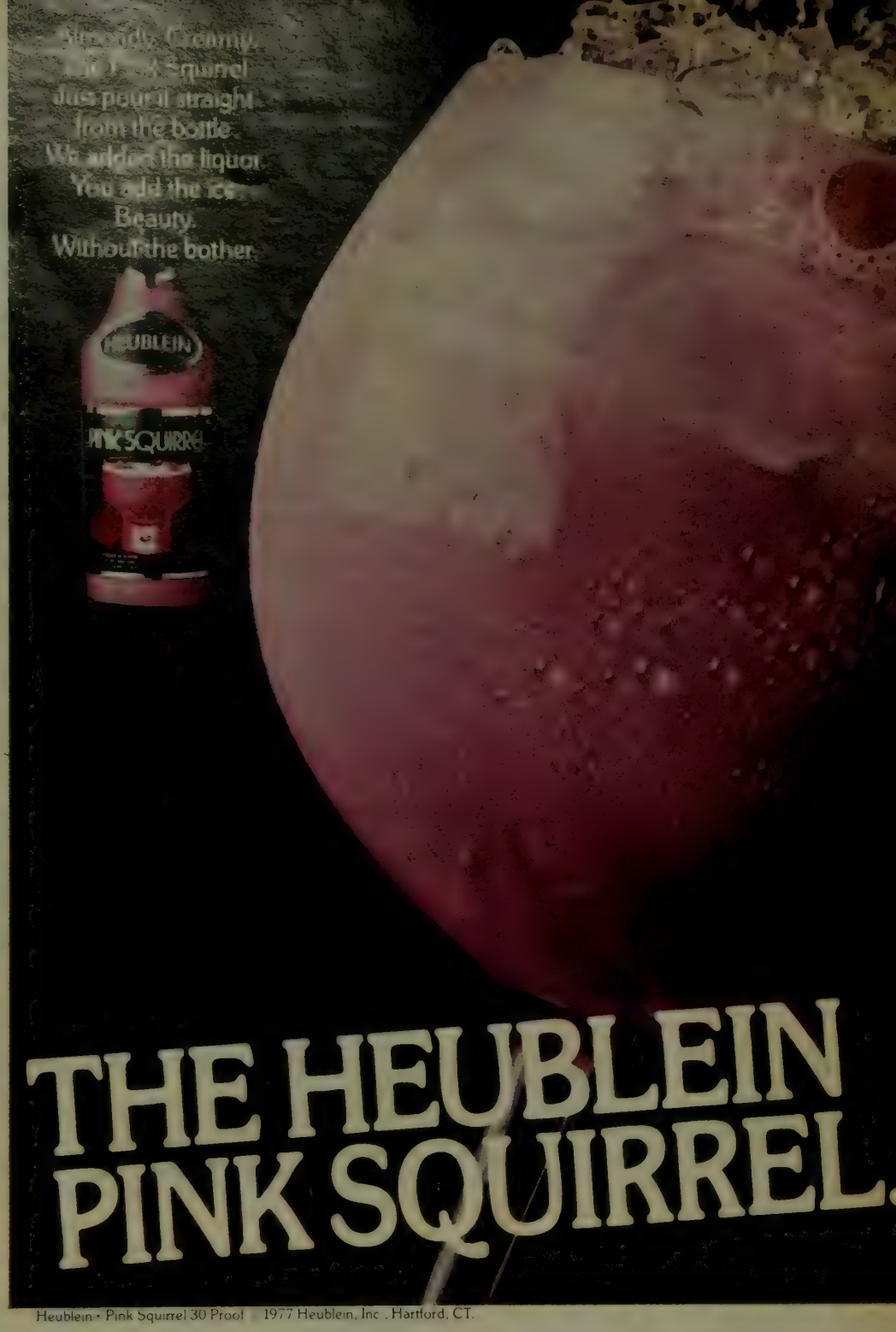
Grand Award

THE POINTE
Bloomington, Indiana
Developer: Indun Realty Co. and Reynwood Corp.
Planner/Architect: Maitland/Strauss/ Behr

Merit Awards

QUAIL RIDGE
Fullerton, California
Developer: The Konwiser Corporation
Planner/Architect: Ladd, Kelsey and Woodard

continued



MOST TRAIN WRECKS HAPPEN THE WEEK AFTER CHRISTMAS.



Watch a small child fumbling with a tiny HO-gauge train. He has difficulty setting it on the track or hooking the cars together. And when the train can't take the way a child plays, it ends up in the closet. Or in the trash.

That's why Lionel makes big O-gauge trains ... scaled right for a youngster's developing co-ordination. Because he can handle it with ease, your child will enjoy a big Lionel more than a tiny train that thwarts him at every turn.

Built to last.

Small-scale trains are fine for hobbyists. But when it comes to children's toys, only the strong survive. That's why Lionel builds a strong, rugged train... for the way kids play. The big Lionel shrugs off train wrecks and derailments and endures to grow into an absorbing adult hobby.

Don't be misled by price.

A small, fragile train that spends its life in the closet is no bargain. Now, for about the price of an HO set, you can bring home the big train that delivers a childhood's worth of enjoyment.

LIONEL®

The big train for small hands.



© 1978, Fundimensions. General Mills Fun Group, Inc., Mount Clemens, Michigan 48045.

continued

1978 Sensible Growth Awards

HARMON COVE II
Secaucus, New Jersey
Developer: Hartz Mountain Ind.
Planner/Architect: Capobianco & Zemsky

ORANGE LAKES
Orange, California
Developer: C. Robert Langslet & Son, Inc.
Planner: Don Brinkerhoff, Lifescapes
Architect: Carl McLarand Assoc.

Category 4
(300 to 1,000 units)

Merit Awards

TURTLE ROCK GLEN
Irvine, California
Developer: The Irvine Co.
Planner: Hall and Goodhue
Architects: Morris-Lohrback, Richardson-Nagy-Martin, and Fisher-Friedman Associates

TYMBER CREEK
Ormand Beach, Florida
Developer: J.K. Shirah and Sons, Inc.
Planner/Architect: Donald Frederick Evans

Category 5
(More then 1,000 units)

Grand Award

BRANDERMILL
Midlothian, Virginia
Developer: Community Development Associates
Planners: Sea Pines Co.
Architects: Collins & Kronstadt, Charles Shiflett, and Freeman & Morgan

Merit Award

THE WOODLANDS
The Woodlands, Texas
Developers: Mitchell Development Corporation; Woodlands Development Corporation
Planners: Wallace McHarg, Roberts & Todd; Pereira & Assoc.; R. P. Browne & Assoc.; Gladstone & Assoc.
Architects: Gonzales, Stone, Newhaus & Taylor

Category 6
(Special projects)

LAFAYETTE TOWNE
St. Louis, Missouri
Developer: Lafayette Towne Redevelopment Corp., a subsidiary of the Home Builders Assn. of St. Louis
Planner: Harland Bartholomew
Architect: Eugene Mackey & Assoc.

Category 7
(Projects to be built)

Grand Award

NEW BEGINNINGS
Arapahoe Lake, Colorado
Developer: Alpert Corporation
Planner: David A. Clinger Assoc.
Architect: Eugene V. Conroy, AIA

Merit Award

PELICAN BAY
Naples, Florida
Developer: Coral Ridge-Collier Properties, Inc.
Planner: Environmental Planning & Design ■

Finally, here's a big, powerful food processor without a big price tag.



It's the incredible Le Chef Food Processor from Sunbeam.

I love to cook—whenever I can spare the time. But those recipes that call for half a day's worth of chopping, pureeing and slicing really used to intimidate me! Now, with my Le Chef, I can do those jobs in seconds. Really! And not just for entertaining, but for everyday dishes too.

What's so special about the Le Chef Food Processor? The motor is surprisingly quiet and powerful. Sunbeam calls it direct drive. I call it incredible. Le Chef easily kneads stiff yeast dough without stalling. And its super capacity container lets me prepare enough for a crowd, all at once. The Touch On/Touch Off pulse control makes for instantly regulated action, so I'm less likely to over-process foods by mistake. The Le Chef Food Processor comes with 4 processing blades and discs, for handling each job just right. The multi-purpose blade for minced onions or homemade hamburger, the shredding disc for cheddar cheese or cole slaw. The slicing disc turns out perfect, even slices of vegetables or sausage. I use the mixing blade for cake batter and desserts.



There's even a handy spatula and a complete 64-page recipe book included.

Le Chef, the amazing, indispensable food processor for everything from apple pancakes to zucchini. From my favorite appliance company. Who else but Sunbeam.

Sunbeam

Love their quality!
Shirley Jones

TEFLON II

Sunbeam Appliance Company, a division of Sunbeam Corporation ®Sunbeam ™Le Chef ©Sunbeam Corporation, 1978

How to have a merrier Merry Christmas.

Tell them you'd love sterling.

Sterling is the perfect gift from anyone. It won't chip, break, tear or go out of style. And no colors, sizes and all those other mysterious 'whats' to worry about. Just tell them the pattern.

You could receive the first four place settings for Christmas, another for your birthday, anniversary and so on.

You've waited long enough for your sterling. Tell them. They'll understand.



Sterling says it all.

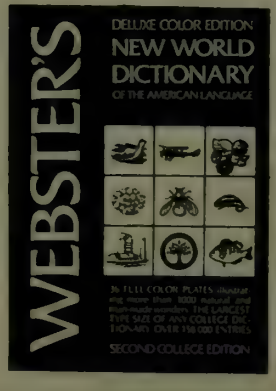
Sterling Silversmiths Guild of America
Riverside, Connecticut 06878



Give the gift you'd like to receive.

The Deluxe Color Edition of Webster's New World Dictionary, Second College Edition, makes a great Christmas gift. Beautifully bound, with 36 full-color plates. Contains over 159,000 entries in the largest type of any college dictionary. Put it under the tree for someone special.

On sale at fine bookstores everywhere. Only $16.95. Regular edition, Plain edge $10.95. Thumb-indexed $11.95.



DECORATING

Ceiling make-overs

In any room redo, the ceiling deserves as much attention as the walls. Here's a rundown of different ways to freshen up the overhead view.

Paint

If your ceiling is in good condition, a fresh coat of paint may be all it needs. You can make your ceiling seem higher by painting it white or a light color; a dark color will make it look lower. Lap marks will be less noticeable if you use latex paint instead of oil-base paint. A texturized paint will hide small cracks, spots, and blemishes, and can be swirled with a stiff brush or comb for unique patterns.

Here are some painting tips:

- Cover or remove light fixtures.
- Paint ceiling moldings first.
- Paint your ceiling with a roller attached to an extension pole.
- Roll paint from dry to wet areas.

Beams

Beams are an easy way to add architectural interest to a painted ceiling. Polyurethane beams look like old timbers and come in a variety of sizes.

Some beams attach to the ceiling with a special tinted-to-match adhesive applied with a caulking gun. Suspended beams are held in place by metal clips that snap onto the ceiling grid.

Wallpaper

Wallpaper can enhance ceilings as well as walls and also camouflage flaws. Choose a fabric-backed wall covering with a matte-finish vinyl face. The glossy foils and wet looks can be eye-catching, but they will exaggerate any surface irregularities.

Since shorter strips are easier to handle, hang wallpaper across the ceiling's width instead of its length. Begin papering above the most noticeable wall or the one opposite the doorway.

A guideline is necessary to make certain that the first strip will hang evenly. Measure the width of the wallpaper with a yardstick, then mark on the

continued

Introducing richer, creamier Dream Whip.®

This big beautiful dollop of Dream Whip was made with New Improved DREAM WHIP® Whipped Topping Mix.

So, it's richer.

Creamier.

Yummier.

More lusciously delicious.

Now you can top all your desserts with New Improved Dream Whip. Your family will love it.

You will, too.





New Improved Dream Whip.®

BRAND

Now it tastes even better than before.

GF

Dream Whip is a registered trademark of General Foods Corporation.



People who have important places to go for the holidays should dry clean now.

Better watch out! The holidays will soon be here and you'll want to look your very best. So now's the time to bring in all your favorite party and dress-up clothes to your Martinizing dry cleaner. He'll make sure your fashions are fresh and clean for all the important places you'll go.

MARTINIZING.

The name in dry cleaning.

continued

Ceiling make-overs

ceiling this same distance away from the wall; keep the yardstick perpendicular to the wall and near the ceiling corner. Repeat this procedure in the opposite corner of the same wall. Tack the ends of a chalked line to these two marks and snap it to make a straight line parallel to the wall.

Plan ahead so that you don't have to cut the final wallpaper strip to make it fit. If necessary, overlap the middle sections slightly. For easier handling, use a wallpaper smoother and work with your hands close together.

Tile

When your old ceiling can't be saved by paper or paint, turn to ceiling tile. New tile designs include look-alikes of wood planks, embossed plaster, brocade, and carved paneling. Tile for the kitchen or bath should have a vinyl surface to protect against moisture.

Tile installation techniques will vary according to the condition of your ceiling. If you have a smooth gypsum board or solid plaster ceiling, you can glue or staple the tiles in place. The tiles interlock with built-in tongue and flange edges.

For ceilings in poor condition with exposed joists or cracked plaster, the furring strip method works best. Nail 1x2-inch wood strips to your ceiling. Space them so the tile edges can be stapled or glued to the strips.

The third way to install ceiling tile involves suspending a metal framework from your old ceiling. The tiles fit between the metal grids.

For all three methods, position the tiles like this:

- Place all cut tiles at the border edge of the ceiling.
- Plan to cut tiles so they will be approximately the same width at opposite ends of the room.
- Never use cut tiles of less than half the tile width.

To expand a room or add a touch of glamour, use mirror tiles, or brushed or polished steel tiles. Many are adhesive-backed and all have complete instructions for mounting. Or, use ordinary ceiling tile adhesives. ■

A new way to cook. Here's a recipe that can't be prepared in the kitchen. All you need is a Yamaha organ.

Yamaha's easy-play features let you make delicious sounds right away. The organ does most of the work for you. And Yamahas are affordable.

Your dealer knows the latest instructional techniques that make learning to play easier and more fun than ever.

Whip up some music at your Yamaha dealer. It's as simple as boiling water!

YAMAHA

Keyboard Division,
P.O. Box 6600,
Buena Park, CA 90622



Ask about the Yamaha Music School, a uniquely rich educational experience for children 4-8 years.

DON'T BUY A DISHWASHER UNTIL YOU COMPARE IT TO THIS ONE.



You're probably going to do some comparison shopping before you buy your new dishwasher. We hope you do. Compare our Hotpoint Potwasher (Model HDA960) to other dishwashers. And be sure to check more than just price tags. Compare features. Compare service. Compare the total value you get for your money.

1. Why buy just a dishwasher when you can get a Potwasher. Hotpoint's Potwasher gives you a Power Scrub® cycle that does pots. And pans. And even those crusty casseroles you used to have to soak in the sink and then do by hand. While the Power Scrub cycle may not clean the impossible, such as burned-on soil, it will remove dried-on and baked-on soils from your pots, pans and dishes. Whatever wash cycle you use, jets of hot water are directed at dishes and pots upward, downward and from the middle.

2. Hotpoint's Potwasher runs quietly. We've wrapped a blanket of sound insulation around our built-in Potwasher. On top, on the back, on the sides, even in the access panel. The Potwasher has other features you'll appreciate, too. Like a soft food disposer. And an upper rack that adjusts for tall glasses. It also has a durable porcelain enamel interior which helps maintain a clean, white appearance.

3. The Potwasher saves water and energy. Our new Potwasher not only does an efficient cleaning job, it runs efficiently. It uses 23% less hot water than our previous models, which cuts your operating costs. And if you're not in a hurry for dry dishes, you can save even more by selecting an energy-saving dry cycle. This eliminates the heated drying period —a significant savings in electricity.

4. Don't forget to compare service. Dependable service is important. And Hotpoint's Customer Care® service puts you a phone call away from professional service in over 800 cities, coast to coast.

So before you buy your new dishwasher, stack it up against our Potwasher. We think a Hotpoint will end up in your kitchen.



A LOT OF APPLIANCE FOR YOUR MONEY

Hotpoint

A Quality Product of General Electric Company


ink Squirrel
Tom Collins
Strawberry Sting
Grasshopper
Mai Tai
Daiquiri

Have a night on the town. At home.

Enjoy those exciting drinks you have in restaurants and on vacation in an even more comfortable spot. Your own living room.

Holland House makes 40 different cocktail mixes – liquid and dry. And each offers a drink as delicious as it looks. (Holland House is the largest selling cocktail mix in the world because our cocktails are the best tasting in the world.)

What's more, a Holland House cocktail is easy to make. You simply add as much of your favorite liquor as you like. Or as little.

So be a perfect host and serve the perfect drink. In the perfect place . . . your home.

Holland House® Cocktail Mixes.







The new gas heating systems can cut your energy bills by as much as 600 hours of home heating every year.*

They're up to 20% more efficient than models offered just five years ago.

Today's gas heating systems will keep your home as warm and comfortable as ever — with less energy.

Improvements such as more efficient and properly-sized burners and blowers, automatic flue dampers and night setback thermostats have increased the efficiency of the new gas systems by as much as 20% — enough of a savings, in fact, to take care of your total energy needs for cooking and drying clothes.

*Based on the national average that a family heats their home 3,000 hours a year.



Compared to electricity, gas heats 2 homes to 1.*

Since gas is a direct energy source, it can heat twice as much space with the same amount of primary energy as electric resistance heating systems.

In addition, a gas system gives you better humidity control and allows the air to circulate more freely ... for more comfort.

Check out the new breed of gas heating systems. For saving money and energy — gas is a better choice today than ever before.

*Comparisons of gas to electricity are based on widely-accepted studies from both industry and government sources.

The new gas appliances are good for your economy.

Gama

Gas Appliance Manufacturers Association

MONTGOMERY WARD ENTERPRISES

$150,000-PLUS Super-Stakes



you could be driving a new car each year for the next 20 yea

You already may be the Grand Prize winner—and driver of a glorious brand new fully equipped Volks Deluxe Rabbit each year for 20 years—including one of the first Volkswagens manufactured in the United States.

- **Win a Porsche 911 or a set of His and Hers Audis**
- **A holiday in Hawaii or the Caribbean • 2,017 Super Prizes!**

PLUS . . . get your entry in by Dec. 31, 1978 and you're eligible for a Promptness Prize of One Thousand Dollars ($1,000) in Cash.

WARD auto club

To introduce you to Wards Auto Club and help you apply for a Wards Charg-all Credit Account.

2,017 marvelous SUPER-STAKES prizes.

Every prize . . . absolutely EVERY prize . . . will be awarded. Enter the SUPER-STAKES today. You don't have to buy a thing.

Your personal unduplicated Super-Stakes Number is printed on your entry form. **It may already be a winner.** Fill i your name and address and sign it. Whether or not you join MWAC or apply for Wards Credit Card at the same time i entirely up to you. Detach the entry form, fold, seal, stamp and mail. BUT EVEN IF YOU HAVE A WINNING NUMBER you won't be a winner unless you send in your entry. The prize that was meant for you will go to someone else

AND PRIZE

A fully equipped, brand new Volks Deluxe Rabbit each year for 20 years. It's the family car of the future. It will come off Volkswagen's new asembly line in West Moreland, Pa.—leased just for you by the Montgomery Ward Auto Club. Drive it to your heart's content and pleasure for a year and get a brand new one (or its equivalent) as a cement each year. What's more, you'll get, at no cost to you, sual insurance and maintenance coverage provided under lease arrangements. We've placed a value of $100,000 on Grand Prize, but with an average inflationary spiral of 6% ear, your prize could well be worth $124,143.88.

IRST PRIZE

A Porsche 911 or a set of His AND Hers Audi Fox's! Both makes belong in the winner's circle. Pick a new Porsche 911 and you get the ultimate sports car, pick the His and Her Audis and you get solid comfort with true sports car handling. You'll have AM-FM stereo, a tape deck, air conditioning, all power options—and a CB radio. a BIG 10-4, good buddies. Take your pick! Value: $15,000.

5 COND RIZES

As one of the 5 winners, you'll revel in a week-long luxury holiday for 2 in Hawaii OR the Caribbean! Whichever you choose, you'll travel in style. Extravagantly comfortable champagne flights, regal accommodations, loads of shows and excursions. You even get $500 in cash. In the Caribbean, pick enchanting and exciting St. Croix, St. Thomas or Aruba. And bask royally ur place in the sun. Value: $2,000 each prize.

FOR FAST-ACTION ENTRANTS ONLY:



A Chance to Win an EXTRA $1,000 in Cash! It's an EXTRA cash prize, in ADDITION to any Super Prize your Super - Stakes Number may entitle you to. BUT — you qualify for the Promptness Prize, picked at random, ONLY if your entry is ved by Dec. 31, 1978. So mail it today!

10 HIRD RIZES

Maybe you'll be one of the winners to enjoy an unforgettable expense-paid family auto vacation! Where to? A resort? A city? You decide: anywhere within 500 miles of home. You drive; the rest is on us. You'll get MWAC Red Carpet service; individually routed itinerary, reservations, games, guides and lots more. We'll pay car and lodging expenses up to $500. And on top of that, ou $50 cash for a happy bon-voyage.

000 URTH RIZES

DOUBLE gifts for 1,000 more lucky winners! One gift is an unusual Sankyo digital clock with a convenient alarm switch. The other: your choice of a smart leather wallet for him or a smashing water-proof scarf and matching compact umbrella for her. Prize value: $25.

978 Montgomery Ward Auto Club

ners of Super Prizes will be informed 30 days after completion e Super-Stakes. See Official Rules. No purchase required

OFFICIAL SUPER-STAKES ENTRY

ENTRY NUMBER ML468171

PRINT (use ballpoint pen)

NAME_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____

IN ADDITION TO ENTERING THE $150,000 PLUS! SUPER SWEEPSTAKES:

☐ I would like to join the Montgomery Ward Auto Club and to qualify I have filled out the application for a Wards Charg-all account below. I understand the Club membership dues of $2.25 per month will be charged to my Charg-all account upon approval. I understand further that benefits and services of the Club are subject to terms and conditions of the Membership Handbook which will be furnished to me and that I may cancel my membership at any time. I authorize you to research my credit record in accordance with your established credit policy.

☐ I would like to join the Montgomery Ward Auto Club under the membership terms stated above. I already have a Wards Charg-all account. My account number is_____ ☐☐☐☐☐☐☐☐☐☐

☐ I would like the convenience of a Charg-all account at Wards and to qualify I have filled out the credit application but I do not wish to join the Auto Club just now. I authorize you to review my credit record in accordance with your established credit policy.

Signature X_____

FOLD HERE

Montgomery Ward Charg-all Credit Application

Source Code 463

Years at present address_____ ☐ Own ☐ Rent ☐ Mobile Home ☐ Other

Amount of monthly rent or mortgage payment_____ Phone_____ (Area Code) (Number)

Previous address_____

No. of dependent children_____ Total family income per mo. (all sources)_____

Applicant's Age_____ Soc. Sec. No._____

Employer_____ How Long?_____

Employer's address_____ Occupation (or Rank)_____

Bank_____ Branch_____

☐ Checking ☐ Savings ☐ Loan CREDIT REFERENCES: Include auto loans, bank and travel credit cards, finance companies, charge accounts, oil companies, etc.

Name	City	Account No.

If spouse is authorized to use account, print spouse's name:_____
An applicant, if married, may apply for a separate account.

☐ I do not wish to enroll in the Auto Club nor to open a Charg-all account at this time. But please check my Super Stakes entry number and let me know if I'm a winner.

FOLD

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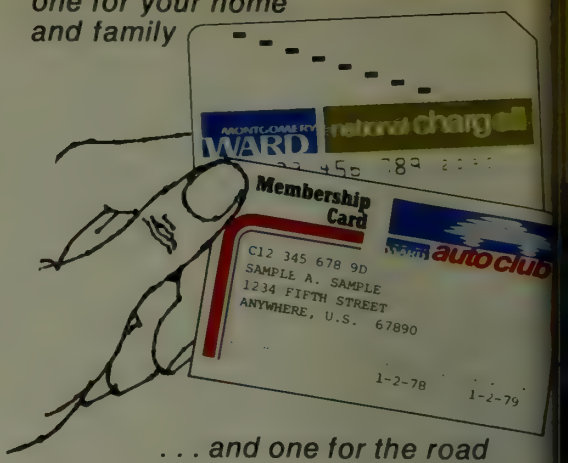
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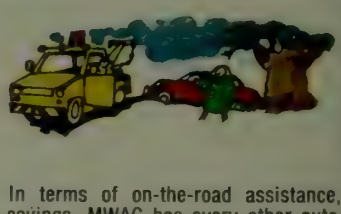
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Use the Entry Form AND MAIL IT TODAY

A Homespun Christmas

By Nancy Lindemeyer, Deborah Dugan, Joan Cravens, and Clare Rolling



"Winter has settled down over the Divide again . . . The variegated fields are all one color now; the pastures, the stubble, the roads, the sky are the same leaden gray . . . The ground is frozen so hard that it bruises the foot to walk in the roads or in the ploughed fields."

Willa Cather, O PIONEERS!

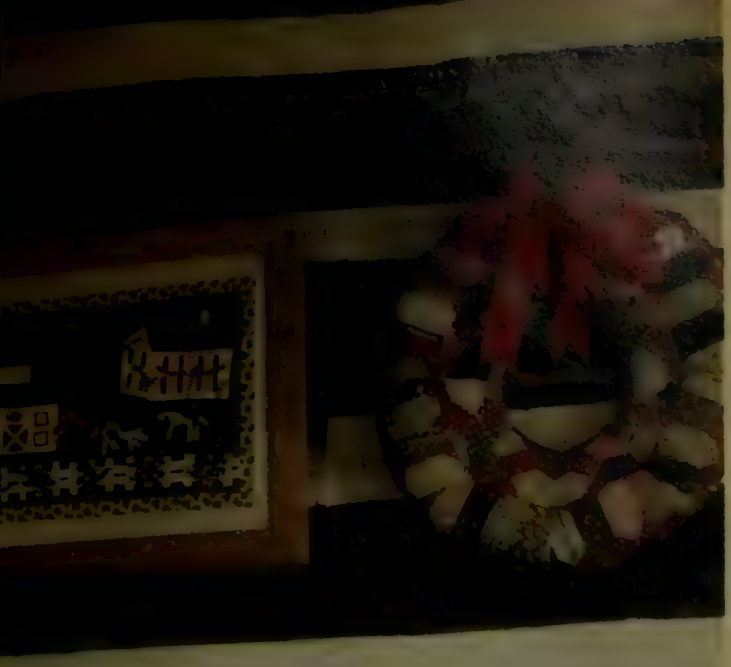
On the American frontier, winter was the time to stay home and make all manner of things. That's when hoard frugally saved fabric were stitched into quilts and wood scraps were made into toys. Every day the simple materials of home and farm were turned into treasures.

Now, nestled snug and warm in our homes—generations away from the hardy prairie people Willa Cather remembers in *O PIONEERS!*—we take pride in the heritage that has taught us the worth and beauty of handmade things. And at Christmas, especially, we take pleasure in creating our own "homespuns"—special gifts for children, wondrous holiday decorations, and all sorts of delightful treats.

This year our Christmas issue is filled with just such "homemades." We hope you'll find the perfect projects to make and share with family and friends. And we wish you one and all the happiest of HOMESPUN CHRISTMASES!

Photograph: Ross Chapple





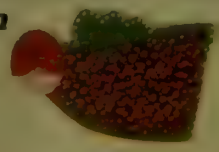




A Homespun Christmas



Hardanger is a type of embroidery that traveled to this country from Europe and then west in covered wagons. It's just one of the many handcrafts included in our unique collection of "homespuns." None of these craft techniques is difficult, nor do they require expensive or hard-to-find materials. Your own basket of fabric scraps probably has the makings for dolls, wreaths, tree trims, and many other projects. Look below for facts about the patchwork quilts, left, and a classically simple burlap creche. Information about other projects is on the following pages.





Photograph: Ross Chapple (left); William Hopkins

For complete step-by-step how-to instructions for the burlap crèche, *above,* and the schoolhouse quilt block and log cabin quilt shown on the old Windsor chair in our photograph, *left,* see the Index of Instructions.

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Buying Guide, page 40

A Homespun Christmas



Patchwork and appliqué are the time-honored craft techniques we used to create the soft wreath, right, and the quaint farm scene, below. Our old-fashioned doll is a copy of one in the Smithsonian. For how-to, see the Index of Instructions, page 46





Photographs: Ross Chapple



Our soft-sculpture Christmas candles have all of the charm but none of the hazard of real candles. Either embroider or paint the "flames." This lovely tree is also trimmed with a choir of wooden angels adorned with calico, macrame snowflakes, and hardanger-embroidered ornaments in wooden rings. For how-to, see the Index of Instructions.

To order fabric candle kits, see page 32

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A Homespun Christmas



Since pioneer days the log cabin and the schoolhouse have been favorite quilt patterns. Here a variety of projects display these delightful and easy-to-stitch designs. All the projects are identified at right.

Photographs: William Hopkins



Schoolhouse patterns appear on the appliqued quilt, *opposite*, tree decorations, fabric cards, and basket pincushions *(foreground, below)*. Log cabin patterns were used to make the sachet ornaments, quilted boxes, stocking, and basket lining.

For how-to for these projects as well as the quilted and fabric "woven" baby basket and ball, mother's knitted shawl, and pioneer dolls, see the Index of Instructions.

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A Homespun Christmas



A backdrop of winter sky, bare trees, and snow-covered meadows points up the coziness of our dining room filled with Christmas. The floor is warmed by a handmade braided rug. A colorful star quilt rests on an old-time settle. The tree is bedecked with tiny dollhouse chairs and "inside" snowflakes macramed from waxed linen.



Photographs Ross Chappie (left); William Hopkins

The braided rug, *left*, is a project for long winter nights. Our braided place mats, however, are quick-to-makes. Home dye your fabric to re-create these soft tones. We used naturally dyed yarn to needlepoint each sachet favor, *above*. And to show off our herb-scented candles, we created holders from stairway turnings. For all project how-to, see the Index of Instructions.

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A Homespun Christmas



Homemade pies and cakes, cookies, and preserves of all kinds filled the larders in pioneer days. Our Christmas treasure chest, right, abounds with different kinds of homemades you can make by the batch for gifts and decorations.

With our directions, muslin, and calico, you can make such projects as the decorative fabric bowls and plump "preserve" pillows in our cupboard. We used the same materials to wrap our packages, make the star quilt, and fashion the sweet-as-cream country doll perched on the top shelf. You can buy lacy trims to make a wreath like ours, but you have to weave the patches for the colorful vest, right. For how-to, see the Index of Instructions.

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Photograph: William Hopper


Pickles

A Homespun Christmas

From just a scrap of wood a country whittler could create not only practical things like kitchen spoons but also fantastical toys and accessories. The primitive designs on such woodcrafts give them their special charm. The projects pictured here are described at right.



Photographs: William Hopkins



You need not be a master carver to create the primitive animal toys pictured *left*. The crudity of these carvings is what makes them so appealing. And there is very little artistic talent required to turn unfinished boxes and cheese containers into stenciled beauties if you follow our very easy instructions and up-to-date methods of staining. For how-to, see the Index of Instructions.

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A Homespun Christmas

"What little girl could resist this "heirloom" Early American furniture for the dolls at her very own homestead?

The doll-size dry sink, hutch, cradle, and settle pictured here are all made from pine. For complete instructions for the furniture, dolls, rag rug, and cradle quilt, see the Index of Instructions.



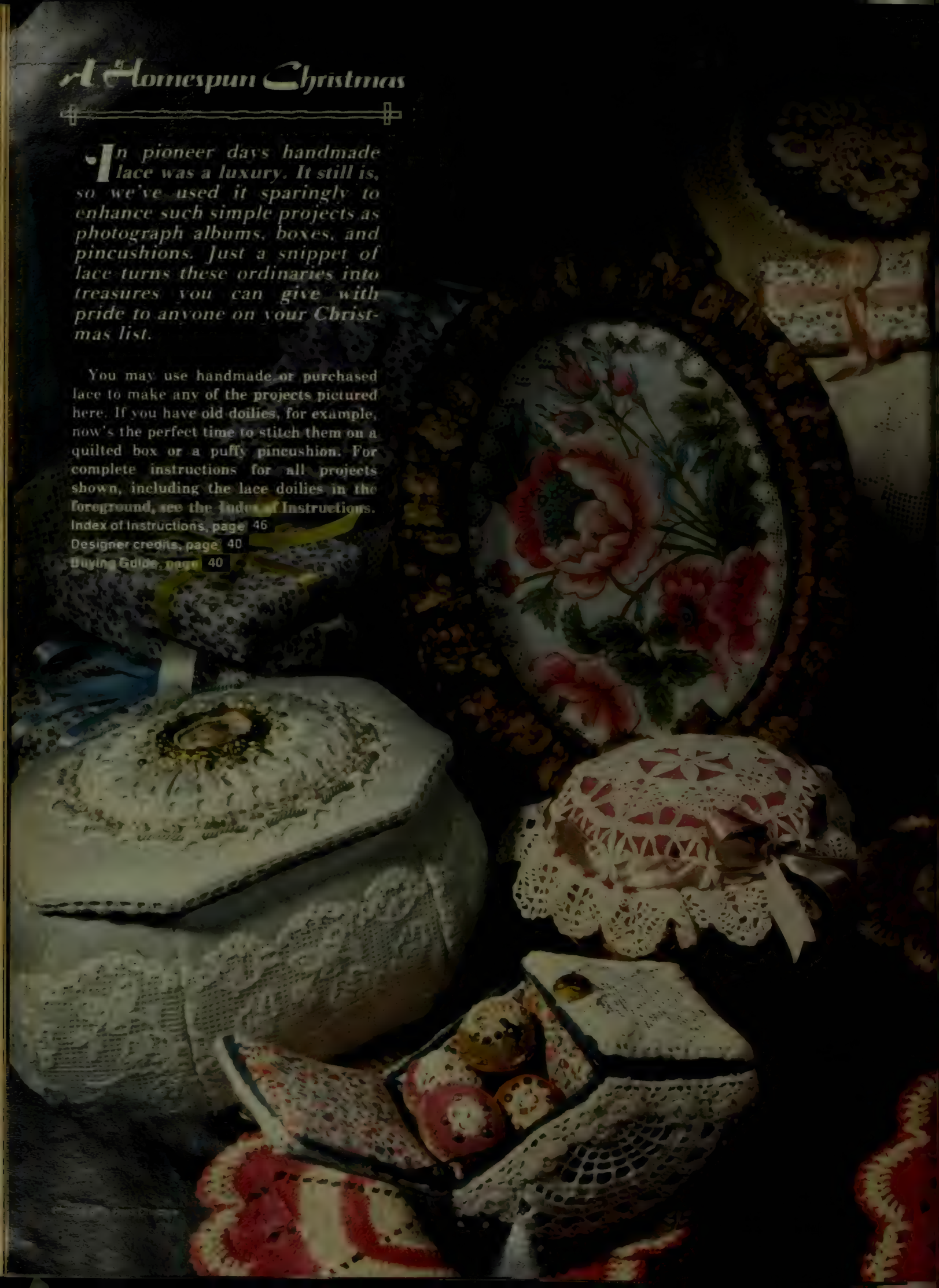
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A Homespun Christmas

In pioneer days handmade lace was a luxury. It still is, so we've used it sparingly to enhance such simple projects as photograph albums, boxes, and pincushions. Just a snippet of lace turns these ordinaries into treasures you can give with pride to anyone on your Christmas list.

You may use handmade or purchased lace to make any of the projects pictured here. If you have old doilies, for example, now's the perfect time to stitch them on a quilted box or a puffy pincushion. For complete instructions for all projects shown, including the lace doilies in the foreground, see the Index of Instructions.

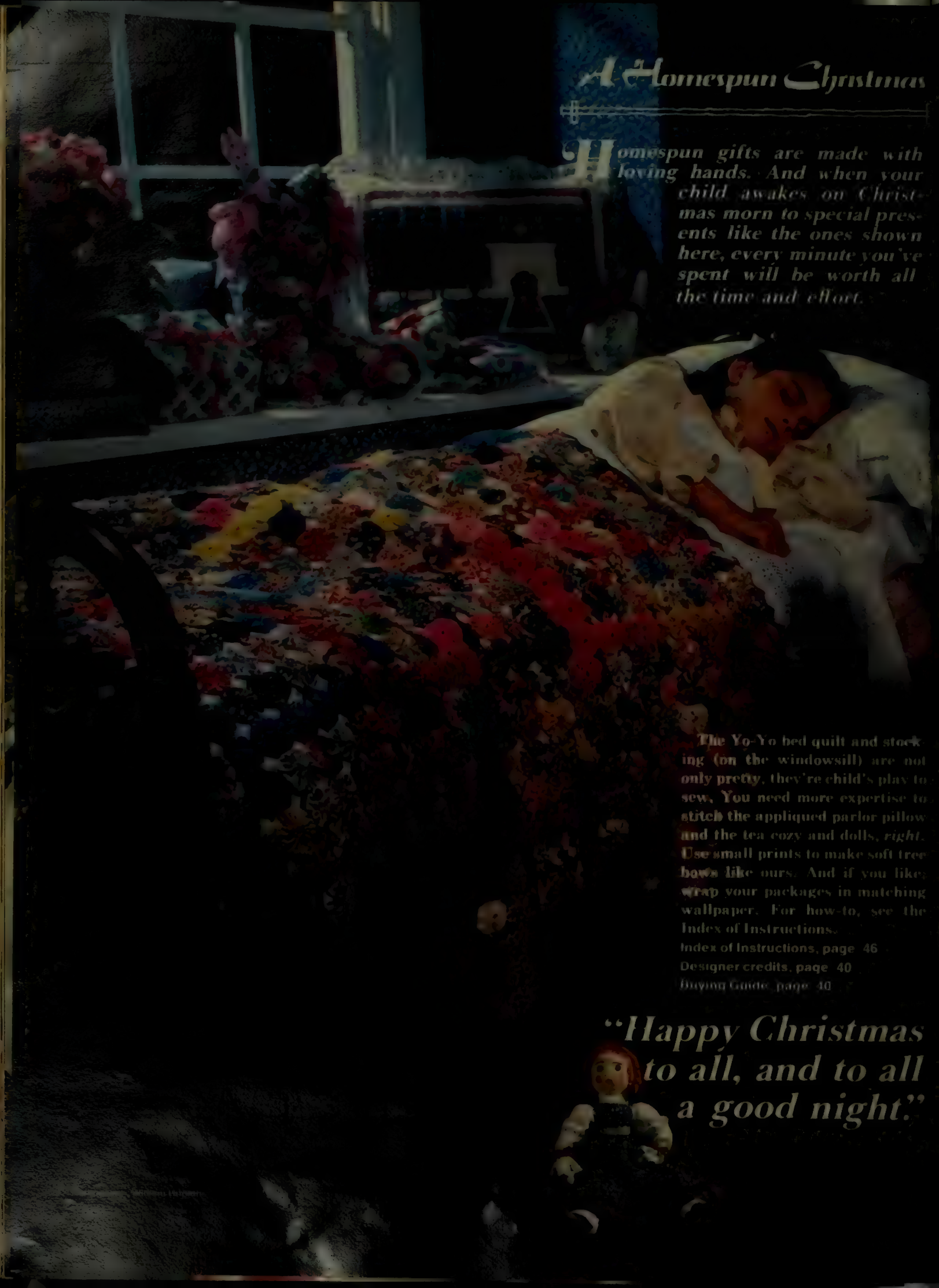
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A Homespun Christmas

Homespun gifts are made with loving hands. And when your child awakes on Christmas morn to special presents like the ones shown here, every minute you've spent will be worth all the time and effort.



The Yo-Yo bed quilt and stocking (on the windowsill) are not only pretty, they're child's play to sew. You need more expertise to stitch the appliqued parlor pillow and the tea cozy and dolls, *right*. Use small prints to make soft tree bows like ours. And if you like, wrap your packages in matching wallpaper. For how-to, see the Index of Instructions.

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"Happy Christmas to all, and to all a good night."



Food & Fellowship for The Holidays

By Rosemary C. Hutchinson

For most Americans the holidays mean getting together with friends and family to share special foods, music, and customs. All across the country, groups celebrate the season with their own style of food and fellowship. On the next 16 pages we'll show you how five groups (ranging in size from hundreds down to six) cook for the holidays. We'll start by touring a church bazaar followed by a celebration of the Portuguese Cultural Society, a Jewish temple nursery Hannukah, and a Beefeater Dinner. Finally we'll drop in on an old-fashioned family Christmas dinner. No matter which celebration fits your life-style, you're sure to find food ideas to enhance your own holidays.

Photographs: Hedrich-Blessing



GREEK-STYLE CHRISTMAS VILLAGE

A BAZAAR FOR 4,000

Country Christmas Village is the theme of the Christmas bazaar sponsored each year by the Women's Club of Sts. Peter and Paul Greek Orthodox Church in Glenview, Illinois. As soon as Christmas is over, the members begin preparations for next year's bazaar. The fund-raising project draws up to 4,000 visitors and requires hundreds of volunteers. The result is 12 hours of Christmas magic—hours filled with carols, ornaments, and the aroma of old-world cooking.

A big attraction of the bazaar is the Coffee Shop (*see photo, above*), where shoppers can sample many of the homemade Greek pastries. Most shoppers pause to enjoy coffee or hot mulled cider with their pastries while absorbing all the delightful Christmas atmosphere. Some bazaar-goers browse the Bakery Shop and choose delectable pastries and breads to take home.

Pastries offered for sale are shown at right and include *(on platter in foreground)* ***Kourabiedes or Almond Cookies*** *(center)*, ***Baklava or Nut Pastry*** *(middle)*, and ***Melamakarona or Honey Dainties*** *(outside edge)*. On plates in background are ***Koulourakia or Sesame Wreaths*** *(left)* and ***Diples or Honey Curls*** *(right)*.

Recipes begin on page 108.





Food & Fellowship for The Holidays

Christmas shoppers from all over Chicago's North Shore begin lining up early to browse the Country Christmas Village. The bazaar, held in the activity center of the Church, is divided into shops. Months ahead of bazaar day, the ladies of the congregation make dried flower arrangements and decorations for the Nosegay Shop, ornaments for the Hang-Up Shop, and toys, clothing, and quilts for the Calico Shop (*see photos below*).



Photograph left: Maselli/Sanders Photographs: Hedrich-Blessing





In addition, local artists display their works in the Artists' Gallery, and cooks concoct goodies for the Sweet Shop. A sampling of the sweets is shown in the photo above. ***Rum Balls*** *(front left)*, ***Seafoam Candy*** *(front right)*, ***Caramel Fudge*** *(back left)*, and ***Rocky Road*** *(back right)* are all guaranteed to satisfy the sweet tooth of candy fans no matter what their ages.

In addition to viewing all of the crafts and foods on sale, bazaar-goers can feast on complete lunches and dinners prepared by the Women's Club and served in a festively decorated dining room. A typical luncheon menu of traditional Greek recipes, served to 850 people, is shown at left and includes ***Kotopits or Chicken in Filo*** served with ***Béchamel Sauce*** over a bed of rice *(front right)*, ***Lemon-Basil Carrots*** *(front left)*, and ***Karidopeta or Walnut Cake*** *(back)*.

Recipes begin on page 108.

NATALE À PORTUGUESA
A NIGHT IN OLD PORTUGAL

Each year the Portuguese Cultural Society of Greater Fall River, Massachusetts, throws a gigantic Christmas party, called Natale à Portuguesa. Throughout the evening, some 250 members and their families share in the fun of Portuguese Christmas customs. Since the purpose of the Society is to continue the traditions of their ancestors, these modern-day Portuguese-Americans go all out to reproduce authentic Portuguese recipes, music, and dances.





Photographs: Helms

The Natale à Portuguesa Christmas is usually held on a Sunday evening in December. Part and parcel of the traditional festivities are guests dressed in authentic Portuguese costumes and carrying plates full of homemade Portuguese Christmas desserts. By dinnertime, the dessert table is laden with a colorful assortment of breads, cakes, cookies, candies, and nuts (*see photo, right*).

The evening is a pleasant mix of the fellowship and merriment of Christmas present and past. Because some of the families' forebears emigrated from mainland Portugal while others came from the Azores, there are differences in customs and foods, all of which are discussed with gusto. Before the night has ended, the room rings with laughter and the singing of Portuguese melodies. The evening is not complete until all of the traditional Portuguese folk dances have been performed at least once.

Above, guests display their Portuguese favorites. ***Massa Sovada or Portuguese Sweet Bread*** *(left)* traditionally has a cross cut in the top. ***Bolaches or Sugar Cookies*** *(right)* are cut in a symbolic rooster shape, glazed with powdered sugar, and brightly decorated.

At right, the lavish dessert table features a wide assortment of Christmas edibles. Shown on the table from bottom to top are ***Olhos de Sogra or Mother-in-law Eyes,*** roasted chestnuts, sugar-coated candies, ***Rice Pudding*** (decorated with a diamond pattern), two platters of ***Biscoitos or Tea Biscuits, Bolo de Rei or King's Cake*** (with cherries and walnuts), square ***Bolo de Fruta or Portuguese Fruitcake,*** fruit fritters, ***Malassadas or Portuguese Doughnuts, Bolachas Antigas or Old-fashioned Cookies, Rice Pudding,*** and ***Massa Sovada or Portuguese Sweet Bread.*** The dishes being held are a puff pastry and ***Sonhos or Dreams.***

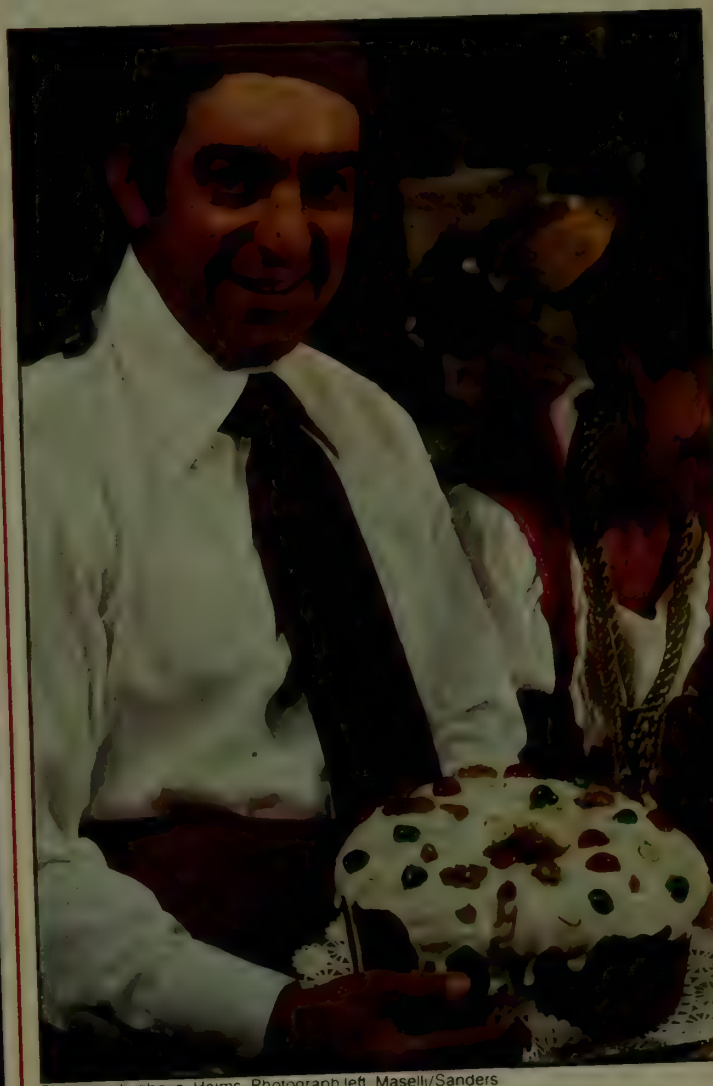
Recipes begin on page 108.





Food & Fellowship for The Holidays

Much of the lively conversation at dinner during the Natale à Portuguesa revolves around all the traditional Portuguese main dishes that the members of the Society prepare at home. Three of the time-honored dishes served at Christmas are shown at left. ***Bacalhau à Beira Alta or Portuguese Cod-Potato Casserole*** *(right)* features flaked salt cod cooked with onion, parsley, and potatoes in a tangy tomato sauce. The



Photograph above Helms. Photograph left Masell/Sanders

secret of this recipe is to rinse the salt cod properly. ***Portuguese Vegetable Soup*** *(top left)* is a hearty combination of split peas, chorizo sausage, carrots, onion, and elbow macaroni. This soup, served with lots of crusty bread, is ideal for light suppers or late evening meals. A savory wine and garlic marinade gives ***Pork Alentejana*** *(bottom left)* its distinctive flavor. The pork cubes are marinated in the wine mixture, then combined with onion and pimiento and quickly simmered with hard-shelled clams.

In the photograph above, a member of the Portuguese Cultural Society in traditional folk costume displays ***Bolo de Rei or King's Cake.*** This old-world yeast bread is filled with raisins, walnuts, and candied fruits and peels. The candied cherry and nut garnish atop the powdered sugar glaze makes each bread ring resemble a king's crown—thus the name King's Bread.

Recipes begin on page 108.

Food & Fellowship for The Holidays

HANNUKAH
A NURSERY-SCHOOL CELEBRATION

During Hannukah, the Jewish Feast of Lights, families join in a spirit of peace and goodwill to commemorate their ancestors' struggle for religious freedom. As part of the celebration, there are parties, gifts, and plenty of good food. To prepare her students for the holiday, Lila Linzer, director of Temple Sinai Nursery School on Long Island, plans a day when the children prepare and sample Hannukah foods and learn about the lighting of the menorah.







Photographs above: Helms. Photograph: Maselli/Sanders

An important part of the morning's activities is preparing and enjoying the Hannukah foods—***Potato Latkes, Sour Cream Latkes, Applesauce,*** and ***Suphganeyot,*** a Jewish yeast doughnut (*shown in photo at right*). About 50 preschoolers helped peel and sieve the apples for the applesauce as well as shred potatoes or onion (*shown above at left*) and mix the batters for the latkes. While the children watch and listen, their teachers show them how to fry the pancakes and explain the Hannukah heritage.

Later in the morning the children are joined by Rabbi Michael Klein-Katz who explains the legend behind the ceremonial lighting of the candles each year at Hannukah (*shown above at right*). The custom of lighting the Hannukah candles began over 2,000 years ago when Jewish soldiers returned to Jerusalem after a victorious battle for religious freedom and found their temple badly damaged. They immediately set about cleaning up the temple as best they could and then rededicated it. Only one flask of oil was left in the ruins, and the soldiers used it to relight the temple menorah, a traditional eight-branched candelabra. Although the oil should have lasted only one day, it miraculously burned for eight days. Today, in remembrance, Jewish families traditionally light one candle each day, until on the last day, the whole menorah is shining.

As with the Christian Christmas, there's lots of fun as well as symbolism associated with Hannukah. One example is the custom of spinning the dreidel. During the morning the children learn how to activate the dreidel, a four-sided top, decorated with a Hebrew letter on each side. The object of the game is to spin the top for money. After the dreidel is spun, the side that shows tells the outcome—*nun* (spinner gets nothing), *gimel* (spinner takes all), *hay* (spinner gets half), and *shin* (spinner puts something back).

Recipes begin on page 108.



BEEFEATER DINNER
A MEDIEVAL ENGLISH BANQUET

Dinner parties are as much a part of Christmas as carols and packages. One Christmas, four couples in Des Moines, Iowa, decided to break out of the usual Christmas party mold. Looking for a unique meal, the group chose an English menu patterned after a dinner given by Henry VIII. They named it in honor of the Beefeaters, Henry VIII's guards. By all reports, the Beefeater Dinner was great fun, so we asked the producers to tell you how they did it.





Photographs: Hedrich-Blessing

Preparations for the Beefeater Dinner began a few weeks before the big night when the group gathered to decide the menu. Since everyone in the group was eager to have a hand in the cooking, it was decided to assign each course of the meal to a different couple. Each pair selected the food they would prepare, keeping in mind that the whole menu had to fit together, and also took responsibility for researching the history of their assigned food. And because all the members of the group enjoy "hamming it up," each couple prepared some between-course entertainment or skit.

The long-awaited evening opened with appropriate cocktails and lively conversation. The group sampled ***Beefeater Sack Cooler,*** an appetizer drink based on brandy and sherry or sack—popular spirits during the Middle Ages (*see photo at left above*). Because tastes have changed considerably since the time of Henry VIII, the group took the liberty of lightening the potent concoction a bit with a modern innovation—lemon-lime carbonated beverage.

The first course was ***Cock-a-leekie Soup*** (a fitting name for a concoction of chicken and leeks). Before serving the soup, the couple who prepared it read aloud the recipe and a tongue-in-cheek history of the soup (*shown at right*).

Throughout the evening four more dishes were introduced and served: ***Sausage-stuffed Cornish Hens*** and ***Skewered Lamb*** as main dishes and ***Cranberry Chutney*** and ***Whole Wheat-Potato Bread*** as menu accompaniments. To close the festivities, everyone gathered around the fireplace to relax and enjoy ***Flummery***—a stirred custard dessert topped with fresh strawberries—and mugs of steaming coffee (*see photo at right above*).

How did the group rate the evening? They judged it "a night to be remembered" right alongside the elaborate feasts of ages past.

Recipes begin on page 108. Buying information, page 40



food & Fellowship for The Holidays

The **Cock-a-leekie Soup** *(back right)* which opened this Christmas Beefeater Dinner for eight is a hearty blend of chicken, carrot, leeks, barley, and cream. **Sausage-stuffed Cornish Hens** *(front right)* are stuffed with walnuts and figs then brushed with an orange glaze. **Cranberry Chutney** *(front center)* is a relish containing cranberries, raisins, and candied ginger. **Skewered Lamb** *(front left)* features meat cubes marinated in wine and mint and alternated with onions and green pepper to form kabobs. For dessert, the couples chose **Flummery** *(back left)*, a creamy custard laced with Drambuie. Other foods served included **Beefeater Sack Cooler** *(back center)*, a refreshing appetizer drink made with sherry and brandy; and **Whole Wheat-Potato Bread** *(back center)*, a yeast bread made from a potato-buttermilk starter and served with unsalted butter.

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Photograph: Hearth Bless



FAMILY CHRISTMAS DINNER
A FEAST TO FIT YOUR GATHERING

All the activities of the holiday season—from bazaars to dinner parties to trimming the tree—lead up to the festivities of Christmas Eve and Christmas Day. Then families and friends gather together to share laughter and conversation, attend church services, exchange gifts, and enjoy the holiday feast. Whether your group numbers two or 20, you want Christmas dinner to be special—and the meal shown at right is just that. But lavish and hearty as it is, it still leaves you time enough to enjoy the kids and to savor dinner with your guests (see photos below). All of the recipes are designed to be doubled up or divided so you can feed six or 12 depending on the size of your clan. What's more, the recipes are planned so most of the work can be done ahead.

Photographs: Hedrich-Blessing





Start a few days before Christmas by making ***Whole Wheat-Corn Muffins*** *(front right)*. Freeze them; then before serving, heat the muffins, covered, in the oven with the ham for 25 minutes. The day before the big meal, prepare ***Banana-Peach Salad*** *(back left)* and ***Creamy Dressing***. ***Upside-down Chocolate Pie*** *(middle right)* is another make-ahead possibility. Prepare it the night before and chill. Depending on your schedule, you can prepare ***Pineapple-Cheese Potato Boats*** *(front left)* ahead or fix them right before dinner. If you make the boats ahead, slip them into the oven with the ham 30 minutes before serving. About two hours before dinner, begin making ***Raspberry-Wine Glazed Ham*** *(back right)*. The quick glaze is brushed on only during the last ten minutes of baking. ***Swiss Creamed Peas*** *(front left)* is an elegant vegetable mixture that goes together in minutes.

Recipes begin on page 108. Buying information, page 40



continued

Food and fellowship

KOURABIEDES
(Almond Cookies)

Sometimes these tender cookies are garnished with whole cloves before baking—

1 cup unsalted butter
½ cup sifted powdered sugar
1 egg yolk
2 tablespoons brandy
½ teaspoon vanilla
⅓ cup finely chopped almonds
2¼ cups all-purpose flour
½ teaspoon baking powder
Sifted powdered sugar

In mixer bowl cream together the butter and the ½ cup powdered sugar. Add the egg yolk, brandy, and vanilla; mix well. Stir in the almonds. Stir together the flour and baking powder. Blend into the sugar mixture. Wrap and chill the dough 30 minutes. Form dough into 1-inch balls or ovals. Place on an ungreased baking sheet. Bake in a 325° oven 20 to 25 minutes or till a light sand color. Cool on a wire rack. Roll in additional powdered sugar. Makes 3½ to 4 dozen.

BAKLAVA
(Nut Pastry)

Allowing this pastry to stand overnight helps to blend the flavors and makes it easier to eat—

16 ounces frozen filo dough (21 16x12-inch sheets)
1½ cups unsalted butter, melted
4 cups finely chopped walnuts
3 cups finely chopped pecans
¾ cup sugar
1 tablespoon ground cinnamon

• • •

2 cups sugar
1 cup water
2 tablespoons honey
2 tablespoons lemon juice
4 inches stick cinnamon

Thaw frozen filo dough at room temperature for 2 hours. Cut 16x12-inch sheets in half crosswise. (If filo is a different size, cut to fit pan.) Cover with a slightly damp towel. Lightly butter the bottom of a 13x9x2-inch baking pan. Layer *nine* of the half-sheets of filo in the pan, brushing each sheet with some of the melted butter or margarine. Mix the walnuts, pecans, the ¾ cup sugar, and ground cinnamon. Sprinkle about *1 cup* of the nut mixture over the filo in the pan. Drizzle with some of the melted butter. Top with another *four* half-sheets of the filo, brushing each with more of the melted butter. Repeat the nut and 4-half-sheet filo layers *five* times more. Sprinkle with the remaining nut mixture. Drizzle with some of the melted butter. Top with the remaining *nine* half-sheets of filo, brushing each with some of the remaining melted butter. Cut into diamond-shaped pieces or squares, cutting to but not through the bottom layer. Bake in a 325° oven for 60 minutes. Finish cutting diamonds or squares; cool thoroughly.

Meanwhile, in a saucepan combine the 2 cups sugar, the water, honey, lemon juice, and stick cinnamon. Boil gently, uncovered, for 15 minutes. Remove from heat. Remove cinnamon. Stir till blended. Pour warm syrup over cooled pastry. Cool completely. Garnish each diamond with a whole clove, if desired. Makes 4½ dozen pieces.

MELAMAKARONA
(Honey Dainties)

To keep these cookies from becoming sticky, store them in a loosely covered container—

⅓ cup cooking oil
½ cup unsalted butter, softened
⅓ cup sugar
1 tablespoon orange juice
1 teaspoon baking powder
½ teaspoon baking soda
1¾ to 2 cups all-purpose flour

• • •

¾ cup sugar
½ cup water
⅓ cup honey
⅓ cup finely chopped walnuts

In mixer bowl beat cooking oil into butter till blended. Beat in the ⅓ cup sugar. Add orange juice, baking powder, and baking soda; mix well. Add enough of the flour, a little at a time, to make a medium-soft dough. Shape dough into 2-inch ovals and place on an ungreased baking sheet. Bake in 350° oven for 20 to 25 minutes or till cookies are golden. Cool on a wire rack.

Meanwhile, in a saucepan combine the ¾ cup sugar, the water, and honey. Boil gently, uncovered, 5 minutes. Dip cooled cookies into the warm syrup. Sprinkle immediately with nuts. Dry on a wire rack. Store in loosely covered container. Makes 2½ to 3 dozen.

KOULOURAKIA
(Sesame Wreaths)

These cookies are traditionally made in a variety of forms including snail and octopus shapes—

½ cup unsalted butter
¼ cup shortening
½ cup sugar
1 egg
1 teaspoon vanilla
3 cups all-purpose flour
2 teaspoons baking powder
½ teaspoon baking soda
¼ teaspoon salt
¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
½ cup whipping cream
1 beaten egg
1 teaspoon water
Sesame seed

In mixer bowl cream together butter, shortening, and sugar. Add the first egg and the vanilla; beat well. Stir together flour, baking powder, baking soda, salt, cinnamon, and nutmeg. Add to creamed mixture alternately with whipping cream, beating well after each addition. Cover and chill 1 hour.

On a floured surface, using 1 tablespoon dough for each cookie, roll dough into 6-inch lengths. Shape into wreaths, pressing to seal ends together. Place on a greased cookie sheet. Combine the remaining egg and the water. Brush cookies with egg mixture; sprinkle with sesame seed. Bake in a 325° oven for 20 minutes. Cool on a wire rack. Makes 3½ to 4 dozen cookies.

DIPLES
(Honey Curls)

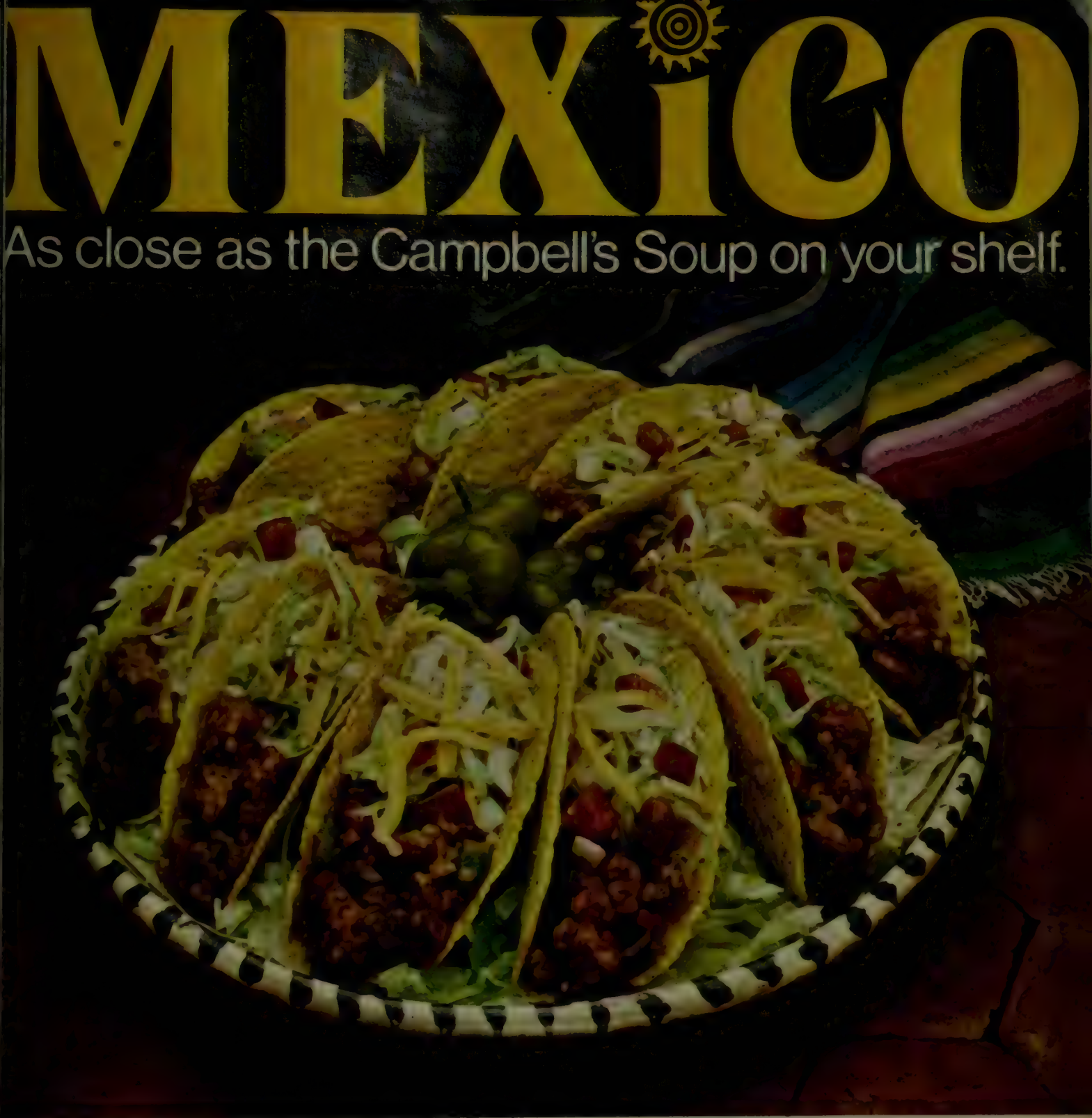
Dip these rolls in the honey syrup just before serving so they'll be crisp—

5 egg yolks
1 egg
¼ cup unsalted butter, melted and cooled
1 teaspoon finely shredded orange peel
¼ cup orange juice
2 tablespoons brandy
1 tablespoon lemon juice
2½ to 3 cups all-purpose flour
1 teaspoon baking powder
Fat for deep frying
1 cup honey
2 tablespoons water
Ground cinnamon
¾ cup ground walnuts

continued on page 116

MEXICO

As close as the Campbell's Soup on your shelf.



Campbell Soup Company, Camden, N.J. 08101 U.S.A.

Mexicanos Tacos

2 lb. ground beef
½ cup chopped green pepper
1 can Campbell's Chili Beef Soup
1 can Campbell's Tomato Soup
1 to 2 tbsp. finely chopped cherry peppers
24 tacos shells
Shredded Cheddar or Monterey Jack cheese
Shredded lettuce
Chopped onion
Diced tomato



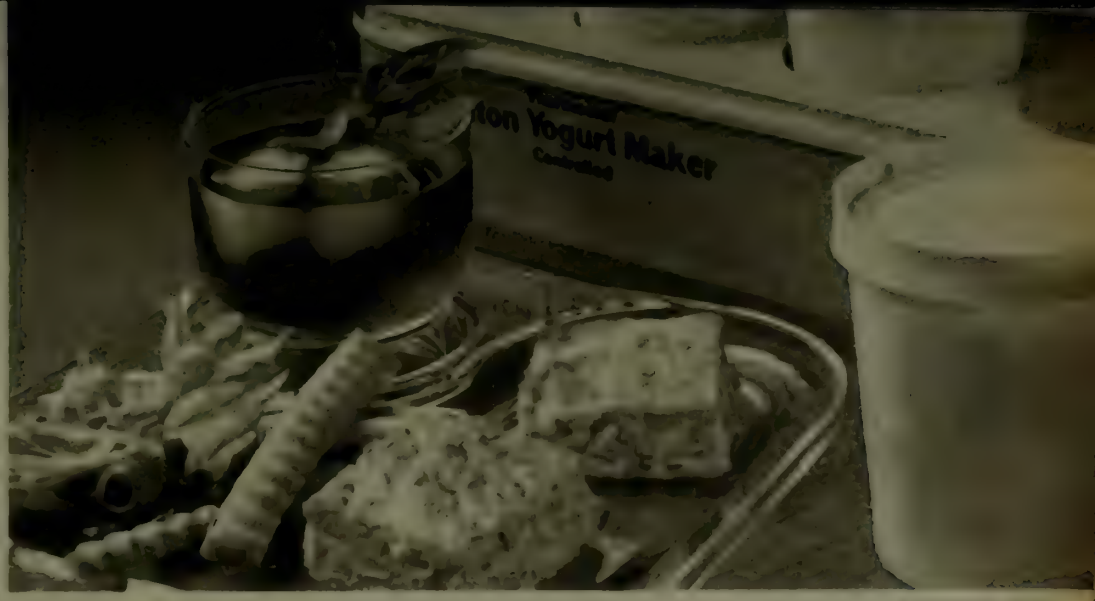
In skillet, brown beef and cook green pepper until tender; stir to separate meat. Add soups and cherry peppers. Cook over low heat 5 minutes; stir occasionally. Fill each taco shell with 3 to 4 tablespoons meat mixture; top each with remaining ingredients. Makes 24 tacos.

Cookbook offer: For a hard-covered copy of Campbell's "Cooking with Soup" cookbook with over 600 recipes in it, send $1.50 and 2 Campbell's Soup labels with your name, address and zip code to: COOKBOOK, Box 1981I, Maple Plain, Minn. 55348. Wisconsin residents send $1.50 and label facsimiles only. Offer good only in U.S.A. Allow 6 weeks for delivery.

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no sugar added–just juice.
Dole
chunk
pineapple
IN ITS OWN JUICE
no sugar added
(And what a luscious dessert it makes
with ginger ale and whipped cream!)





Photographs Dieter

File under Casseroles and one-dish meals

Buying information, page 40

ITALIAN-STYLE MAIN DISHES

Chicken and Ham Lasagna

Two cheeses, mushrooms, and asparagus flavor this first-place lasagna—

- 8 ounces lasagna noodles
- ¼ cup butter *or* margarine
- ⅓ cup all-purpose flour
- 1 tablespoon minced dried onion
- ⅛ teaspoon garlic powder
- 2 cups chicken broth
- 1 cup milk
- ½ cup grated parmesan *or* romano cheese
- 1 3-ounce can chopped mushrooms, drained
- 1 10-ounce package frozen cut asparagus, thawed and drained
- 2 cups cubed cooked chicken
- 1 6-ounce package sliced *or* shredded mozzarella cheese
- 1 6-ounce package thinly sliced cooked ham
- ½ cup grated parmesan *or* romano cheese

Cook noodles according to package directions; drain. In saucepan melt butter or margarine; blend in flour, onion, garlic powder, and ⅛ teaspoon *pepper*. Add chicken broth and milk; cook and stir till bubbly. Stir in the first ½ cup grated cheese and the mushrooms. In 13x9x2-inch baking dish layer *half* the noodles, *all* of the asparagus, chicken, and mozzarella, and ⅓ of milk mixture. Top with ham, remaining noodles, and remaining milk mixture. Sprinkle with remaining grated cheese. Bake in 350° oven for 35 minutes or till heated through. Let stand 10 minutes before cutting. Makes 6 to 8 servings.

Mrs. Kae Jeffers, La Junta, Colo.

YOGURT SNACKS

Ham 'n Cheese Snack Squares

This top-rated yogurt snack tastes like a crustless quiche—

- 1½ cups finely chopped fully cooked ham
- 1 8-ounce carton (1 cup) plain yogurt
- ¼ cup (1 ounce) shredded Swiss cheese
- ¼ cup finely crushed saltine crackers (8 crackers)
- 2 tablespoons butter *or* margarine, melted
- 1 to 2 teaspoons caraway seeds
- 6 eggs

In a medium bowl combine ham, yogurt, cheese, cracker crumbs, butter or margarine, and caraway seed. In small mixer bowl beat eggs on medium speed of electric mixer about 6 minutes or till thick and lemon-colored. Fold eggs into yogurt mixture till well blended. Pour mixture evenly into a greased 8x8x2-inch baking pan. Bake in a 375° oven for 15 to 17 minutes or till evenly browned. Cut into squares and serve hot. Makes 12 to 16 servings.

Sally W. Robinson, Columbia, S.C.



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Peachy Yogurt Pops

You can use your favorite canned fruit to make these tangy snacks on a stick—

1 16-ounce can sliced peaches, drained
1 8-ounce carton (1 cup) plain yogurt
¼ cup sugar
1 teaspoon lemon juice
Few drops almond extract

Place peaches, yogurt, sugar, lemon juice, and almond extract in blender container or food processor. Cover and process till smooth. Pour mixture into four or five 7-ounce paper drink cups. Insert wooden sticks. Freeze till firm. Peel off paper to serve. Makes 4 or 5 servings.

Janice Auth, Pittsburgh, Pa.



Fruited Honey-Yogurt Nog

Pair juice concentrate and yogurt flavors to make this nutritious drink—

1 8-ounce carton (1 cup) plain *or* flavored yogurt
1 cup water
1 6-ounce can frozen fruit juice concentrate (any flavor)
⅓ cup honey
1 egg
1½ teaspoons vanilla
8 to 12 ice cubes
Orange slices (optional)

In blender container, place yogurt, water, juice concentrate, honey, egg, and vanilla. Cover and blend on high speed about 1 minute or till smooth. Through hole in lid of blender, or with lid slightly ajar, add ice cubes, one at a time, while blending at high speed; blend till smooth. Pour into tall glasses; garnish each serving with an orange slice, if desired. Makes 4 or 5 servings.

Sharon Wampler, Scottsdale, Ariz.



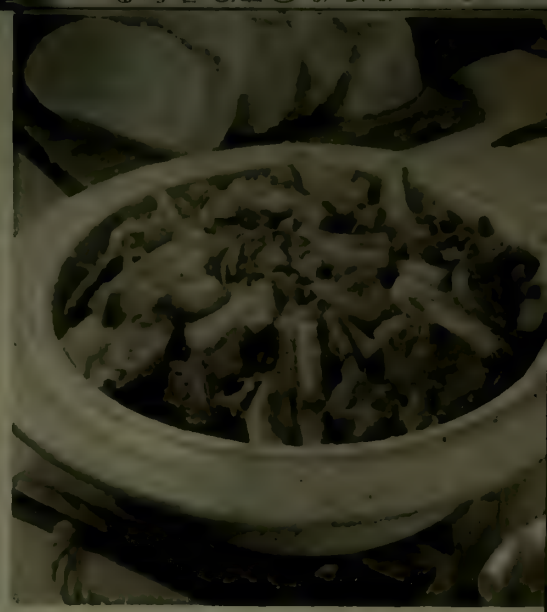
Pasta Potpourri

Meat and vegetables combine with a buttery spaghetti sauce—

12 ounces bulk Italian sausage
1 cup sliced fresh mushrooms
2 teaspoons dried basil, crushed
½ teaspoon salt
¼ teaspoon garlic powder
2 eggs
¼ cup milk
½ cup grated parmesan cheese
8 ounces spaghetti
¼ cup butter *or* margarine
12 cherry tomatoes, halved

In a 10-inch skillet brown sausage; add mushrooms. Cook till mushrooms are tender; drain. Stir in basil, salt, and garlic powder; keep warm. In mixing bowl beat eggs slightly; stir in milk and cheese. Set aside. Meanwhile, in large saucepan cook spaghetti according to package directions; drain. Add butter or margarine, stirring till melted and well combined. Add meat mixture and egg mixture; blend well. Stir in tomatoes. Serve immediately. Serves 4 to 6.

Joellen Crouch, Corte Madera, Calif.



Pepperoni-Vegetable Supper

This home-style Italian dish goes from range to table in about an hour—

2 slices bacon
6 ounces pepperoni, sliced ⅛ inch thick
1 small onion, chopped (½ cup)
1 small clove garlic, minced
2 medium potatoes, peeled and cubed
1½ cups Italian-style cooking sauce
½ cup water
1 cup frozen green beans (loose pack)
1½ cups zucchini cut in 2-inch sticks

In a 10-inch skillet cook bacon till crisp; drain, reserving drippings. Crumble bacon and set aside. Cook pepperoni, onion, and garlic in reserved drippings till onion is tender but not brown; drain off excess fat. Add potatoes; cook and stir for 3 minutes. Add cooking sauce and water; simmer, covered, for 20 minutes. Add beans and zucchini; simmer, covered, 20 minutes longer or till vegetables are tender. To serve, sprinkle with reserved bacon. Makes 4 servings.

Mary Burdick, Indianapolis, Ind.



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Raspberry Carousel

1 package (3 oz.) Jell-O® Brand Raspberry Flavor Gelatin • 2 cups boiling water
¾ cup cranberry juice cocktail • 1 cup diced apple • ¼ cup sliced celery
¼ cup chopped walnuts • 1 package (3 oz.) Jell-O® Brand Lemon Flavor Gelatin
1 container (4½ oz.) Birds Eye® Cool Whip® Non-Dairy Whipped Topping, thawed • ½ cup Kraft real mayonnaise

Dissolve raspberry gelatin in 1 cup boiling water. Add cranberry juice cocktail and chill until thickened, about 1 hour. Fold in apple, celery and nuts; spoon into 6-cup ring mold and chill until set, about 15 minutes. Dissolve lemon gelatin in remaining boiling water. Chill until slightly thickened, about 45 minutes. Combine whipped topping and mayonnaise; fold into gelatin. Spoon into mold. Chill until firm, at least 4 hours. Unmold. Garnish with crisp salad greens and sliced apples, if desired.





KRAFT

GF GENERAL FOODS

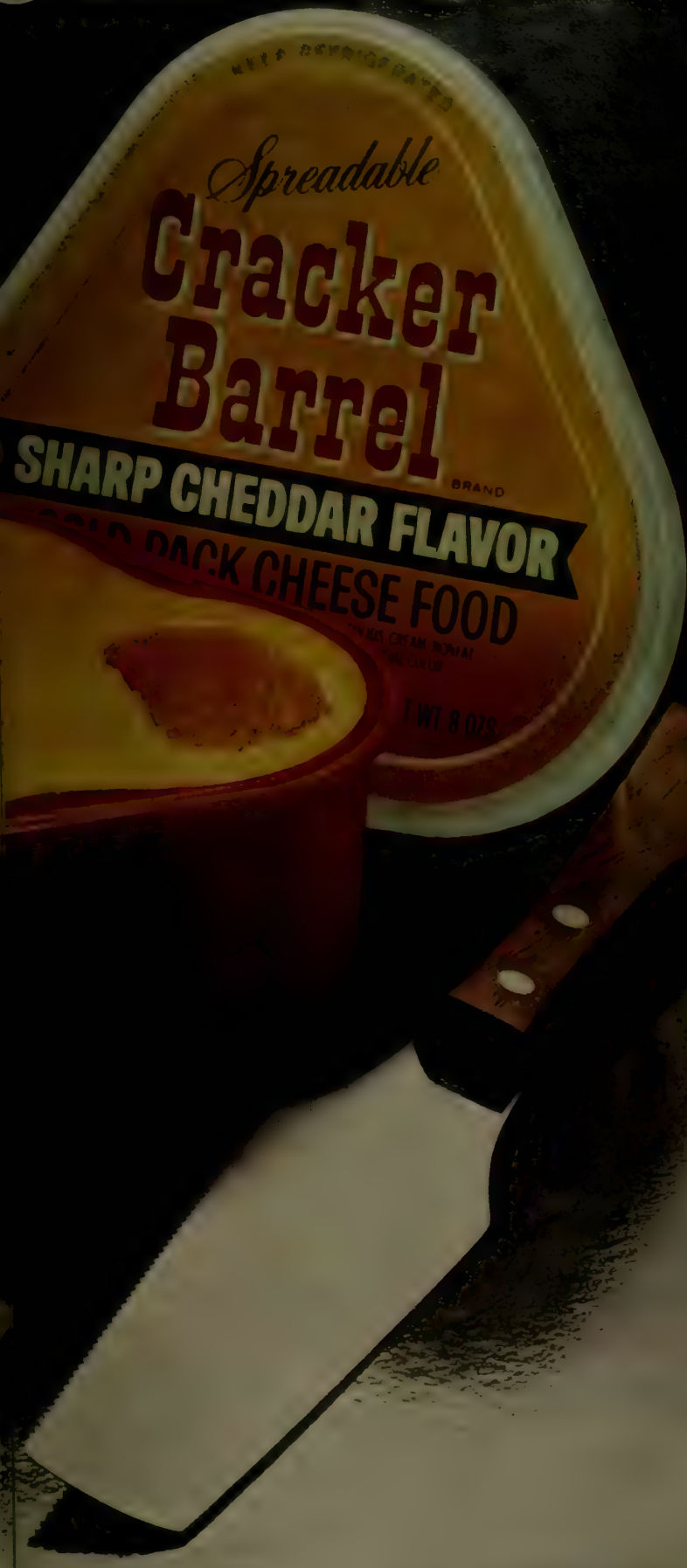
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Food and fellowship

In small mixer bowl beat egg yolks and egg at high speed on electric mixer about 4 minutes or till thick and lemon-colored. Stir in butter, orange peel, orange juice, brandy, and lemon juice. Stir together *2 cups* of the flour and the baking powder. Stir into egg mixture. By hand, add enough of the remaining flour to make a moderately stiff dough. On a lightly floured surface knead dough about 5 to 8 minutes or till smooth. Divide dough in quarters. Cover; let rest 10 minutes. Roll each quarter to a 16-inch square. (If dough is difficult to roll, cover and let rest a few minutes.) Cut dough in 4-inch squares. Drop one square into deep hot fat (360°). Slip dough between tines of a long-tined kitchen fork and quickly twist dough into a roll, using a second fork to guide the dough. Continue cooking till roll is browned, turning once. Transfer to paper toweling; remove fork. Repeat with remaining squares. Store in a covered container. Just before serving, combine honey and water in a saucepan. Heat just till warm. Dip the desired number of rolls, one at a time, in syrup. Sprinkle with cinnamon and walnuts. Makes 64.

RUM BALLS

1 6-ounce package (1 cup) semi-sweet chocolate pieces
½ cup sugar
⅓ cup rum
3 tablespoons light corn syrup
2 cups crushed vanilla wafers (44 wafers)
1 cup ground walnuts
Sugar

In a saucepan melt chocolate pieces over low heat. Remove from heat. Stir in sugar, rum, and corn syrup. Fold in vanilla wafers and nuts. Shape mixture into 1-inch balls, using 2 teaspoons mixture for each. Roll in additional sugar. Store in an airtight container for several days. Makes 4 dozen balls.

SEAFOAM CANDY

2 cups packed dark brown sugar
¼ cup dark corn syrup
¼ cup water
2 egg whites
1 teaspoon vanilla
½ cup chopped walnuts (optional)

In a buttered heavy 2-quart saucepan combine sugar, corn syrup, and water. Cook, stirring constantly, till sugar dissolves and the mixture comes to boiling. Cook over medium heat *without stirring* till candy thermometer registers 260° (hard-ball stage). Remove from heat. In large mixer bowl *immediately* beat the two egg whites with electric mixer to stiff peaks (tips stand straight). Gradually pour the hot syrup in a thin stream over beaten egg whites, beating constantly at high speed for 6 minutes. Add vanilla. Continue beating 10 minutes more or till the mixture forms soft peaks (tips curl over) and begins to lose its gloss. Stir in nuts, if desired. Let stand 2 minutes. Drop by level teaspoons onto a buttered baking sheet. Bake in a 300° oven 20 minutes. Makes 4½ dozen.

CARAMEL FUDGE

¾ cup butter *or* margarine
2 cups packed brown sugar
½ cup evaporated milk
1 teaspoon vanilla
3 cups sifted powdered sugar
1 cup chopped walnuts

In a heavy saucepan melt the butter or margarine. Add the brown sugar. Cook over low heat 2 minutes, stirring constantly. Add the evaporated milk and continue cooking and stirring till the mixture comes to boiling. Remove from heat. Cool till lukewarm. Stir in vanilla. Gradually add the powdered sugar, beating vigorously till the mixture is a fudge-like consistency. (It should take about 2 minutes.) Stir in nuts. Spread the candy into a buttered 8x8x2-inch pan. Chill. Cut into squares. Makes 3 dozen pieces.

ROCKY ROAD

1 12-ounce package (2 cups) semi-sweet chocolate pieces
1 14-ounce can *sweetened condensed* milk
2 tablespoons butter *or* margarine
1 10½-ounce package (5½ cups) tiny marshmallows
1 8-ounce jar (1⅔ cups) unsalted roasted peanuts

In a saucepan combine chocolate pieces, sweetened condensed milk, and butter or margarine. Heat over low heat till chocolate is melted; remove from heat. In a large bowl combine marshmallows and peanuts. Fold in chocolate mixture. Spread in a 13x9x2-inch pan whose sides and bottom have been lined with waxed paper. Chill 2 hours or till firm. Remove from pan; peel off waxed paper. Cut into 1-inch squares with a wet knife. Wrap pieces in plastic wrap. Makes 8 dozen.

KOTOPITS
(Chicken in Filo)

8 ounces frozen filo dough (10 to 12 sheets)
1 cup chopped celery
¾ cup chopped onion
1 tablespoon butter *or* margarine
2 cups chopped cooked chicken *or* turkey
2 tablespoons chicken broth
2 teaspoons dried parsley flakes
½ teaspoon salt
½ teaspoon ground nutmeg
⅛ teaspoon pepper
1 beaten egg
6 tablespoons butter *or* margarine, melted
Hot cooked rice
1 recipe Béchamel Sauce (See recipe, below)

Thaw filo dough 2 hours at room temperature. In a covered skillet cook celery and onion in the 1 tablespoon butter or margarine till vegetables are tender but not brown, stirring occasionally. Add chicken or turkey and chicken broth. Cook and stir, uncovered, till all the broth is absorbed. Stir in parsley, salt, nutmeg, and pepper. Remove from heat. Blend in beaten egg. Set aside. For each roll, stack *half* the sheets of filo dough, brushing liberally with some of the remaining butter or margarine between each layer. Spoon *1¼ cups* chicken mixture over filo layers to within 1 inch of edges. Turn one short side over filling about 1 inch; fold in long sides. Roll as for jelly roll starting with folded short side. Place, seam side down, on a lightly greased shallow baking pan. Repeat with remaining filo and filling. Brush each roll with additional melted butter. Score each roll into 3 or 4 portions. Bake in 350° oven for 40 minutes or till rolls are brown and crisp. Cut rolls where scored. Arrange on platter with hot cooked rice. Spoon some of the Béchamel Sauce over rolls. Pass remaining sauce. Serves 6 to 8.

BÉCHAMEL SAUCE

2 tablespoons butter *or* margarine

continued



1 Combine ½ cup flour, ½ cup packed brown sugar, ½ cup old fashioned or quick oats, uncooked, and 1 tsp. cinnamon. Cut in ⅓ cup PARKAY Margarine 'til mixture resembles coarse crumbs.



2 Toss 1 cup crumb mixture with two 17 oz. cans ROYAL PRINCE or PRINCELLA Yams, drained, and 2 cups cranberries, place in 1½ qt. casserole. Top with remaining crumbs. Bake 350°, 35 min.



3 Sprinkle with 1½ cups KRAFT Miniature Marshmallows. Broil 'til lightly browned. Makes six servings. Yam yummy with turkey, ham or roast pork.

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Berry Mallow Yam Bake



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Food and fellowship

2 tablespoons all-purpose flour
¼ teaspoon salt
1¼ cups chicken broth
2 beaten egg yolks
4 teaspoons lemon juice

In a saucepan melt the butter or margarine. Stir in the flour and salt. Add the chicken broth all at once. Cook and stir till mixture is bubbly. Combine egg yolks and lemon juice. Stir about half of the hot mixture into egg yolk mixture. Return to remaining hot mixture in saucepan. Cook and stir 2 minutes more. Makes 1½ cups sauce.

LEMON-BASIL CARROTS

1 pound baby carrots *or* medium carrots cut in 2½-inch pieces
2 tablespoons butter *or* margarine
1 tablespoon lemon juice
½ teaspoon garlic salt
½ teaspoon dried basil, crushed
Dash pepper

In a saucepan cook carrots in boiling salted water for 20 to 25 minutes or till tender. Drain. In saucepan melt butter or margarine. Stir in lemon juice, garlic salt, basil, and pepper. Add carrots; toss. Makes 4 to 6 servings.

KARIDOPETA
(Walnut Cake)

8 egg yolks
1 cup sugar
1½ teaspoons baking powder
¾ teaspoon ground cinnamon
8 egg whites
2 cups ground walnuts (8 ounces)
1 cup crushed zwieback
Thin lemon slices, halved
⅓ cup water
⅓ cup sugar
2 tablespoons lemon juice

In small mixer bowl beat together egg yolks and the 1 cup sugar at high speed on electric mixer about 5 minutes or till very thick and lemon-colored. Stir in baking powder and cinnamon. Wash beaters. In large mixer bowl beat egg whites till stiff peaks form (tips stand straight). Fold in egg yolk mixture, walnuts, and zwieback crumbs. Pour batter into a greased and floured 13x9x2-inch baking pan. Bake

continued

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Gold'n Nut Crunch

- 1 can (12 ounces) Fisher® mixed nuts or 1 jar (12 ounces) Fisher dry roasted peanuts
- ¼ cup margarine or butter, melted
- ¼ cup grated Parmesan cheese
- ¼ teaspoon garlic powder
- ¼ teaspoon ground oregano
- ¼ teaspoon celery salt
- 4 cups Golden Grahams® cereal

Heat oven to 300°. Mix nuts and margarine in medium bowl until well coated. Add cheese, garlic powder, oregano and celery salt; toss until well coated. Spread in ungreased jelly roll pan, 15½x10½x1 inch. Bake, stirring occasionally, 15 minutes. Stir in cereal; cool. Store in airtight container. About 6½ cups snack.



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Pot Roast Dinner

(pictured above)

3 to 3-½ pound boneless beef pot roast (rump or chuck)
4 medium potatoes, quartered
4 medium carrots, cut into 1-inch pieces
½ pound mushrooms
*1 envelope Lipton Onion or Beefy Onion Soup Mix**
½ cup water

Preheat oven to 350°

On heavy-duty aluminum foil (about 30" x 18"), place beef and arrange vegetables around beef; pour on soup mix blended with water.

Wrap foil loosely around beef and vegetables, sealing edges airtight with double fold. Place in shallow baking pan and bake 2 hours or until beef is tender.

Makes about 6 servings.

Old-Fashioned Pot Roast

3 to 3-½ pound boneless beef pot roast (rump or chuck)
*1 envelope Lipton Onion or Beefy Onion Soup Mix**
2¼ cups water

In Dutch oven, brown beef; add soup mix blended with water. Simmer covered, turning occasionally, 2-½ hours or until beef is tender. If desired, thicken gravy.

Makes about 6 servings.

Try these tasty international variations:

French-Style Pot Roast

Reduce water to 1¼ cups; add 1 cup red wine and 1 teaspoon thyme.

German-Style Pot Roast

Reduce water to ¾ cup; add 1-½ cups beer, 1 teaspoon brown sugar, and ½ teaspoon caraway seeds.

Italian-Style Pot Roast

Reduce water to 1 cup; add 1 can (16 oz.) whole tomatoes, drained, 1 teaspoon basil, and 1 bay leaf.

**Also delicious with Lipton Onion-Mushroom or Beef Flavor Mushroom Soup Mix.*

Lipton® Onion, Onion-Mushroom, Beefy Onion and Beef Flavor Mushroom. In the boxes with the blue band.



The soups you cook with. From Lipton.

continued

Food and fellowship

in 350° oven for 30 to 35 minutes. Cool in pan on wire rack. Score cake into diamonds. Top each diamond with a halved lemon slice. In small saucepan combine water, the remaining sugar, and the lemon juice. Bring to boiling. Simmer, uncovered, 5 minutes. Pour hot syrup over cooled cake. Cut cake into diamonds. Makes 24 pieces.

MASSA SOVADA
(Portuguese Sweet Bread)

- **2 packages active dry yeast**
- **¼ cup warm water (110° to 115°)**
- **½ cup milk**
- **¾ cup sugar**
- **6 tablespoons butter *or* margarine**
- **½ teaspoon salt**
- **4 to 4½ cups all-purpose flour**
- **2 beaten eggs**
- **1 egg**

In a small bowl soften yeast in warm water. Heat milk till almost boiling. Place sugar, butter or margarine, and salt in large mixing bowl; pour milk over butter mixture, stirring till butter almost melts. Cool to lukewarm (115° to 120°). Add *1½ cups* of the flour; beat till smooth. Stir in the first 2 eggs and the softened yeast. Add enough of the remaining flour to make a moderately stiff dough. Turn out onto lightly floured surface. Knead about 8 to 10 minutes or till smooth and elastic. Place in a greased bowl, turning once to grease surface. Cover; let rise in warm place 2¼ to 2½ hours or till double. Punch dough down. Shape into a round loaf. Place on a greased baking sheet. Pat or roll dough to an 8-inch circle. Cover; let rise about 50 minutes or till double. With a sharp knife, carefully cut a cross on the top of the loaf. Beat remaining egg. Brush top with some of the egg. Bake in a 350° oven 20 minutes. Cover with foil. Continue to bake 25 to 35 minutes more. Cool on wire rack. Makes 1.

BOLACHES
(Sugar Cookies)

- **3 cups all-purpose flour**
- **1 cup sugar**
- **1½ teaspoons baking powder**
- **½ teaspoon salt**
- **1 cup butter *or* margarine**
- **1 beaten egg**
- **¼ cup light cream *or* milk**
- **1 teaspoon vanilla**
- **1 slightly beaten egg white**
- **1 tablespoon powdered sugar**

In a mixing bowl stir together flour, sugar, baking powder, and salt. Cut in butter or margarine till mixture resembles coarse crumbs. Add egg, cream or milk, and vanilla; mix well. On lightly floured surface roll dough ⅛ inch thick. Cut out cookies with floured rooster-shaped cookie cutter. Place on greased cookie sheet. Bake in 400° oven 7 to 8 minutes. Remove from cookie sheet to wire rack. Cool. Combine beaten egg white and powdered sugar; brush atop cookies to glaze. Let dry on wire rack. When dry, paint on rooster design with paste food coloring mixed with a little water, if desired. Makes 3 dozen.

OLHOS DE SOGRA
(Mother-In-Law Eyes)

- **3 beaten egg yolks**
- **1 14-ounce can *sweetened condensed* milk**
- **1 teaspoon finely grated lemon peel**
- **2 tablespoons lemon juice**
- **1 12-ounce package pitted prunes**
- **Sifted powdered sugar**

In a small saucepan stir together egg yolks, condensed milk, and lemon peel. Cook over low heat, stirring constantly about 15 minutes or till mixture is thick. Remove from heat. Stir in lemon juice. Cool. Using a pastry tube and small star tip, fill prunes with lemon mixture (or fill prunes with a teaspoon). Roll filled prunes in powdered sugar and set in individual paper cups. Store, covered, in refrigerator. Makes 4 dozen.

RICE PUDDING

- **½ lemon**
- **4 cups milk**
- **½ cup sugar**
- **¼ teaspoon salt**
- **½ cup long grain rice**
- **3 beaten egg yolks**
- **Ground cinnamon**

Remove yellow part of peel from lemon with vegetable peeler. (Reserve fruit for another use.) Cut peel into strips. In a saucepan combine peel, milk, sugar, and salt. Bring to boiling. Gradually stir in rice. Cover; cook over low heat 35 to 45 minutes or till rice is tender, stirring occasionally. Remove lemon peel. Gradually add about *half* of the rice mixture to the beaten egg yolks. Return all to saucepan. Cook and stir 2 minutes more. Pour pudding into a shallow oval dish. Cool. Score the top of the pudding in a diamond pattern. Sprinkle cinnamon along the diamond pattern. Chill. Serves 8.

BISCOITOS
(Tea Biscuits)

- **3¼ cups all-purpose flour**
- **¾ cup sugar**
- **1 tablespoon baking powder**
- **¼ teaspoon salt**
- **¼ cup butter *or* margarine**
- **3 beaten eggs**
- **1 beaten egg**
- **1 tablespoon milk**

In mixing bowl stir together flour, sugar, baking powder, and salt. Cut in butter or margarine till mixture resembles fine crumbs. Add the 3 eggs; beat well. (Dough will be stiff; if too dry, add a little *milk*.)

For each cookie, roll about 1 tablespoon of dough on a floured surface to a rope 5 inches long and ⅜ inch thick. Shape rope into a ring, pressing ends together to seal. Place on a greased baking sheet. Repeat with remaining dough. Brush rings with a mixture of the remaining egg and milk. Bake in 350° oven 15 minutes or till golden. Cool on wire rack. Makes 3 dozen.

BOLO DE REI
(King's Cake)

- **2 packages active dry yeast**
- **1 teaspoon sugar**
- **¼ cup warm water (110° to 115°)**
- **1 cup milk**
- **1 cup sugar**
- **½ cup butter *or* margarine, cut up**
- **1 teaspoon salt**
- **5½ to 6 cups all-purpose flour**
- **3 beaten eggs**
- **½ cup raisins**
- **½ cup chopped mixed candied fruits and peels**
- **½ cup chopped walnuts**
- **1 recipe Powdered Sugar Icing**

In a small bowl soften yeast and the 1 teaspoon sugar in the warm water. In a saucepan heat milk till almost boiling. In large mixing bowl combine the 1 cup sugar, the butter or margarine, and salt; pour milk over butter mixture, stirring till butter almost melts.

continued



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⅓ cup honey
⅓ cup light molasses
¼ cup apple cider *or* apple juice
1½ cups all-purpose flour
½ teaspoon baking powder
½ teaspoon salt
¼ teaspoon ground cinnamon
¼ teaspoon ground cloves
⅔ cup pitted dates, chopped
⅔ cup raisins
⅔ cup chopped almonds
⅓ cup chopped candied red cherries
⅓ cup chopped candied pineapple
⅓ cup chopped candied citron
2 tablespoons all-purpose flour
½ cup sifted powdered sugar
1 slightly beaten egg white

In large mixer bowl cream brown sugar and shortening. Beat in eggs, honey, molasses, and apple cider or juice. Stir together the 1½ cups flour, the baking powder, salt, cinnamon, and cloves. Coat the dates, raisins, almonds, cherries, pineapple, and citron with the remaining 2 tablespoons flour. Stir flour mixture into creamed mixture; fold in fruits and nuts. Grease a 9x9x2-inch baking pan; line the bottom with waxed paper. Spread the batter evenly in the pan. Place pan with batter on the top oven shelf. Place another pan on the bottom oven shelf and fill with hot water. Bake in 300° oven for 1 hour 25 minutes. Cool cake in

continued

continued

Food and fellowship

Cool to lukewarm. Add *2 cups* of the flour; beat till smooth. Stir in eggs, softened yeast, raisins, fruits and peels, and walnuts. Add enough of the remaining flour to make a moderately soft dough. Turn out onto lightly floured surface. Knead 8 to 10 minutes or till smooth and elastic. Place dough in a greased bowl, turning once to grease surface. Cover; let rise in warm place 2 to 2½ hours or till double. Punch dough down; divide in half. Let rest 10 minutes. Shape each half into a roll about 18 inches long. Join ends to form a ring about 8 inches in diameter. Place each ring in a greased 10-inch tube pan. Cover; let rise about 1 hour or till almost double. Bake in 350° oven 25 to 30 minutes or till golden brown. Remove from pan. Cool on wire rack. Frost with Powdered Sugar Icing. Garnish with candied cherries and walnuts, if desired. Makes 2 rings.

Powdered Sugar Icing: Combine 2 cups sifted *powdered sugar* and 2 to 3 tablespoons *milk* to make an icing of spreading consistency.

BOLO DE FRUTA
(Portuguese Fruitcake)
⅔ cup packed brown sugar
⅔ cup shortening
2 eggs

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SARAN WRAP.
RECOMMENDED BY AMANA.

continued

Food and fellowship

pan. Remove from pan. Wrap and store cake overnight. Frost cake with a mixture of the sifted powdered sugar and egg white. Makes 1.

MALASSADAS
(Portuguese Doughnuts)

3½ cups all-purpose flour
1 envelope active dry yeast
2 tablespoons sugar
½ cup warm water (110° to 115°)
3 eggs
1 cup sugar
½ cup milk
5 tablespoons butter *or* margarine, cut up
1½ teaspoons salt
3 tablespoons cooking oil
Fat for shallow-fat frying

In a large bowl stir together *½ cup* of the flour, the yeast, and the 2 tablespoons sugar. Add warm water; stir till smooth. Cover; let rise in warm place about 1 hour or till tripled in volume. In large mixer bowl beat eggs till fluffy; gradually add the 1 cup sugar, beating about 5 minutes or till thick and lemon-colored. In a small saucepan heat and stir milk till almost boiling; remove from heat. Add butter or margarine and salt, stirring till butter almost melts. Cool to lukewarm (115° to 120°). Rub the inside of a large bowl with some of the cooking oil. Pour in egg mixture. Stir in yeast and milk mixtures. Gradually add the remaining flour, stirring to combine. Mix thoroughly with hands. Add the remaining oil. Continue kneading the dough in the bowl to work in the oil. Knead about 5 minutes more. Cover with clear plastic wrap; let rise in warm place 2 to 3 hours. Punch dough down. For each doughnut, roll about ¼ cup dough out on lightly floured cloth to a 5- or 6-inch circle. Fry, a few at a time, in shallow hot fat (375°) about 1½ minutes or till brown, turning once. Drain on paper toweling. Roll in sugar, if desired. Makes 2 dozen.

BOLACHAS ANTIGAS
(Old-fashioned Cookies)

To make ¼ cup sour milk, place 1 teaspoon lemon juice in a measuring cup and add milk to make ¼ cup—

¾ cup sugar
6 tablespoons butter *or* margarine
1 egg yolk
1 teaspoon vanilla
1¾ cups all-purpose flour
½ teaspoon baking soda
¼ teaspoon salt
¼ cup sour milk
1 egg white
½ cup finely chopped walnuts

In mixer bowl cream together sugar and butter or margarine. Beat in egg yolk and vanilla. Stir together flour, baking soda, and salt. Add to creamed mixture alternately with sour milk; beat till smooth. Drop dough by teaspoon-

continued



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GERMAN SWEET CHOCOLATE CAKE

1 package (4 oz.) BAKER'S® GERMAN'S® Sweet Chocolate
2⅓ cups sifted cake flour
1½ cups sugar
1 teaspoon baking soda
½ teaspoon CALUMET® Baking Powder
½ teaspoon salt
⅔ cup butter or margarine
1 cup buttermilk
1 teaspoon vanilla
2 eggs
Coconut-Pecan Filling and Frosting

Melt chocolate over very low heat; cool. Sift flour with sugar, soda, baking powder and salt. Stir butter in mixer bowl to soften. Add flour mixture, ¾ cup of the buttermilk and the vanilla. Mix to dampen flour; beat *2 minutes* at medium speed of electric mixer, scraping bowl occasionally. Add melted chocolate, eggs and remaining buttermilk. *Beat 1 minute longer.* Pour batter into three 8-inch layer pans, lined on bottoms with paper. Bake at 350° for 30-35 minutes, or until cake tester inserted into centers comes out clean. Cool in pans 15 minutes; remove from pans and cool on racks. Spread filling on layers and stack.

Coconut-Pecan Filling and Frosting

1 cup evaporated milk
1 cup sugar
3 egg yolks, slightly beaten
½ cup butter or margarine
1 teaspoon vanilla
1⅓ cups (about) BAKER'S® ANGEL FLAKE® Coconut
1 cup chopped pecans

Combine milk, sugar, egg yolks, butter and vanilla in saucepan. Cook and stir over medium heat until mixture thickens, about 12 minutes. Remove from heat. Add coconut and pecans. Cool until spreading consistency, beating occasionally.

GF GENERAL FOODS

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continued

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fuls onto a lightly greased baking sheet. Flatten cookies with the bottom of a glass dipped in *sugar*. Beat egg white till frothy. Brush over cookies. Sprinkle with nuts. Bake in 350° oven 8 to 10 minutes. Remove from cookie sheet to rack. Cool. Makes 3 dozen.

SONHOS
(Dreams)
1 cup milk
½ teaspoon salt
1 cup all-purpose flour
4 eggs
Fat for deep-fat frying
½ cup sugar
1 teaspoon ground cinnamon

In saucepan bring milk and salt to boiling. Add flour all at once. Cook and stir over low heat till mixture forms a ball that doesn't separate. Remove from heat; cool 5 minutes. By hand vigorously beat in the eggs, one at a time, till mixture is almost smooth and shiny. Drop dough by teaspoonfuls into deep hot fat (375°). Fry about 4 minutes or till golden, turning once. Drain on paper toweling. In a paper bag combine sugar and cinnamon; shake puffs, a few at a time, in sugar mixture. Makes about 3 dozen.

BACALHAU À BEIRA ALTA
(Portuguese Cod-Potato Casserole)
1 pound salt cod
1 cup chopped onion
2 tablespoons olive oil *or* cooking oil
1 10½-ounce can tomato puree
1 cup chicken broth
¼ cup snipped parsley
⅛ teaspoon pepper
3 medium potatoes, peeled and sliced (1 pound)

In a bowl cover cod with cold water; soak overnight, changing water 3 or 4 times. Rinse cod. In a saucepan cover cod with cold water. Bring to boiling; reduce heat. Simmer, covered, about 20 minutes or till fish flakes easily with a fork. Drain. Meanwhile, in saucepan cook the onion in olive oil till tender but not brown. Stir in tomato puree, chicken broth, parsley, and pepper. Simmer, uncovered, for 15 minutes. Flake drained cod with a fork; gently stir into tomato mixture along with potatoes. Turn into an ungreased 1½-quart casserole. Bake, covered, in 350° oven for 1¼ to 1½ hours, stirring once or twice.

PORTUGUESE VEGETABLE SOUP
8 cups water
1 large beef shank crosscut (about 1 pound)
1 cup dry split peas
1 tablespoon salt
3 cloves garlic, minced
8 ounces chorizo, sliced, *or* Italian sausage links, sliced
3 medium tomatoes, peeled, seeded, and chopped (1½ cups)
2 medium carrots, chopped (1 cup)
1 medium onion, chopped (½ cup)
½ medium green pepper, chopped
1 cup elbow macaroni

In a large kettle or Dutch oven combine water, beef shank, split peas, salt, and garlic. Bring to boiling. Reduce heat; simmer, covered, 1 hour. Remove beef shank. Cool till meat can be easily

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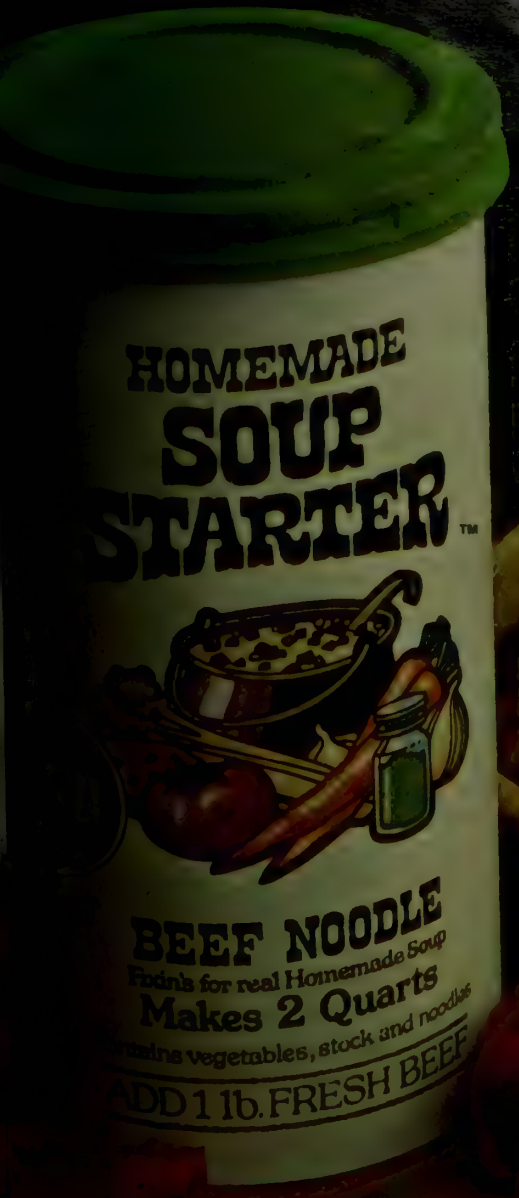
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continued

Food and fellowship

handled. Cut meat off bone; discard bone. Dice meat and return to kettle. Add sausage, tomatoes, carrots, onion, and green pepper. Simmer, covered, 20 minutes. Add macaroni. Simmer, covered, 10 minutes. Serves 10 to 12.

PORK ALENTE JANA

2 pounds boneless pork butt, cut in 1-inch cubes
1½ cups dry white wine
2 cloves garlic, minced
4 teaspoons paprika
2 bay leaves
¼ cup olive oil *or* cooking oil
2 medium onions, thinly sliced
¼ cup chopped pimiento
2 pounds clams in the shell (littleneck or cherrystone clams)

Place pork cubes in a large bowl. Combine wine, garlic, paprika, 1 teaspoon *salt*, dash *pepper*, and bay leaves. Pour over meat cubes. Cover; marinate 2 hours at room temperature or overnight in refrigerator, stirring occasionally. Drain pork well, reserving marinade. Pat meat dry with paper toweling. In skillet brown pork in *2 tablespoons* of the oil. Add reserved marinade; simmer, uncovered, over medium heat about 45 minutes or till the liquid is almost evaporated. Skim and discard fat and bay leaves.

Meanwhile in Dutch oven cook onion and pimiento in the remaining two tablespoons oil till onion is tender but not brown. Add the clams, ½ teaspoon *salt*, and ¼ teaspoon *pepper*. Cover and cook over high heat for 5 minutes or till clam shells open. Add hot pork mixture to clam mixture; heat through. Makes 6 to 8 servings.

POTATO LATKES

2½ pounds potatoes (7 to 8 medium)
1 medium onion (optional)
2 beaten eggs
¼ cup all-purpose flour
¼ cup matzoh meal
1½ teaspoons salt
¼ teaspoon pepper
Cooking oil for frying
1 recipe Applesauce (See recipe, right)

Peel and shred potatoes and onions; drain well. In mixing bowl combine potato mixture with eggs, flour, matzoh meal, salt, and pepper. Stir well (mixture should be thick).

In a large skillet heat about ¼ inch cooking oil over medium heat. For each latke spoon about 2 tablespoons of the batter into the hot oil. Spread to make a pancake about 2½ inches in diameter. Fry latkes 3 or 4 at a time till brown on one side about 1½ to 2 minutes. Turn and brown the second side. Repeat with remaining batter. Serve with Applesauce. Makes 24.

SOUR CREAM LATKES

1 cup all-purpose flour
¾ teaspoon baking soda
½ teaspoon salt
1 cup milk
½ cup dairy sour cream
1 recipe Applesauce (See recipe, below)

In mixing bowl stir together the flour, baking soda, and salt. Add milk and sour cream; beat till smooth with rotary beater. Using 2 tablespoons batter for each pancake, drop batter onto a hot lightly greased griddle or skillet. Cook about 1¼ minutes or till browned. Turn pancake and continue cooking till second side is browned. Serve with Applesauce. Makes about 18 latkes.

APPLESAUCE

8 medium cooking apples, cored and cut up
½ cup water
4 inches stick cinnamon
¼ cup packed brown sugar

In 3-quart saucepan combine apples, water, and stick cinnamon. Cover; bring to boiling. Reduce heat; simmer 20 minutes or till apples are very tender. Remove cinnamon. Press apples through a sieve or food mill. Stir in brown sugar. Serve garnished with apple slice, if desired. Makes 3 cups.

SUPHGANEYOT

(Yeast-raised Doughnuts)
2 packages active dry yeast
1 cup warm water (110° to 115°)
4½ to 4¾ cups all-purpose flour
¾ cup sugar
6 tablespoons butter *or* margarine, softened
2 eggs
1 teaspoon vanilla
Fat for deep-fat frying
Jelly or jam (optional)

Dissolve yeast in the warm water; stir in *1½ cups* of the flour to form a sponge. Cover; let rise in warm place about 45 minutes or till bubbly. Cream the ¾ cup sugar, the butter or margarine, eggs, and vanilla till thick and fluffy. Stir in yeast sponge and enough of the remaining flour to make a moderately stiff dough. Turn out onto a lightly floured surface. Knead 5 to 8 minutes or till smooth. Cover; let rest 10 minutes. Roll to ½-inch thickness; cut with a floured 2½-inch biscuit cutter. Cover; let rise in warm place about 1 hour or till almost double. Fry, a few at a time, in deep hot fat (375°), about 3 minutes, turning once. Drain on paper toweling. If desired, fill doughnuts with jelly or jam using a pastry tube and tip. Roll with additional sugar, if desired. Makes 2 dozen.

BEEFEATER SACK COOLER

2 cups dry sherry
1 cup orange liqueur
½ cup brandy
Ice (optional)
Lemon-lime carbonated beverage, chilled
Orange slices (optional)
Maraschino cherries (optional)

In a decanter combine sherry, orange liqueur, and brandy. Chill thoroughly. Divide sherry mixture into 8 cocktail glasses. Add ice, if desired. Fill each glass with about ½ cup of chilled lemon-lime carbonated beverage. Stir. Garnish with orange slices and cherries, if desired. Makes 8 servings.

COCK-A-LEEKIE SOUP

1 2½- to 3-pound broiler-fryer chicken, cut up
4 cups water
½ cup finely chopped carrot
½ cup finely chopped celery
¼ cup finely chopped onion
2 sprigs parsley
2 teaspoons salt
¼ teaspoon white pepper
1 bay leaf
1½ cups thinly sliced leeks (½ pound)
1 small potato, peeled and chopped (½ cup)
½ cup quick-cooking barley
2 cups light cream

In a large kettle or Dutch oven combine chicken and water. Add carrot, celery, onion, parsley, salt, white pepper, and bay leaf. Cover; simmer 25 minutes or till chicken is tender. Re-

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continued

Food and fellowship

move chicken, bay leaf, and parsley from broth. Discard bay leaf and parsley. Cool chicken till it can be easily handled. Remove meat from bones; discard bones. Chop meat. Skim off excess fat from broth. Add leeks, potato, and barley to soup. Bring to boiling. Reduce heat; simmer, covered, 15 to 20 minutes. Blend in cream and chicken. Heat through. Top with sliced leeks, if desired. Makes 8 servings.

SAUSAGE-STUFFED CORNISH HENS

1½ pounds mild bulk pork sausage
1½ cups chopped celery
3 cups snipped dried light figs
1½ cups chopped walnuts
1 tablespoon ground cinnamon
2 teaspoons salt
1½ teaspoons ground ginger
½ teaspoon ground nutmeg
8 1- to 1½-pound Cornish game hens
Cooking oil
¼ cup orange juice
2 tablespoons butter *or* margarine, melted

In a skillet cook sausage and celery till meat is browned and celery is tender. Drain off excess fat. Stir in figs, walnuts, cinnamon, salt, ginger, nutmeg, and ½ teaspoon *pepper*. Season cavities of hens with *salt*. Lightly stuff birds with sausage mixture. Tie legs to tail; twist wing tips under back. Place hens, breast side up, on a rack in shallow roasting pan. Brush with cooking oil; cover loosely with foil. Place remaining stuffing in a 12x7x2-inch baking dish. Cover with foil and refrigerate. Roast hens in a 375° oven for 30 minutes. Combine orange juice and butter. Uncover birds; baste with orange juice mixture. Roast, uncovered, 1 hour longer or till drumstick can be twisted easily, basting with orange juice mixture. Add covered baking dish with stuffing to oven during the last 45 minutes of baking. Arrange stuffing on a platter; place birds atop. Garnish with parsley, if desired. Makes 8 servings.

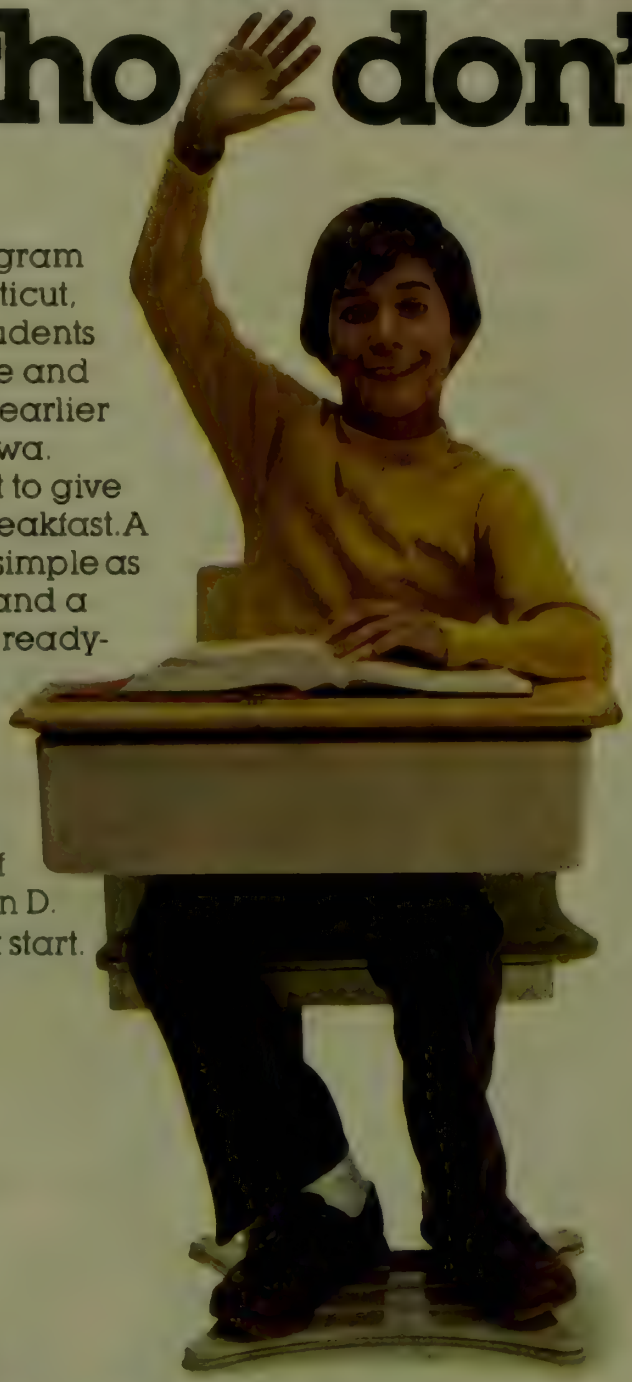
SKEWERED LAMB

½ cup burgundy
⅓ cup cooking oil
2 tablespoons finely snipped fresh mint *or* 1 teaspoon dried mint, crushed
1 teaspoon salt
½ teaspoon dried thyme, crushed
½ teaspoon dried basil, crushed
2 pounds boneless lamb, cut in 1-inch cubes
1 pound small whole onions, peeled
2 medium green peppers, cut in squares
8 cherry tomatoes

In a bowl combine wine, cooking oil, mint, salt, thyme, and basil. Add lamb cubes. Cover; marinate 2 hours at room temperature or overnight in refrigerator. Drain meat, reserving marinade. Meanwhile, cook onions, uncovered, in boiling water 5 minutes or till crisp-tender; drain. On skewers, alternate lamb cubes, green pepper cubes, and onions. Broil

continued

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continued

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4 inches from heat 5 to 6 minutes, brushing occasionally with marinade; turn. Broil 5 to 6 minutes; brush with marinade. Garnish each skewer with a tomato. Makes 8 servings.

CRANBERRY CHUTNEY

2 cups fresh cranberries
¾ cup packed brown sugar
½ cup light raisins
½ cup chopped celery
½ cup chopped apple
¼ cup coarsely chopped walnuts
2 tablespoons finely snipped candied ginger
2 tablespoons lemon juice
1 teaspoon onion salt
¼ teaspoon ground cloves

In a large saucepan combine cranberries, brown sugar, raisins, celery, apple, ½ cup *water*, walnuts, ginger, lemon juice, onion salt, and cloves. Bring to boiling, stirring constantly. Simmer, uncovered, 15 minutes, stirring occasionally. Store, covered, in the refrigerator. Serve chilled. Top with walnut half, if desired. Makes 3 cups.

WHOLE WHEAT-POTATO BREAD

1 medium potato, peeled and finely chopped (¾ cup)
1½ cups buttermilk
2 packages active dry yeast
3 tablespoons sugar
2 tablespoons shortening
3 to 3½ cups all-purpose flour
2½ cups whole wheat flour

In a saucepan cook potato in buttermilk, uncovered, for 15 minutes or till tender. (Milk will appear curdled.) Cool to lukewarm (115° to 120°). Set aside *½ cup* of the liquid. Mash potato in the remaining liquid; add *warm water* to make 2 cups potato mixture. In large mixer bowl soften yeast in the ½ cup reserved liquid. Add potato mixture, sugar, shortening, and 1 tablespoon *salt*; mix well. Stir in *2 cups* of the all-purpose flour. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. Cover; let rise in warm place about 45 minutes or till double. Stir dough down; stir in whole wheat flour and enough of the remaining all-purpose flour to make a moderately stiff dough. Turn out onto lightly floured surface; knead 10 minutes or till smooth and elastic. Shape into a ball. Place in a greased bowl. Cover; let rise about 35 minutes, or till double. Punch down; turn out onto lightly floured surface. Divide in half. Cover; let rest 10 minutes. Shape each half into an 8-inch round loaf. Sprinkle a greased baking sheet with *cornmeal*. Place loaves on baking sheet. Cover; let rise till double. If desired, brush tops lightly with buttermilk and dust with cornmeal. Bake in 375° oven for 30 to 35 minutes. Cool on rack. Makes 2.

FLUMMERY

⅔ cup sugar
⅓ cup cornstarch
4 cups light cream
2 beaten egg yolks
2 teaspoons vanilla
½ cup Drambuie

In a saucepan combine sugar, cornstarch, and ½ teaspoon *salt*. Blend in cream. Cook and stir till mixture thick-

Great stocking



Think of how much fun they'll have with their own personal "hoard" of Blue Diamond® Almonds! It's a great stocking stuffer idea — and a Christmas snack that makes good sense for children and everyone. Crisp, crunchy Blue Diamond® Almonds come in whole natural form and six adde flavors, so you can select a different one for each person. These almonds also

ens and bubbles. Stir about half of the hot mixture into egg yolks; return to mixture in saucepan. Cook and stir 2 minutes more. Remove from heat; stir in vanilla. Pour into wine goblets. (To avoid breaking fine crystal, place a metal spoon in the goblet while pouring mixture.) Cover surfaces of dessert with clear plastic wrap. Chill 2 hours. To serve, top each serving with *one tablespoon* Drambuie. Top with strawberries, if desired. Serves 8.

WHOLE WHEAT-CORN MUFFINS

For 8 or 9 muffins, halve the recipe—

1 cup whole wheat flour
1 cup cornmeal
4 teaspoons baking powder
2 beaten eggs
1⅓ cups milk
¼ cup honey
¼ cup cooking oil
¼ cup finely chopped onion
¼ cup shelled sunflower seed

In a bowl stir together whole wheat flour, cornmeal, baking powder, and ½ teaspoon *salt*. In a separate bowl combine eggs, milk, honey, cooking oil, and onion. Add all at once to dry mixture. Stir just till moistened (batter will be very thin). Spoon into well-greased or paper-bake-cup-lined muffin pans, filling ⅔ full. Sprinkle with sunflower seed. Bake in a 400° oven 18 to 20 minutes. Makes about 1½ dozen.

BANANA-PEACH SALAD

To serve 12, double the recipe and pour gelatin into a 12-cup mold—

3½ cups cranberry juice cocktail
1 6-ounce package strawberry-flavored gelatin
1 16-ounce can sliced peaches, drained and coarsely chopped
1 large banana, sliced
½ cup pitted dates, chopped
1 recipe Creamy Dressing

In a saucepan heat *1½ cups* of the cranberry juice cocktail to boiling. Add to gelatin, stirring till gelatin is dissolved. Blend in the remaining juice cocktail. Chill till partially set. Fold in chopped peaches, banana, and dates. Pour into a 6-cup mold. Chill till firm. Prepare Creamy Dressing. Unmold onto *lettuce*-lined platter. If desired, arrange sliced peaches around mold. Serve with Creamy Dressing. Serves 6.

Creamy Dressing: In small mixer bowl beat together one 8-ounce package *cream cheese*, softened, ¼ cup *dairy sour cream*, and 1 tablespoon *lemon juice*. Add enough *milk* (3 to 4 tablespoons) to make of desired consistency. Cover; chill. Makes 1½ cups.

UPSIDE-DOWN CHOCOLATE PIE

Two pies will serve 12—

3 egg whites
½ teaspoon vinegar
¼ teaspoon ground cinnamon
½ cup sugar
1 9-inch baked pastry shell
1 6-ounce package (1 cup) semisweet chocolate pieces
3 egg yolks
1½ cups whipping cream
¼ cup sugar

In small mixer bowl combine egg whites, vinegar, and cinnamon. Beat with electric mixer to soft peaks (tips curl over). Gradually add the ½ cup sugar, beating to stiff peaks (tips stand straight). Spread over the bottom and up the sides of the baked pastry shell. Bake in a 325° oven for 15 minutes.

continued

stuffers!



make a nice gift for the hostess when you go visiting around the holidays. And of course you'll want several tins to fill your holiday snack dishes. Buy a good supply now!

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Mary Amerine.

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Make "Fast 'n Fancy" macaroons for the holidays. We think you'll agree...

It's easy to get homemade goodness with Baker's®

"Fast 'n Fancy" Macaroons

5-1/3 cups (14-oz. bag) BAKER'S® ANGEL FLAKE® Coconut
1 can (14-oz.) BORDEN® EAGLE® Brand Sweetened Condensed Milk
2 teaspoons vanilla

Combine all ingredients, mixing well. Drop from teaspoon 1 inch apart, on well-greased baking sheets. Decorate with halved maraschino cherries, or sprinkle with multi-colored sprinkles or sugar crystals, if desired. Bake at 350° for 10 to 12 minutes or until lightly browned. Removed at once from baking sheets, using moistened spatula. Makes about 5 dozen.

TASTY VARIATIONS

Chocolate-a-roons: Fold in 4 squares melted BAKER'S® Semi-Sweet Chocolate before baking.

Raisin-a-roons: Add 1 cup raisins before baking.

Chip-a-roons: Add 1 cup BAKER'S® Chocolate Flavor Baking Chips before baking.

Nut-a-roons: Add 1 cup chopped pecans or almonds before baking.

Fun-a-roons: Add 8-10 drops red or green food coloring before baking.

Note: Recipes may be halved.



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continued

Food and fellowship

Remove from oven and cool on rack. Meanwhile, melt chocolate in a saucepan over low heat; cool to room temperature. In a bowl beat together egg yolks and ¼ cup *water* till blended. Gradually stir in the melted and cooled chocolate. Spread *¼ cup* of the chocolate mixture over the meringue. Chill 1 hour. Beat whipping cream and the ¼ cup sugar to soft peaks (tips curl over). Fold *half* of the whipped cream into the remaining chocolate mixture. Carefully spread over the chilled pie. Spread the remaining whipped cream in a 6-inch circle atop chocolate mixture. Refrigerate 4 hours or overnight. Top with chocolate curls, if desired.

PINEAPPLE-CHEESE POTATO BOATS

For six, halve the recipe—

6 medium baking potatoes
1 5-ounce jar neufchâtel cheese spread with pineapple
½ teaspoon salt

Scrub potatoes thoroughly and prick with fork. Bake in 325° oven for 1 to 1¼ hours or till tender. Cut potatoes in half lengthwise. Scoop out the potato, reserving potato shells. Mash potatoes; blend in cheese spread and salt. Beat in enough *milk* to make a stiff but fluffy consistency. Pile into the 12 potato shells. Place in a 15x10x 2-inch baking pan. Bake in 325° oven for 20 to 25 minutes. (*Or,* cover and refrigerate overnight. Bake in 325° oven 30 minutes or till hot.) Sprinkle with *paprika.* Makes 12.

RASPBERRY-WINE GLAZED HAM

To roast a 4- to 5-pound boneless ham, bake it in a 325° oven for 1½ to 1¾ hours before adding glaze—

1 8- to 10-pound boneless fully cooked ham
¼ cup dry white wine
2 tablespoons lemon juice
2 teaspoons cornstarch
⅓ cup seedless red raspberry jam
1 tablespoon butter

Score ham in diamond pattern, if desired. Place ham on a rack in a shallow roasting pan. Insert meat thermometer. Bake in a 325° oven till meat thermometer registers 140°, 2 hours.

Meanwhile, in a small saucepan, blend wine and lemon juice into cornstarch. Add about *half* of the jam. Cook and stir till thickened and bubbly. Stir in the remaining jam and butter. Heat and stir till butter is melted. Brush ham with the raspberry glaze. Bake ham 10 minutes more. Spoon any remaining glaze over ham. Top platter with watercress, if desired.

SWISS CREAMED PEAS

Cut this recipe in half for six servings—

6 cups frozen peas (about 3 10-ounce packages)
2 cups sliced green onion
3 tablespoons butter or margarine
2 tablespoons all-purpose flour
2 cups whipping cream
1 teaspoon finely shredded lemon peel
1½ cups shredded Swiss cheese

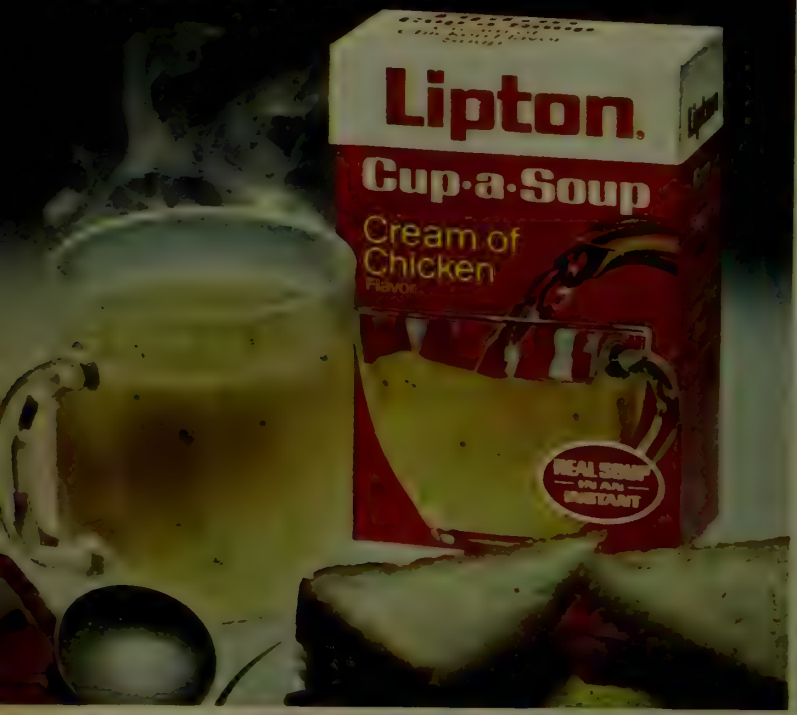
In a large saucepan, cook peas according to package directions. Meanwhile, in a medium saucepan, cook onion in butter or margarine till tender but not brown. Blend in flour and ½ teaspoon *salt.* Add cream and lemon peel. Cook and stir till thickened and bubbly. Add cheese; cook and stir till cheese is melted. *Do not boil.* Drain peas; return to large saucepan. Add sauce; stir to coat. Makes 12 servings. ■

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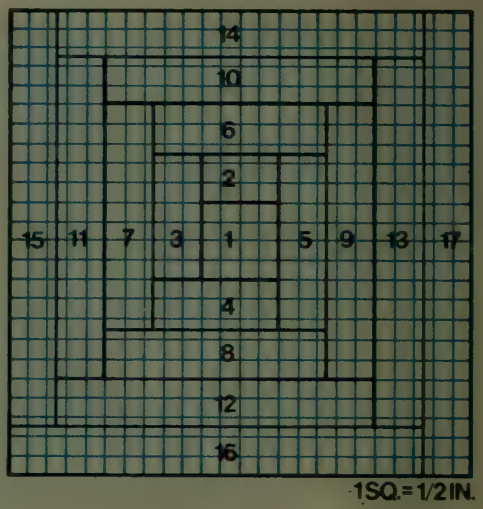


fabric scraps (strips); 1¼ yds. of 44-inch-wide print fabr (borders); 3⅓ yds. of broadcloth (back); quilt battin cardboard scraps for pattern templates.

Instructions:

1. Enlarge the pattern and cut corresponding cardboar templates. (Number templates for easy reference.)

2. Cut the block's center from red fabric. Using assorte prints, cut strips 2, 3, 10, and 11 from the same fabric; strip



4, 5, 12, and 13 from the same fabric; 6, 7, 14, and 15 from the same fabric; and 8, 9, 16, and 17 from the same fabric (Add ¼-inch seam allowances to all pieces.)

continued

LIPTON. THE MOST DELICIOUS TASTE IN SOUPS.

begins on page 73

A Homespun Christmas

SCHOOLHOUSE BLOCK WALL HANGING

(Finished size: approximately 25 inches square)

Materials: ¾ yd. blue broadcloth; ¼ yd. each of 4 calico print fabrics; 25x25 inches quilt batting.

Instructions:

1. Enlarge the schoolhouse pattern on page 144, using a scale of "one square equals ⅜ inch." Divide the chimney in half, making two "bricks."

2. Cut pieces for house from calico fabric; add ¼-inch seam allowances. Turn under raw edges; baste.

3. Leaving a slim margin of background fabric between pieces, topstitch house pieces to a 10½-inch blue square with base of house 2¾ inches above lower fabric edge.

4. Cut and stitch 6 rows of 1¼-inch-wide calico strips around the block in a log cabin design. (See photo on page 75 for positioning.)

5. Cut blue backing. With right sides facing and batting on top, stitch front to back, leaving an opening. Turn, slip-stitch opening, and quilt.

LOG CABIN QUILT

(Finished size: 76x88 inches)

Materials: Scraps of red fabric (centers); assorted print

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Score ham and glaze as desired during last 30 minutes of cooking time. Remove ham from oven and place pecan halves glazed with corn syrup on score marks to decorate ham. Garnish platter with Spicy Pecans.

SPICY PECANS

In small frypan, melt 2 Tbsp. butter or margarine. Stir in 1/3 C. pecan halves. Drop heated pecan halves into small bag containing a mixture of 2 tsp. granulated sugar and 3/4 tsp. ground cinnamon. Close bag; shake until pecans are coated.

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continued

A Homespun Christmas

3. Stitch pieces together in order (see pattern.) Press seams to one side. Make 42 blocks.

4. To assemble the top, arrange blocks in a pattern (see photo on page 75) and sew 6 blocks into a row. Make 7 rows; stitch rows together.

5. Piece backing fabric to size. Sandwich batting between backing and top, baste layers together, and quilt. Bind edges with remaining print fabric to make a 2-inch border.

BURLAP CRÈCHE

Materials: 1 yd. of good-quality natural-colored burlap; polyester fiberfill; 2 metal coat hangers; small box; packing excelsior; masking tape; white glue; pliers; small wire cutters.

Instructions:

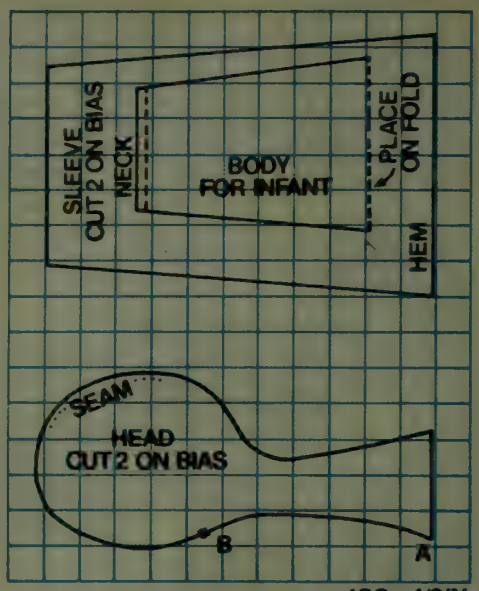
1. For Mary and Joseph, cut armature pieces from hangers: one 10-inch piece (arms), one 9-inch piece (body), and two 6-inch pieces (leg supports). Round sharp ends with a metal file, and wrap with tape to contour hands and feet. Cut four 1-inch-wide bias burlap strips to wrap wires, making them ½ inch longer than wires. Fold raw edges inward, and stitch tightly around wires with heavy thread.

2. Stitch the two 6-inch burlap-covered wires tightly to the body wire; keep all ends flush at the bottom. Separate wires into a tripod so figures will be stable. Bend Joseph's feet ½ inch from end of wires. For Mary, bend leg wires 2 inches above end. Bend front wire so figure is kneeling.

3. Enlarge the pattern at right; cut head pieces. (Use 1-inch seam allowances. Once stitched, trim to ¼ inch.) Double stitch head pieces together from A to B; trim seams and apply white glue to cut edge to prevent raveling. Turn inside out—tweezers are helpful—and stuff tightly. Place heads on body wires. Joseph is 10 inches tall, Mary is 8 inches tall. Fold under raw edges of head; whipstitch remainder of seam. Stitch to body.

4. Center arm piece on body; stitch tightly ½ inch below head. Sew long seams on sleeves; hem. Place sleeves on arms; stitch to neck, chest, and back.

5. For Joseph's tunic, cut a 9x13-inch rectangle on the bias; seam short



sides, stitching twice. Fold under top edge ¼ inch; gather tightly and tack to waist. Hem tunic. Repeat for Mary's skirt, using an 8x11-inch rectangle.

6. For Joseph's hair, glue strands of burlap across head from front to back; trim evenly. Repeat for Mary's hair; stitch along center part.

7. For Joseph's beard fold 4-inch burlap threads in half; drape over burlap bearer cord. Glue one side of beard and let dry. Apply glue to face and position beard on glue; let dry. Trim.

8. For Joseph's coat, cut a 6x20-inch rectangle on the bias. Glue edges to prevent fraying. Drape coat over head and across shoulders, making tucks in back to form hood. Tack to head, shoulders, and back.

9. For Mary's veil, cut a half-circle 19 inches across. Turn under raw edges and glue. Place on head and secure.

10. For Infant, cut a 3-inch circle from burlap. Gather edges, stuff firmly, and pull gathers tightly, keeping folds to the back. Sew side seams of body piece, stuff firmly with fiberfill, and gather neck edge. Sew head to body. Stitch burlap thread loops to head for hair. Cut a 7-inch burlap square and tack in place around Infant.

11. For manger, cover the box with burlap; fill with excelsior.

12. When figures are complete, bend arms into position with pliers. Bend neck wire forward. Stitch a small twig to Joseph's hand.

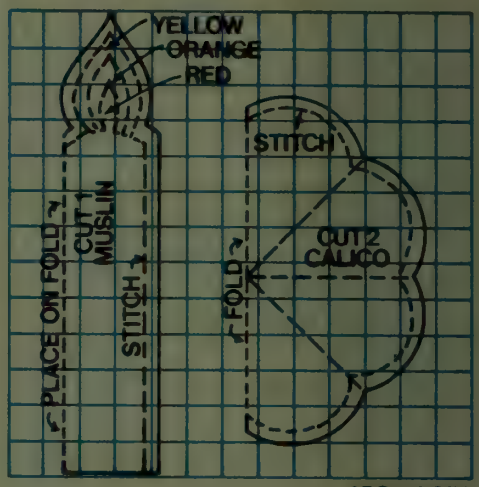
SOFT-SCULPTURE CANDLES

To order kit for 6 candles, see page 32.

Materials: ¼ yd. of 45-inch-wide, medium-weight, natural muslin (for 18 candles); assorted calico prints; yellow, orange, and red acrylic paints *or* embroidery floss; red embroidery floss; quilt batting; polyester fiberfill; small paintbrush *or* embroidery needle; light-gauge wire.

Instructions:

1. Enlarge pattern below; cut out pieces. Cut 1 base from quilt batting.



2. With right sides facing and quilt batting on top, sew base pieces using a ¼-inch seam; leave 2 inches open for turning. Turn right side out; slip-stitch opening. Topstitch ⅛ inch from edges.

3. Take ¼-inch tucks between each base scallop, stitching from outside edge to center. Alternate stitching on both sides so tucks face front *and* back.

4. Fold, right sides facing, and stitch candle leaving end open; turn. Stitch two smaller flames inside large flame shape. Paint *or* embroider flame in red, orange, and yellow. Wrap red embroidery floss below flame; tie.

5. Stuff candle firmly with fiberfill; slip-stitch candle to base's center, turning raw edges under. Thread two 6-inch wires through bottom of base; twist ends together around branch.

WOODEN ANGEL ORNAMENTS

Materials: One 6x18-inch piece of ½-inch pine (for 6 ornaments); green, gold, copper, dark brown, aqua, light blue, light and dark pink, and white paint; gesso or white undercoat; sandpaper; scraps of calico fabric; iron-on interfacing; paintbrushes; white glue; gold cord, wire, or nylon thread.

Instructions:

1. Enlarge pattern on page 140; trace onto pine. Cut out ornaments, drill

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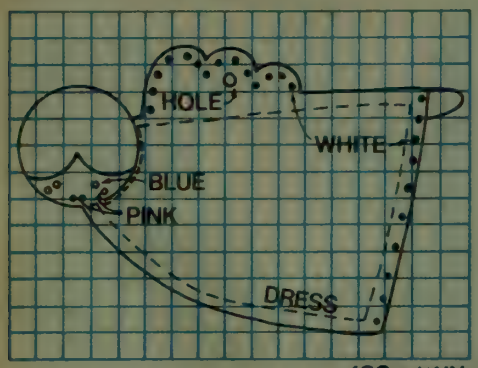
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A Homespun Christmas

hole in top, then sand and undercoat.

2. Paint both sides of ornaments. Feet and head are light pink; dress and wings are green, gold, copper, brown, or aqua; hair is gold, copper, or brown. Eyes are light blue dots; cheeks and mouth are dark pink dots. Paint white dots along wings and hem.

3. Iron interfacing to back of calico. Trace dress pattern onto interfacing, cut out, and glue in place. Add cord, wire, or thread hangers.



MACRAME SNOWFLAKES

To order free (except 50 cents for postage and handling) instructions, see page 32.

HARDANGER-EMBROIDERED ORNAMENTS

Materials: 12-inch square of #22-count Hardanger cloth (for 16 ornaments); sixteen 2½- or 3-inch wooden drapery or craft rings; #5 and #8 white or ecru pearl cotton; tapestry needle; embroidery hoop; fabric glue; scissors; white double-fold bias tape; screw eyes; narrow white ribbon.

Instructions:

1. Each pattern at right represents one quadrant of the design. Transfer patterns to graph paper and chart all four quadrants for a complete pattern.

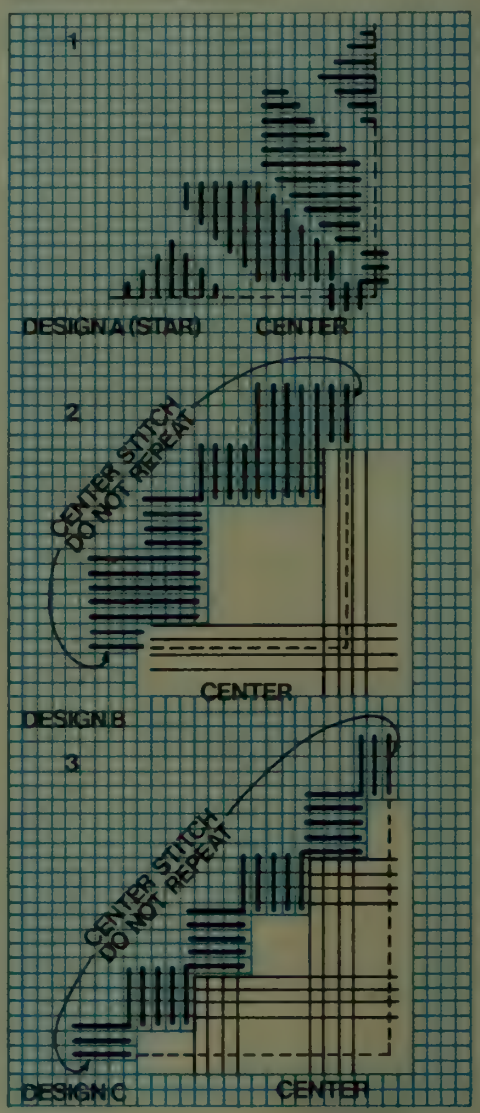
2. Lightly pencil 3-inch squares on the fabric but *don't* cut them out.

3. Starting in center of each square, work satin stitches in #5 pearl cotton. Patterns are for basic shapes; for variations use lacy filling stitches. Work satin stitches *before* cutting.

4. Mount fabric in a hoop. For cutwork areas, use small, sharp scissors to cut away threads bound on 2 sides by satin-stitched blocks (cut threads are missing in the diagrams). Thread the needle with #8 pearl cotton and weave over and under pairs of threads remaining in cut areas. For additional lacy fillings, add picots, festoons, and doves' eyes to centers (consult a good embroidery book for stitch how-to). Or, leave outer squares in pattern C uncut and fill them with eyelets.

5. Once fabric is embroidered, cut it into squares; glue squares to backs of rings. Trim excess.

6. Cut bias tape in half lengthwise; glue tape to ring back over raw edge of fabric. Attach a screw eye to the ring; trim with a ribbon bow.



QUILTED WREATH

Note: This project and several that follow were stitched from old quilts with badly damaged or worn spots. Although the quilts were no longer usable, some sections were still in good condition. If you do not have such a quilt, use fabric scraps to piece together a mini-quilt using our patterns as guides. From this newly pieced patchwork, cut patterns for these projects.

Materials: Old quilt, or sufficient fabrics to piece new patchwork fabric; ¾ yd. of backing fabric; fiberfill; brown paper; 3 yds. of 1½-inch-wide grosgrain ribbon; embroidery floss.

Instructions:

1. On paper, draw a 25-inch circle with a 7-inch circle in the center to form wreath. Divide into 8 equal sections.

2. Using one section as a pattern and adding ½-inch seam allowances, cut 8 pieces from an old quilt for the wreath. Turn the pattern as you cut so the patchwork forms an interesting design around the wreath. (In our wreath, each section has been turned so square patches ring the outer edge of the wreath. You may also cut the pattern in half crosswise before cutting out wreath pieces, as we did for our wreath.)

Or, using a pattern of your own choosing, stitch 8 mini-patchwork-quilts from which you can cut sections for the wreath.

3. Stitch the 8 sections together into wreath shape. Cut backing fabric to match front, adding seam allowances.

4. With right sides facing, stitch wreath front to back around *outside* edge. Clip curves, turn, and stuff. Whipstitch front to back around inner circle, turning in raw edges.

5. Using embroidery floss, tie 8 knots through the wreath in centers of main seams. Add decorative ribbon bow.

COLONIAL DOLL

(Finished size: 24 inches)

Materials: ¼ yd. of muslin; 6x22 inches brown corduroy; ½ yd. of brown broadcloth; 10x24 inches of print fabric (bloomers); ¾ yd. of print fabric (arms, body, skirt); 16 inches of ¾-inch-wide lace; 20 inches of 1½-inch-wide lace; scrap of nylon fastening tape; rust, yellow, and brown yarn; green, orange, and brown embroidery floss; polyester fiberfill; 8 inches of narrow elastic; 10- to 12-inch round or square lace doily; ¼x12-inch dowel.

Instructions:

1. Enlarge patterns on page 142, including ¼-inch seam allowance on all edges *except* neck of bodice and at wrist on arms. Cut head, hands, and legs from muslin, bloomers from small piece of print fabric, arms, body, 2 skirt panels, and waistband from large piece of print; 2 skirt panels from

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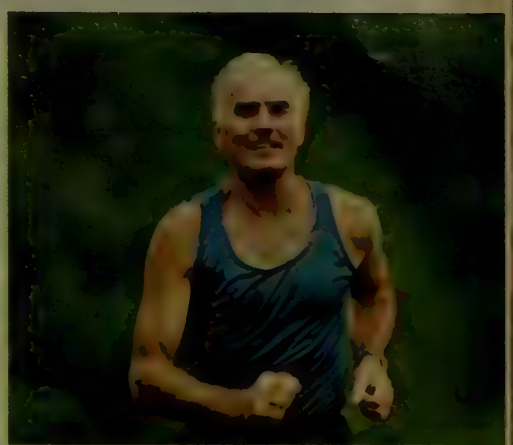
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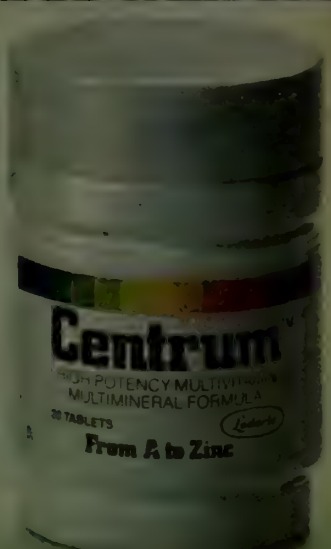
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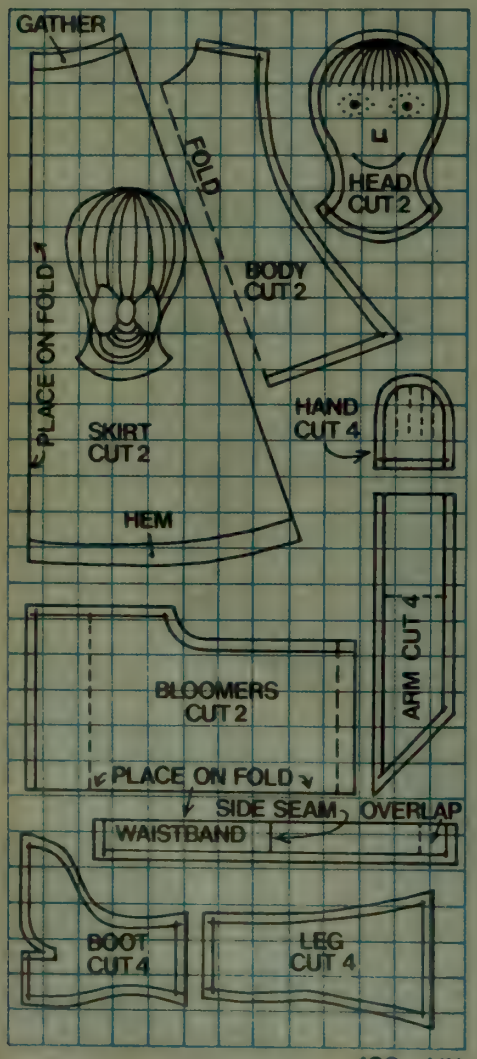
A Homespun Christmas

broadcloth; and boots from corduroy.

2. Embroider green satin-stitch eyes with brown French knots around them. Backstitch the nose in brown and the mouth in orange.

3. Zigzag stitch the body to the neck seam line and the wrist to the hand seam line. Sew boots to legs.

4. Stitch backs to fronts of legs, arms, and body, leaving one end open. Stuff legs and arms with fiberfill. Add yarn shoelaces to boots; stitch fingers and arm joints with brown floss. Stuff body and head piece, and insert dowel into body to keep head erect. (Trim dowel to fit.) Whipstitch openings.



1SQ.= 1 IN.

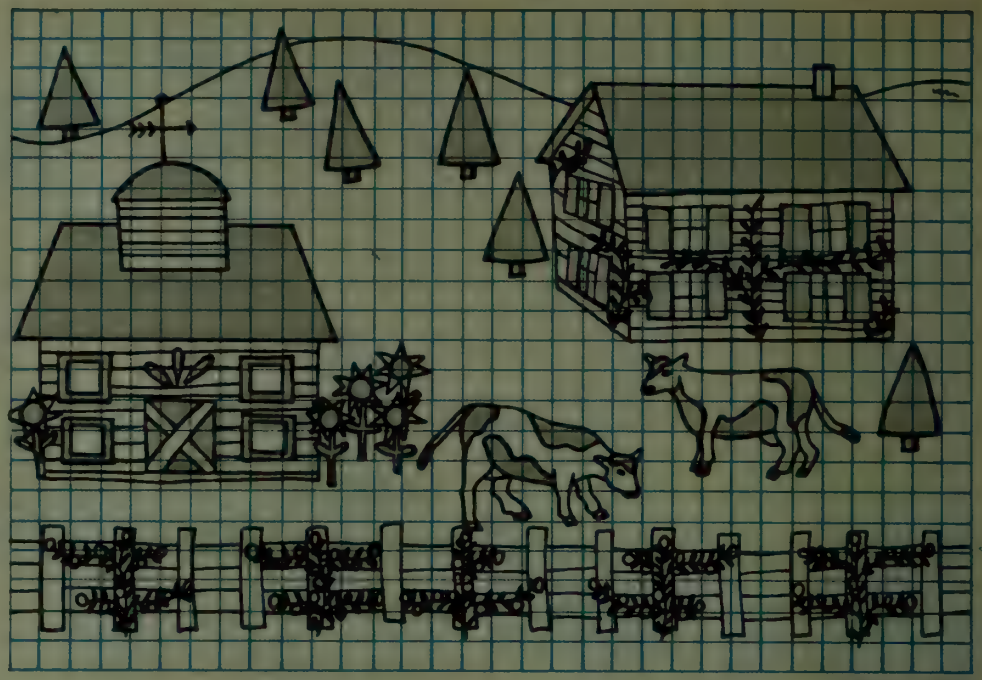
5. Sew arms and legs to body.

6. With rust-colored yarn, embroider hair in rows of chain stitches ⅛ to ¼ inch apart. Satin stitch a yellow hair bow to the back of the head, or add a bow tied with grosgrain ribbon. Trim neckline and wrists with ¾-inch-wide lace sewn over the seam line.

7. To make the skirt, alternately stitch together brown and print panels. Gather at the waist. Stitch skirt to one long edge of band. Fold band over seam allowance, turn under raw edge and whipstitch. Sew nylon fastening tape to ends of waistband.

8. For bloomers, stitch front to back. Fold top down ½ inch to make casing. Stitch, then insert elastic. Sew 1½-inch-wide lace around legs. Using floss, gather each bloomer leg into a ruffle; tie ends of floss in a bow.

9. Make the doll's shawl from a doily folded in half. Sew a fancy button to one end of the shawl or fasten ends together with an old-fashioned pin.



1SQ.= 1/2 IN.

QUILTED FARM SCENE PICTURE

Materials: 12x18 inches of green print fabric (ground); 4x18 inches of blue polka dot fabric (sky); ¾ yd. of muslin (house, barn, fence, frame); assorted prints for remaining design details; embroidery floss in a variety of colors; quilt batting; embroidery needle; dressmaker's carbon; 20x24-inch purchased wooden frame.

Instructions:

1. Enlarge the pattern. Trim one long edge of ground fabric to match hilltop, adding ¼-inch seam allowance. Turn under seam allowance and appliqué ground to sky to make the background. Using dressmaker's carbon, transfer outlines of design to background (centered). Use outlines as placement guides for remaining motifs.

2. Cut a 15x20-inch piece of muslin for backing. Sandwich 3 layers of batting between backing and top, with top centered. Baste and quilt, spacing rows and stitches ½ inch apart.

3. Cut muslin fence rails, adding ¼-inch seam allowances; appliqué. Add fence posts; embroider roses.

4. For barn, cut muslin 2 inches wider than barn and 3 times longer. Tuck fabric into folds for a clapboard effect, turn under raw edges, and appliqué in place.

5. Appliqué roof and add tower by folding and sewing muslin into clapboard. Stitch round roof to tower, then embroider maroon weathervane.

6. For the house, fold and stitch 2 pieces of muslin into clapboard. Fold under raw edges and sew the two together at an angle (see photo on page 76). Appliqué. Cut out the remaining design details, adding seam allowances. Appliqué, then add embroidery.

7. To finish, cut 2-inch strips of floral print the length of the sides of the picture (about 12 inches). Turn under ½ inch; sew to sides with running stitches. Stitch 2-inch strips to top and bottom. Add a border of muslin, 6 inches wide. Insert in frame.

SCHOOLHOUSE QUILT

(Finished size: 50x56 inches)

Materials: (*Note:* Yardages are for 44/45-inch-wide fabric.) 2⅛ yds. of red calico (backing); 1⅓ yds. of blue calico; ⅝ yd. of red polka dot; ⅓ yd. of blue cotton; fabric scraps in assorted colors and prints; 6 yds. of 2-inch-wide

continued

INTRODUCING

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chicken liver cheese flavors



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New Country Blend is a happy combination of chicken, liver and cheese flavors. It's a delicious trio of three separate tastes from the farm. Just like famous Cat Chow Original Blend from Purina, it's loaded with great taste and has the complete and balanced nutrition cats thrive on.

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Coupon expires December 31, 1979

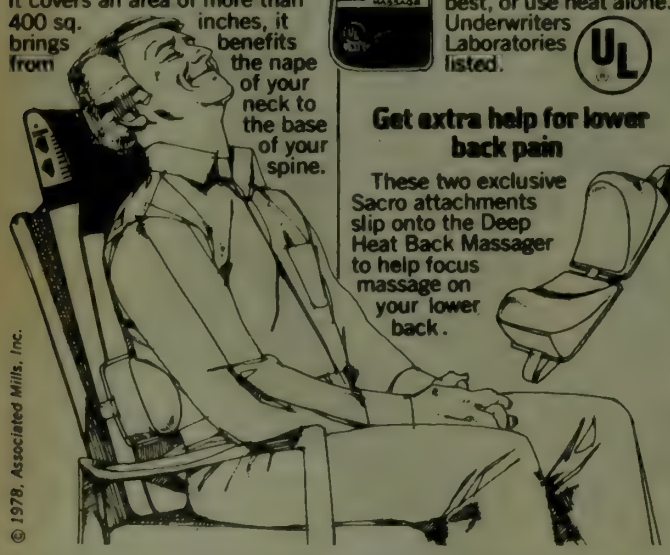
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Two forms of doctor-recommended treatment in one electric appliance

The Pollenex Deep Heat® Back Massager treats your aching back with either penetrating infra-red heat, soothing massage, or a combination of both.



Doctors often recommend heat and massage to increase circulation and bring fast, temporary relief to backs aching from the pains of arthritis, neuritis, sprains and strains. The flexible "fingers" of the Deep Heat Back Massager deliver thousands of relaxing pulsations per minute. And because it covers an area of more than 400 sq. inches, it brings benefits from the nape of your neck to the base of your spine.



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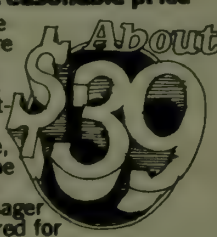
This 8-way comfort control lets you choose the combination of heat and massage you need. Pamper tender muscles with gentle massage. Later, work up to more vigorous massage. Add the heat level that feels best, or use heat alone. Underwriters Laboratories listed. UL

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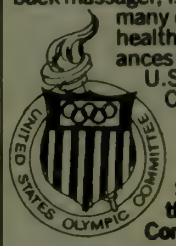
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Selected by the U.S. Olympic Committee

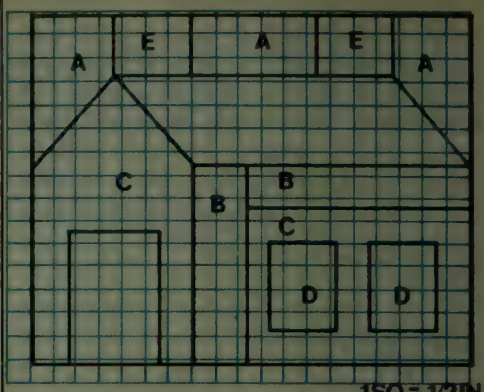
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1SQ.= 1/2IN.

4. Embroider design details, such as windowpanes, flowers, curtains, etc., using two strands of embroidery floss.

5. Cut and piece red calico for backing; also cut a piece of quilt batting. Baste layers together, quilt, and bind edges with bias tape.

BABY BASKET

Materials: Baby basket; 3½ yds. of print fabric (lining); approx. 1½ yds. of assorted print fabrics for weaving; 2-inch-thick foam pad (mattress); quilt batting; 20-inch zipper.

Instructions:

1. To determine length of weaving strips, measure basket's circumference. Cut and piece 3½-inch-wide strips to this length, plus 12 inches. Fold raw edges to center, then fold in half lengthwise; weave strips in and out of basket. Use a different color for each round. Sew strip ends together from inside. Add strips to basket hood.

2. Cut foam pad to fit basket. Make a fitted cover for the mattress from lining fabric, adding a zipper along the boxing strip. Or, make a loose pillowcase cover that can be removed easily.

3. Cut fabric for lining sides of basket, adding seam allowance. Turn edges under; tack to basket around bottom. Insert batting; stitch top of lining to top of side, turning in raw edges.

4. To line hood, measure inside of hood; cut lining fabric accordingly. Curve seams to match basket shape. Sew lining in place along bottom edge, place layer of batting beneath fabric, and stitch around. Tack lining to basket.

LACY QUILTED HEART

Materials: 9x9 inches of quilt fabric; 9x9 inches of backing fabric; polyester fiberfill; 20 inches of 5-inch-wide ecru crocheted lace edging; 2½ yds. of narrow grosgrain ribbon.

continued

continued

A Homespun Christmas

blue bias tape; embroidery floss; crib-size quilt batting; quilting thread.

Instructions:

1. Enlarge pattern at right and make five quilt blocks. Add ¼-inch seam allowances; cut pieces from assorted fabric scraps. Pieces with the same letter designation (A, B, C, etc.) should be cut from the same fabric within each block, *except* cut A pieces for all 5 blocks from blue fabric.

2. Stitch pieces together into blocks, then appliqué each block to an 11x13-inch piece of blue fabric (add seam allowances). Cut four 11x13-inch pieces from blue calico.

3. Stitch 2-inch-wide polka dot border strips between blocks and rows, making 3 rows of 3 blocks each. Finish with a 4¾-inch-wide blue calico border around the outside edges (do *not* add seam allowances to this border).





MARSHMALLOW TREATS

1/4 cup regular margarine or butter
1 pkg. (10 oz. about 40) regular marshmallows or 4 cups miniature marshmallows
5 cups KELLOGG'S® RICE KRISPIES® cereal

1. Melt margarine in large saucepan over low heat. Add marshmallows and stir until melted and well blended. Cook over low heat 3 minutes longer stirring constantly. Remove from heat.

2. Add Rice Krispies cereal. Stir until well coated.

3. Using buttered spatula or waxed paper press mixture evenly and firmly in buttered 13 x 9 x 2-inch pan. Cut into squares when cool.

Yield: 24 squares 2 x 2 inches

Note: Best results are obtained when using fresh marshmallows.

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Merry-up your Holidays with Marshmallow Treats

Brighten up your Holiday table with treats made from this easy, Kellogg's Rice Krispies Marshmallow Treats recipe. Cut into squares, stars and Christmas trees or while still warm, form into snowmen or snowballs. Decorate with frostings, coconut, cherries, cinnamon candies, gumdrops or raisins. Here's a 10¢ coupon to treat you to a savings on the Rice Krispies you buy to make 'em.

Ore-Ida tastes All-Righta!





'Tis the season to be jolly. And no other food makes folks merrier than Ore-Ida French Fries.

All 7 styles are made from highest-quality potatoes. And they always taste so good. Ore-Ida has been America's best-selling brand of frozen potatoes for years.

Now to make Ore-Ida taste even better, here's 10¢ off one of our best-sellers. So to the store now, fast away! Fast away! Fast away, all!

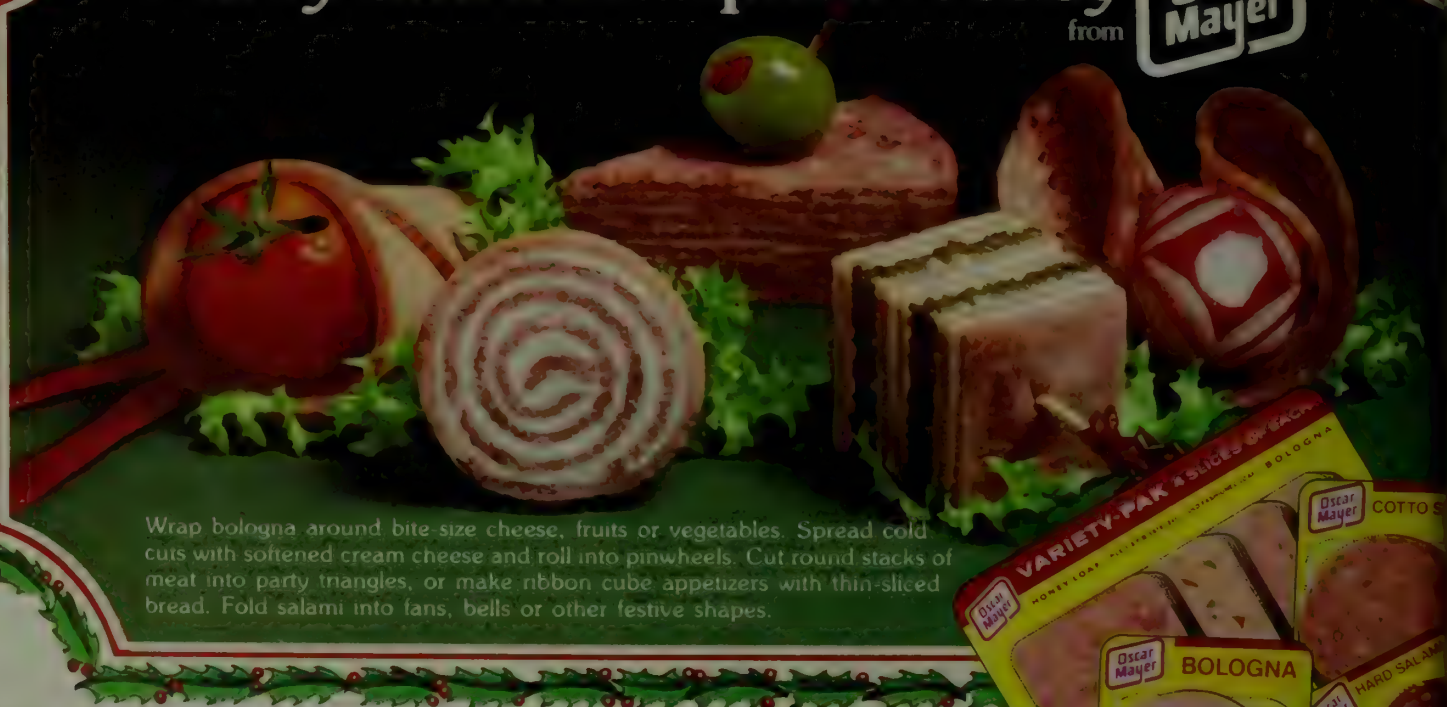


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Party Starters...quick 'n easy from Oscar Mayer



Wrap bologna around bite-size cheese, fruits or vegetables. Spread cold cuts with softened cream cheese and roll into pinwheels. Cut round stacks of meat into party triangles, or make ribbon cube appetizers with thin-sliced bread. Fold salami into fans, bells or other festive shapes.

Greet Holiday guests with a little magic . . . the quick 'n easy magic of unique party appetizer ideas from **Oscar Mayer.** Your imagination will suggest other ways to use our many varieties of cold cuts, meat and cheese spreads, Little Wieners and Little Smokies. In fact, we've got lots of party snack ideas! *Write for FREE RECIPES to this address:* **Party Starters; P.O. Box 7188; Madison WI 53707**

Allow 4-6 weeks for delivery. Offer good only in U.S.A. Void where prohibited, taxed or restricted.

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Instructions:

1. Using an 8-inch square of paper, cut a heart-shaped pattern.

2. Adding ¼-inch seam allowance, cut a heart from an old quilt or from a new, patchwork mini-quilt (see note, page 140). Cut back to match front.

3. Baste lace to front matching raw edges, then stitch front to back (right sides facing) leaving an opening for turning. Turn, stuff, and slip-stitch closed. Sew 12 inches of ribbon to the top of the heart for a hanger. Tie ribbon bows to ends of hanging ribbon.

LOG CABIN ORNAMENTS

Materials: Fabric scraps in assorted prints and colors; ½-inch-wide white lace; narrow ribbon; fiberfill.

Instructions:

1. For each ornament, stitch a mini-quilt block in a modified log cabin design. Start with a center block 1¼ inches square, add four ¾x2-inch strips around the center, and finish with four ¾x3¼-inch strips. (Add ¼-inch seam allowances to all dimensions before cutting.)

2. Cut backing to match front. Baste lace trim around the outside seam line, then stitch front to back, leaving an opening. Turn, stuff, and slip-stitch. Attach a ribbon loop for hanging.

SCHOOLHOUSE ORNAMENTS

Materials (for nine ornaments): ¼ yd. of 45-inch-wide blue cotton fabric; assorted print and calico cotton scraps; embroidery floss in assorted colors; embroidery needle; polyester fiberfill; fusible webbing; nylon thread.

Instructions:

1. Enlarge the schoolhouse pattern on page 144. (Use a scale of "one square equals ¼ inch.") Next, referring to the photo on page 79, adapt the pattern for ornaments—eliminate one chimney, draw a ⅛-inch border around house (for background fabric), reposition windows, etc.

2. Using the new pattern, cut front and back background pieces from blue fabric, adding ¼-inch seam allowances. Cut design details from assorted print and calico fabrics without adding seam allowances.

3. Iron small pieces to house front, using fusible webbing. Trim the house with embroidery stitches.

4. Sew front to back with right sides facing; leave an opening. Turn, stuff, and slip-stitch closed. Add nylon thread loops for hanging.

QUILTED STOCKING

Materials: Old quilt or fabric scraps in assorted patterns and colors; ½ yd. lining fabric; ½ yd. of wide (5 to 8 inches) lace; grosgrain ribbon.

Instructions:

1. Using our pattern on page 168, cut stocking front and back from an old quilt or from pieced quilt blocks. (Our stocking is cut from a quilt pieced in the log cabin design. See note, page 140, before cutting an old quilt.) Add ½-inch seam allowances. Cut front and back lining to match top.

2. Stitch stocking front to back, right sides facing; leave top open. Clip curves and turn right side out. Baste lace around top, gathering it to fit top of stocking. Stitch lining front to back, insert in stocking, and whipstitch in place, turning under raw edges. Add ribbon bows and hanger.

continued on page 148

Norman Rockwell
from the
Dave Grossman Designs Collection



"Carroler"
First Limited Edition
Miniature Ornament
3½" high

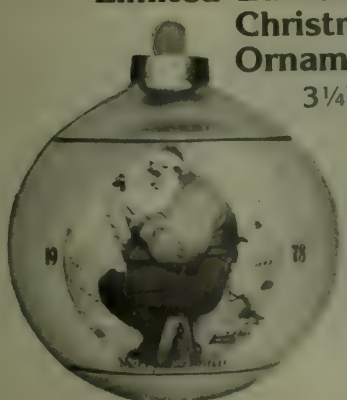


"Big Moment"
6½" high

"Drum for Tommy"
6¾" high



Limited Edition Christmas Ornament
3¼" diameter



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Even ours.



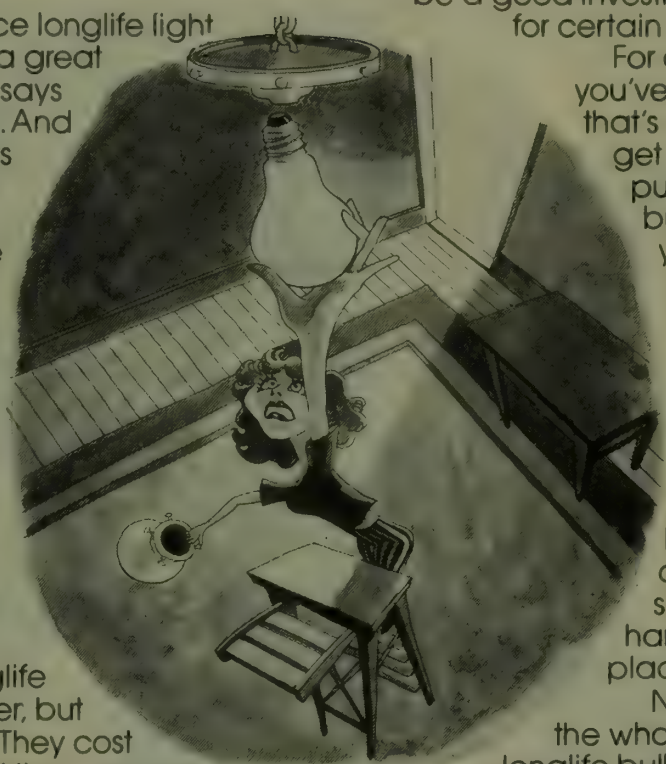
longlife bulbs.

Let GE show you the light.

Longlifes seem long overdue.

At first glance longlife light bulbs seem like a great idea! After all, it says they last for years. And everybody wants a bulb that lasts longer. Right?

Well, before you go out and spend money on longer-lasting bulbs to put all around your house, GE wants to give you all the facts.



Longlifes cost you more long green.

It's true longlife bulbs burn longer, but there's a catch! They cost more to buy and they use more electricity than regular bulbs to give you the same amount of light.

So you do get long life. But you end up paying more for the same amount of light in the long run!

Longlife bulbs do have their place.

If all this is true, why do all these manufacturers, including GE, make longlife bulbs? Good question. The answer is simple. Longlife bulbs can be a good investment. But only for certain places.

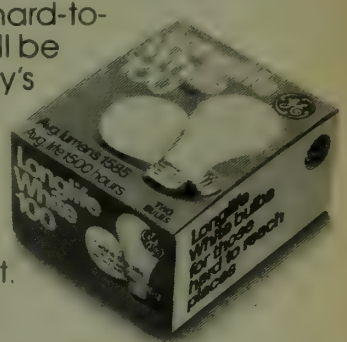
For example, if you've got a fixture that's really difficult to get to, it's easier to put in a longlife bulb. That way you won't have to go up and down a ladder so often to change bulbs.

But those are the only fixtures longlife bulbs belong in. In fact, right on our package we say "for those hard-to-reach places."

Now you know the whole story on longlife bulbs.

Putting them in all your sockets is too costly. But if you put just a couple of them in those few, hard-to-reach places, you'll be getting your money's worth.

If you were about to be fooled by longlife bulbs, we hope we've shown you the light.



We never stop inventing the light bulb.

GENERAL ELECTRIC

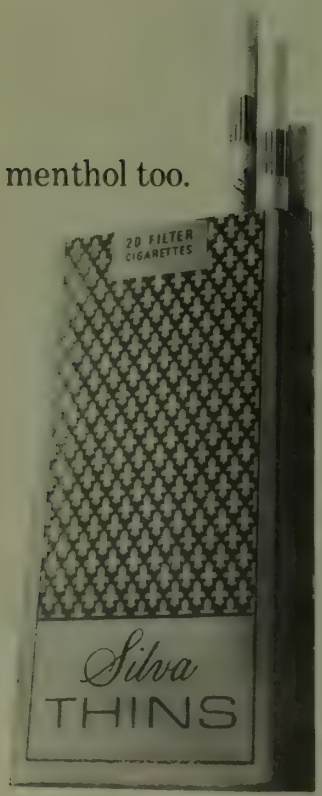
Here's another good reason why I'm a Thinner.

I started smoking Silva Thins for their looks. You know, long, lean and elegant.

Now they're lower too. Because Silva Thins lowered tar to only 12 mg. tar and 1.0 mg. nic. Which is another good reason for being a Thinner.



In menthol too.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Filter and Menthol: 12 mg. tar, 1.0 mg. nicotine av. per cigarette by FTC method.

continued from page 145

A Homespun Christmas

QUILTED BOXES

Materials: Fabric scraps in assorted colors and prints; quilt batting; ¾ yd. of lining fabric; heavy cardboard.

Instructions:

1. For the large box, make each side by piecing four 6-inch-square quilt blocks (add ¼-inch seam allowances). Use our log cabin design (see page 136). Stitch the small blocks into a block 12 inches square.

2. Cut backing fabric and 2 layers of batting to match front. With right sides facing and batting on top and bottom, stitch back to front along 3 sides, trim seams, and turn. Insert a 12-inch-square of cardboard between layers of batting. Slip-stitch the opening, turning under raw edges. Make six sides. (Bottom may be plain fabric rather than pieced blocks.)

3. To assemble the box, slip-stitch four sides together. Slip-stitch bottom piece to sides. Sew top in place along one side only.

PIONEER DOLLS

Materials: *For large doll*—⅓ yd. of bleached linen (body); ⅓ yd. of calico fabric (dress); scrap of ½-inch-wide lace; ½ skein nubby yarn (hair); brown and pink embroidery floss; polyester fiberfill.

For small doll—¼-yd. of natural-colored linen (body); ¼ yd. of calico fabric (dress); 1 skein sport-weight yarn or linen thread (hair); red and black felt-tipped pens; polyester fiberfill; red embroidery floss.

Instructions:

1. Enlarge patterns on page 150. Cut body pieces, adding ¼-inch seam margins.

2. With right sides facing, sew body pieces together, leaving armholes and bottom of body open. Turn and press.

3. With right sides facing, sew arms; leave ends open. Turn right side out, press, and stuff. Insert arms into openings on body and stitch, turning raw edges under. Stuff body firmly.

4. Repeat Step 3 to make legs (toes should point straight up). Insert tops of legs into body and stitch across, turning raw edges under.

5. Embroider brown eyes, pink

continued

WELCOME HOME DIPLOMAT.

LET THE FOLKS BACK HOME SEE THAT YOU'VE REALLY ARRIVED, WHEN YOU ARRIVE IN A NEW MID-SIZE DODGE DIPLOMAT.

Going home. And you want to show the folks you've done all right for yourself. So you arrive in style. In a new Dodge Diplomat wagon.

First thing the clan's bound to notice is how good looking your new Diplomat is. Dual rectangular headlamps. A simulated wood-grain exterior. Even an optional luggage rack and air deflector.



Then they'll probably want to get inside for a closer look. Mom may be a bit surprised to find a wagon that's available with real leather seating. And your sister will undoubtedly be surprised that her big brother was smart enough to order the optional AM/FM stereo with Search Tune.

Now dad is more likely to be impressed by Diplomat's practical aspects. Like the fact that it can be bought or leased at such a reasonable price. Or the fact that its standard 225 six-cylinder one-barrel engine works with a four-speed manual transmission for great mileage.

28 MPG HWY/18 MPG CITY*

Once all the oohing and ahhing has died down, everyone can help you unload. And since you've got over 72 cubic feet of cargo space with the rear seat down, you've probably brought along a few big boxes with ribbons on top. After all, it's a special occasion, you and your new Dodge Diplomat are home again.

Dodge
A PRODUCT OF CHRYSLER CORPORATION

Diplomat

*EPA estimates. Your mileage may vary depending on your driving habits, the condition of your car, and its equipment. California estimates are lower and automatic transmission is required.

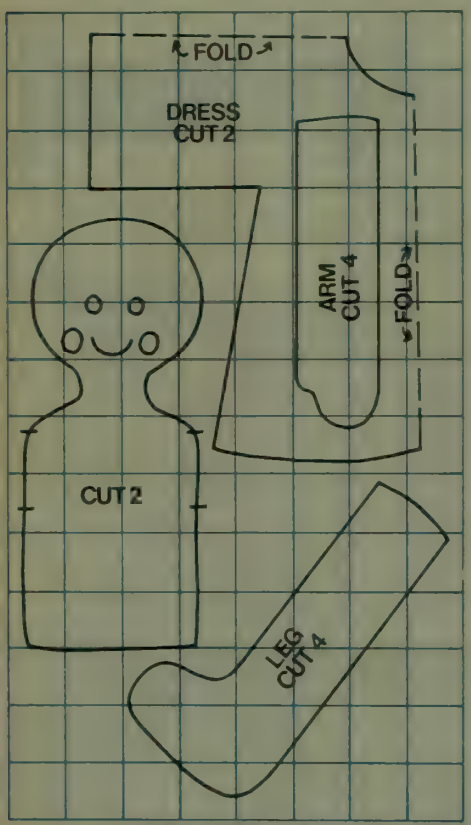
continued

A Homespun Christmas

cheeks and mouth on large doll using satin and outline stitches. For small doll, color features with felt pens.

6. Cut dresses from calico fabric; add ½-inch seam allowances. Hem skirt, sleeves, and neckline. Add lace to neckline of large dress; gather with a strand of floss. For small doll, buttonhole stitch around neckline; pull floss through loops to make a tie.

7. To make hair for large doll, spread ½ skein of yarn to make a 6x22-inch piece. Machine stitch a "part" several times through yarn's center to hold strands together. Whipstitch hair to head along this part. Braid two pigtails; tie ends. Repeat for small doll's hair, forming a 3x12-inch section.



FOR LARGE DOLL-1SQ.=2INS.
FOR SMALL DOLL-SQ.=1IN.

KNITTED WRAP

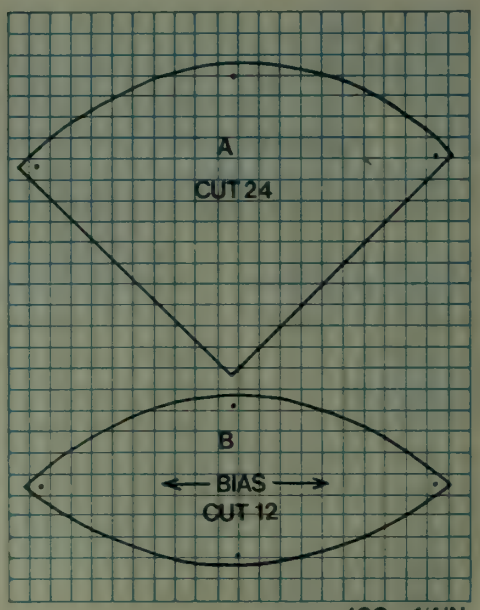
To order a set of free (except 50 cents for postage and handling) instructions, see page 32.

BABY BALL

Materials: ¼ yd. of solid-color fabric; ⅓ yd. of print fabric; fiberfill.

Instructions:

1. Enlarge patterns at right, adding ¼-inch seam allowances. Cut 24 pieces of A from print fabric and 12 pieces of B from plain fabric.



1SQ.= 1/4 IN.

2. Stitch one A piece to each side of a B piece along curved edges. Sew A pieces together along straight sides, leaving an opening for turning. Turn, stuff, and whipstitch closed.

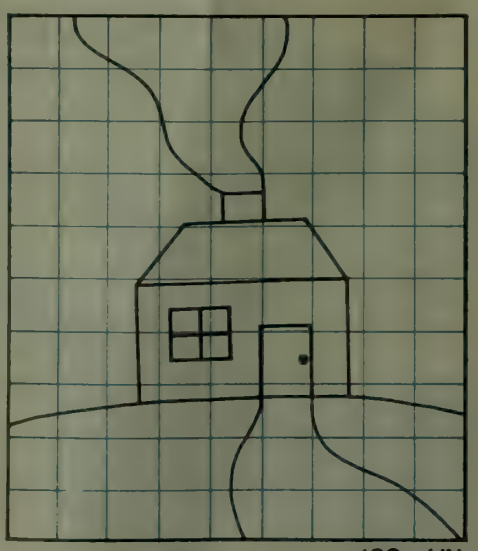
3. Make 12 wedge-shaped sections and join them together at the points of each triangle to form a ball.

BASKET PINCUSHION

Materials: Woven round basket with a 12-inch opening; scraps of print fabric for appliqué; 16-inch square of blue print fabric for background; embroidery floss; ½ yd. of muslin; sawdust or fiberfill for pincushion.

Instructions:

1. Enlarge pattern; cut each pattern piece from a different fabric. (Add ¼-inch seam allowances.)



1SQ.= 1 IN.

2. Appliqué ground piece to background; then add other pieces. Embroider crossbars on window in outline stitches and a French knot doorknob.

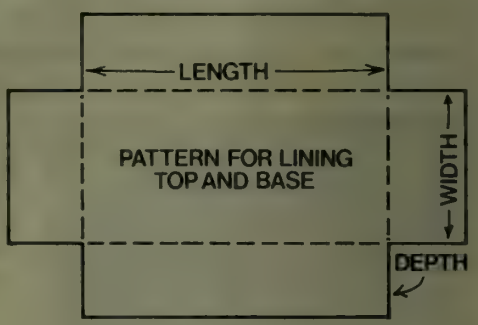
3. Gather a large circle of muslin into a bag; pack tightly with sawdust or fiberfill. Whipstitch edges closed. Fit appliquéd piece over pincushion; whipstitch in place. Trim fabric edges; fit cushion into basket.

LINED PICNIC BASKET

Materials: Picnic basket; fabric scraps in assorted patterns and colors; sufficient fabric to face back of quilt; nylon fastening tape; staples.

Instructions:

1. Measure the length, width, and depth of the basket top and base. On brown paper, draw a cross-shaped pattern for lining with these dimensions.



2. Divide the paper pattern into small squares and piece new quilt blocks to match the squares on the pattern diagram. Use assorted fabric scraps for the quilt blocks and a pattern of your own choosing (we used a log cabin design). Assemble completed blocks to match patterns.

3. Cut facing fabric to match assembled quilt pieces. With right sides facing, stitch quilt to lining, leaving an opening. Turn, press, and slip-stitch.

4. Fasten lining to basket with pieces of nylon fastening tape stapled to corners and sides of top and base. Stitch tape to back of basket lining; insert lining in basket.

QUILT-PATTERN CARDS

Materials: White construction paper or purchased blank cards; scraps of cotton print fabric in a variety of patterns; fabric glue.

Instructions:

1. Enlarge pattern on page 144, using a scale of "one square equals ¼ inch." Cut all pieces from fabric. Do *not* add seam allowances.

2. Fold construction paper into

continued

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GENERAL ELECTRIC

continued

A Homespun Christmas

cards. Position fabric pieces on the front of each card; glue in place.

TREETOP STAR

Materials: 12-inch square from an old quilt or sufficient fabric scraps to piece a 12-inch square; 12-inch square of backing fabric; polyester fiberfill; 4 yards of ¼-inch-wide red grosgrain ribbon; small lace doily; 5 small bells.

Instructions:

1. Draw a star pattern on an 11-inch square of paper, rounding the points and angles between points. The star's center should be 5 to 6 inches across to allow for the doily.
2. Adding ¼-inch seam allowances, cut star front from an old quilt or from a pieced patchwork square (see note, page 140). Cut back to match front.
3. With right sides facing sew front to back, leaving an opening. Turn, stuff, and slip-stitch.
4. Appliqué a lace doily to the star front. Divide ribbon, fold into bows; tack bows between four star points. Add bells to points. Add a thread loop to star top for a hanger.

WOODEN CANDLESTICKS

Materials: Unfinished decorative wooden spindles (available in lumber and hardware stores); liquid fabric dyes; sandpaper; varnish.

Instructions:

1. Using a saw, cut 2- to 4-inch-long sections from wooden spindles. Remove extra turnings from bottom of each piece but leave turnings at top of candlestick (see page 80).
2. Drill a hole in the top of each candlestick for the candle to rest in.
3. Stain wood with liquid dyes.

BRAIDED PLACE MATS AND NAPKIN RINGS

Materials: Three 2x320-inch fabric strips in 3 different colors (for each place mat); three 2x24-inch strips in 3 colors (for each ring).

Instructions:

Note: One yard of 44-inch-wide fabric yields about 22 yds. of strips for braiding; 3 yds. of fabric in 3 different colors yield enough strips for 3 place

continued

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continued

A Homespun Christmas

mats and 3 napkin rings.

1. To make braiding strips, cut and piece short lengths on the bias in ¼-inch seams.

2. Turn raw edges of each strip toward the middle. Fold strips in half.

3. Pin 3 strips together at one end; braid. Sew the braid at both ends so it doesn't unwind.

4. To make the place mat, coil braid into a circle measuring 14 inches in diameter. Join coils with small stitches.

5. To make napkin ring, coil the braid once, making a 1½-inch hole. Wrap braid into additional coils, join coils with small stitches.

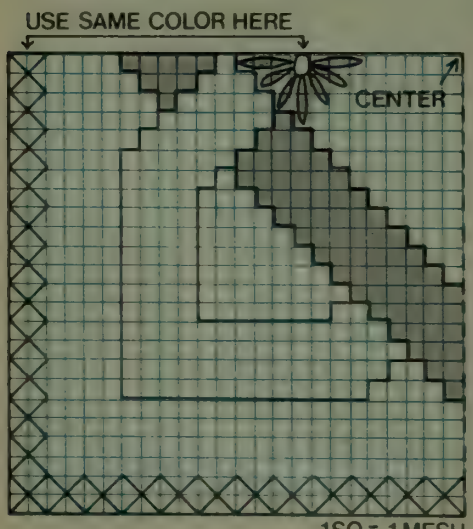
NEEDLEPOINT SACHET

To order a complete sachet kit, see page 32. (Due to availability of naturally dyed yarns, sachet kit colors and designs will vary.)

Materials: 5-inch square of #14-count needlepoint canvas; 4 yds. each of 5 shades of blue/green or gold/brown (or colors of your choice) 3-ply Persian wool yarn, or naturally dyed yarn; 5-inch square of matching backing fabric; #19 tapestry needle; polyester fiberfill or potpourri mixture.

Instructions:

1. The pattern below represents one quadrant of the design. Repeat it 3 more times to complete the design.



2. Work the design in basket-weave, diamond eyelet, and cross-stitches, using 2 plies of yarn. Refer to the photo on page 81 for color suggestions.

3. Finish the canvas as a small sachet or pillow, stuffing with fiberfill or potpourri.

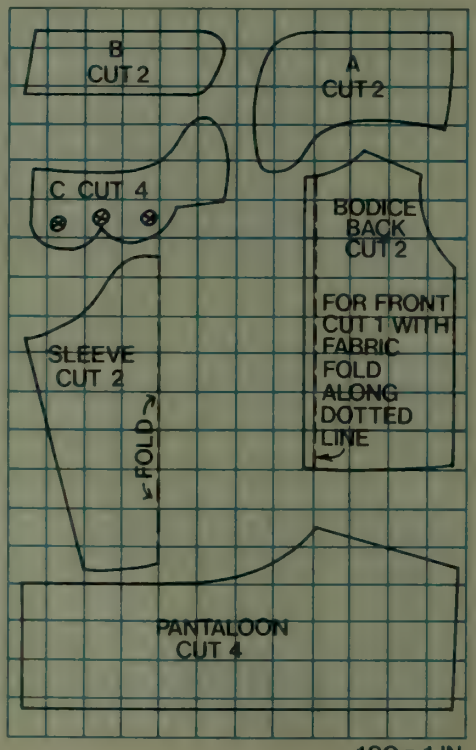
COUNTRY GIRL

Materials: One pair opaque long stockings; polyester fiberfill; 1 skein 2-ply angora yarn; red and brown embroidery floss; pink crayon; 2 black buttons; ½ yd. each of white batiste, brown print, and blue print; 12-inch square of brown felt; 6 small buttons; embroidered, lace, and ribbon trims.

Instructions:

1. Cut top of one stocking 9½ inches long. Stitch bottom edge together; stuff to form body. (Doll's body is about 8 inches in circumference.) Ribbed top of stocking becomes doll's neck. Cut one stocking off 2 inches beyond bottom turning edge of heel. Cut stocking off 12 inches above heel. Cut up center front and center back of this section to make two pieces. Sew each of these pieces together, shaping doll's foot beyond heel-turning point. Turn legs right side out. Stuff, stitch to body.

2. Cut section of stocking 9 inches long. Cut up center back and front of this section. Sew arm tubes, rounding one end to form hands. Turn right side out. Stuff, then slip-stitch to body.



3. Cut heel of one stocking to form face. Diagonal turning line of heel should run from side of doll's face down cheeks. Cut stocking 3½ inches from turning point of heel (toward toe) and 4½ inches from point of heel up leg of sock. Make slashes in stocking; sew together to give head shape. Stuff. After most of stuffing is in place, take tucks at back of head to create desired shape for face. Sew to body.

4. Embroider mouth with red floss. Using brown floss, embroider eyebrows. Make two French knots of brown thread for nostrils. Sew on two black buttons for eyes.

5. Cut strands of 2-ply Angora yarn about 24 inches long for hair. Center across doll's head; attach by stitching down center line. Pull hair to each side; stitch to head at ear level, then braid. Shape braids atop head.

6. For pantaloons, cut pattern pieces from batiste. Sew front and back seams, using ¼-inch seam allowance. Sew front and back together at inseams, leaving sides open. Sew eyelet trim to bottom edge. Sew sides. Turn under ½ inch at top edge to form casing for drawstring. Stitch; thread seam binding through casing; tie.

7. For skirt, cut brown print 14x44 inches. Hem one long edge; gather other long edge. Measure doll's waist; cut 1½-inch-wide strip to size, plus 1½ inches. Stitch skirt to waistband in ¼-inch seam. Fold waistband over seam allowance and stitch, encasing raw edges. Sew snap to ends of band.

8. For blouse, cut bodice and sleeves from batiste. Cut 8-inch piece of 2-inch-wide eyelet for collar and two 8-inch strips of 2-inch eyelet for sleeve trim. To assemble, sew bodice shoulder seams. Gather top edge of sleeve between notches. Sew sleeves to bodice. Turn under ¼ inch at lower edge of sleeve. Gather eyelet sleeve trim and sew to bottom of sleeve. Sew bodice side seams and sleeve seams.

9. Turn under ¼ inch at neck opening; sew on eyelet strip for collar. (When blouse is completed and on doll, fit collar to shape of neck. Take tucks at sides of collar for proper fit.) Narrowly hem center back edges of blouse. Add snaps along edges.

10. For pinafore, cut blue print apron 12x22 inches; narrowly hem sides and one long edge. Cut bib 3x6 inches and fold in half (3x3 inches), wrong sides together. Cut two shoulder straps 2x8¼ inches; fold under ¼ inch on long sides of shoulder straps; press.

continued



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continued

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Fold strap in half lengthwise. Pin straps to sides of bib, with raw edges of straps and bib even. Topstitch close to folded edge; continue stitching down the length of each strap to secure edges.

11. Cut 1½-inch-wide waistband for apron to fit doll's waist, plus 1½ inches. Gather top of apron to fit center 6 inches of waistband and stitch, using ¼-inch seam. Center bib over apron and stitch to opposite side of waistband in ¼-inch seam. Cut facing for waistband and stitch in place, encasing all raw edges. Tack lace trim to waistband and add snaps to ends of straps and waistband.

12. For shoes, cut pattern pieces from felt, making sure one is left, the other right. Place pattern piece C on A, lining up toes. Place B over A and C, lining up heels. Sew around, using ¼-inch seam. Leave top open. Turn carefully. Join B and C by sewing 3 buttons on each shoe.

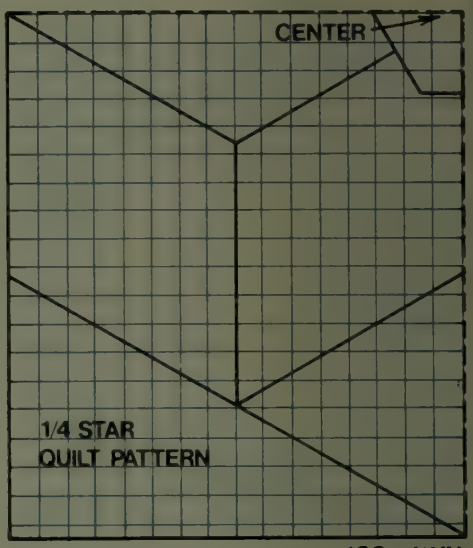
BRAIDED RUG

To order a set of free (except 50 cents for postage and handling) instructions for the braided rug, turn to page 32.

STAR QUILT

(Finished size: approximately 75x90 inches)

Materials: Assorted print fabrics equal to 6 yds. of 44-inch-wide fabric (each star requires about 8x10 inches of fabric); scraps of solid-color fabric (centers); 8 yds. of ecru polished cotton (diamonds and backing); quilt batting; 1½ yds. of blue broadcloth (binding); cardboard or plastic lids.



continued

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1. Title of Publication: Better Homes and Gardens.
2. Date of Filing: October 1, 1978.
3. Frequency of Issue: Monthly.
3A. No. of Issues Published Annually: 12.
3B. Annual Subscription Price: $8.00.
4. Location of Known Office of Publication: 1716 Locust Street, Des Moines, Iowa 50336.
5. Location of the Headquarters or General Business Offices of the Publishers: 1716 Locust Street, Des Moines, Iowa 5033
6. Names and Complete Addresses of Publisher, Editor, and Executive Editor: Publisher: Jack D. Rehm, 1716 Locust Street, D Moines, Iowa 50336; Editor: James A. Autry, 1716 Locust Street, Des Moines, Iowa 50336; Executive Editor: Gordon G. Greer, 17 Locust Street, Des Moines, Iowa 50336.
7. Owner: Meredith Corporation, 1716 Locust Street, Des Moines, Iowa 50336; the Names and Addresses of Stockholde Owning or Holding 1 Percent or More of the Total Amount of Stock: Becker & Company,* c/o The Bank of New York, Box 1120 New York, New York 10049; Bell & Company,* c/o Bankers Trust Company, Trust Department, 607 Locust Street, Des Moine Iowa 50304; Cede & Company,* Box 20, Bowling Green Station, New York, New York 10004; How & Company,* c/o Northe Trust Company, Trust Department, 50 South LaSalle, Chicago, Illinois 60690; Hubb & Company,* Bankers Trust Company, P.O Box 897, Des Moines, Iowa 50304; Kidd & Company,* c/o Bank of Montreal, Box 3, First Canadian Place, Toronto, Ontario M5 1A3, Canada; Meredith Corporation, 1716 Locust Street, Des Moines, Iowa 50336; Edwin T. Meredith III,** 1716 Locust Stree Des Moines, Iowa 50336; Orto & Company, * c/o Iowa-Des Moines National Bank, Trust Department, 7th and Walnut, D Moines, Iowa 50304; Prop & Company,* c/o Iowa-Des Moines National Bank, 7th and Walnut, Des Moines, Iowa 50304.

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9. Item 9 of POD 3526 not applicable.

10. Extent and Nature of Circulation:

	Average No. Copies Each Issue During Preceding 12 Months	*Actual No. Copies of Single Issue Published Nearest to Filing Date*
A. Total Number Copies Printed *(Net Press Run)*	8,524,641	8,538,428
B. Paid Circulation		
1. Sales Through Dealers and Carriers, Street Vendors and Counter Sales	825,458	845,000
2. Mail Subscriptions	7,212,341	7,190,370
C. Total Paid Circulation *(Sum of 10B1 and 10B2)*	8,037,799	8,035,370
D. Free Distribution by Mail, Carrier, or Other Means, Samples, Complimentary, and Other Free Copies	138,082	147,971
E. Total Distribution *(Sum of C and D)*	8,175,881	8,183,341
F. Copies Not Distributed		
1. Office Use, Left Over, Unaccounted, Spoiled After Printing	87	87
2. Returns From News Agents	348,673	355,000
G. Total *(Sum of E, F1 and 2—should equal net press run shown in A)*	8,524,641	8,538,428

11. I certify that the statements made by me above are correct and complete. *(Signed)* James A. Autry, Editor-in-Chie

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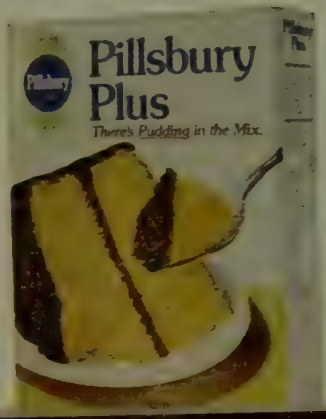


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continued

A Homespun Christmas

Instructions:

Note: Our quilt has 13 rows, each approximately 7 inches across at its widest point. To change the quilt size, alter the number of rows or the number of stars in each row. Adjust fabric requirements accordingly.

1. Enlarge the pattern on page 156, reversing it as necessary to complete the design. Cut templates from cardboard or plastic lids for the star point, center, and diamond.

2. Add ¼-inch seam allowances. Cut pieces for 169 stars. Cut two lengths of backing fabric, each 44x96 inches; sew them together along one selvage. Trim to 78 inches wide. Cut diamonds from the remaining ecru fabric. *(It's a good idea to cut out and assemble a single star with 6 diamonds around it into a hexagonal block to check the accuracy of your pattern.)*

3. Using ¼-inch seams, join star points as shown in the pattern (see photo, page 82). Add the center hexagon, clipping corners. Press seams.

4. For each row, stitch 12 diamonds between 13 stars. Add one diamond to *one end only* of each row. Assemble 13 rows.

5. To assemble the top, lay rows side by side so the ends without diamonds face alternate directions. The stars will form diagonal rows across the quilt. Join rows by stitching diamonds between star points.

6. To assemble the quilt, sandwich batting between top and backing. Pin layers together, baste, and quilt. Trim batting and backing to match the front. Bind edges in blue.



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WOVEN CHECKERBOARD VEST

To order a small loom for this project, see page 32.

Materials: Small skeins of naturally dyed yarn (or sport-weight yarn in assorted colors); 4-inch square metal loom; simple vest pattern without darts (we used Butterick #5132); fabric for interlining, lining, and edging vest.

Instructions:

1. Weave enough squares to join together to form "fabric" to cover each pattern piece of the vest. Join squares together, following loom instructions. (Our vest uses 48 squares.)

2. Cut all pattern pieces from interlining; baste each pattern shape to "fabric" of woven squares. Stay-stitch woven fabric to interlining to prevent raveling. Cut out the pattern. Assemble and line the vest.

FABRIC BOWLS

Materials: 1¾ yds. muslin or cotton print fabric for large basket (see *Note* below); 12 yds. 1½-inch-diameter cotton cable cord for large basket.

Instructions:

(Note: Directions are for a large 14-inch-diameter bowl. For small and medium sizes, adjust fabric and cording requirements. One yd. of 44/45-inch-wide fabric yields about 8 yds. of bias strips.)

1. Cut fabric into 4-inch-wide bias strips. Join strips into a continuous piece, using ¼-inch seams.

2. Stitch fabric around cording, right sides facing. Slide cording to end of fabric tube, leaving 4 inches *inside* the tube. Machine stitch across short end

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continued

A Homespun Christmas

of tube to anchor cording; turn fabric right side out over the cording. Turn under raw edges at ends of strips; blindstitch.

3. Starting at one end of cording, make a flat, circular coil about 10 inches in diameter for the bowl bottom. Whipstitch coils firmly together on the outside of the bowl.

4. To make the sides, position coils atop one another; whipstitch in place from the outside. To anchor, whipstitch the cording end firmly; turn the bowl right side out.

SOFT-SCULPTURE JAM JARS

Materials (for one jar): ⅓ yd. print fabric (jar); 12-inch square of muslin (cover); 1 yard ½-inch-wide grosgrain ribbon; even-weave fabric and brown embroidery floss or pearl cotton (label); polyester fiberfill.

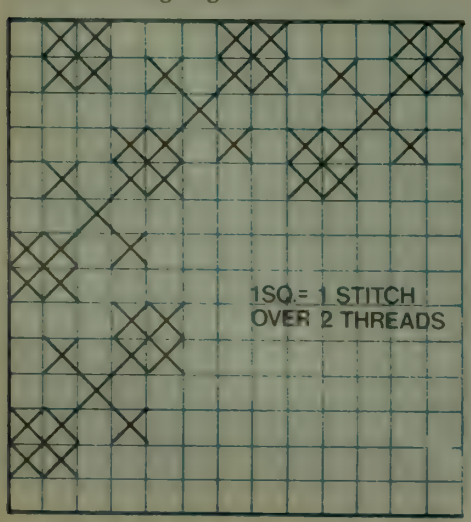
Instructions:

(Note: The jar size will vary with the size rectangle used in step 1.)

1. Cut two 12x14-inch rectangles of print fabric; stitch together along long sides (¼-inch seams; right sides facing). Turn right side out; press.

2. Gather top of jar into a 2½x12-inch band of fabric to form rim. Top with a 3½-inch fabric circle. Stuff jar firmly with fiberfill; gather jar bottom into a 3½x6½-inch fabric oval for the base. Whipstitch base in place.

3. Cut a 12-inch muslin circle for the cover. Hem the circle's edge; place it over the jar's top. Gather the muslin snugly to the jar top rim; tackstitch gathers in place. Conceal stitches with grosgrain ribbon.



4. Cut a square or rectangle of even-weave fabric for the label (size depends on size of jar), adding ¼-inch seam allowances. Work border design, below left, in brown cross-stitches around edge of label, then lightly write contents ("pickles," "jam," etc.) in pencil; work in stem stitch. Slip-stitch label to jar.

LACE WREATH

Materials: 12-inch plastic foam wreath; ¼ yd. muslin; 2 yds. each of 6 different 2-inch-wide pre-ruffled lace edgings (crocheted, eyelet, etc.); 1 yd. each of red polka dot, green, and yellow grosgrain ribbon; pins.

Instructions:

1. Cut lace into thirty-six 12-inch lengths; gather each piece into a circular rosette. Tie off.

2. Wrap the wreath with a 2½-inch-wide strip of muslin; whipstitch the strips in place, overlapping edges.

3. Pin lace rosettes to circumference of wreath. Attach ribbon bows to the wreath's center.

PRIMITIVE WOODEN ANIMALS

Materials: Pieces of old, weathered pine or rough-cut lumber for bodies and platforms; scraps of dowels for legs; old wooden checkers or slices of broom handle for wheels; paint; sponge or rag; scraps of leather, suede, and fabric for trim; coarse and fine wood files; glue; staples.

Instructions:

1. Cut simple animal shapes from lumber using a saber or band saw (refer to color photo, page 84). If legs, made of dowels, are to be separate from body, drill holes in base of body.

2. Use a coarse wood file or rasp for the rough shaping of the animal. Then use a finer file to smooth the shape. Don't sand or file the animal to perfection though, or the primitive look will be lost.

3. Paint animals with a rag or sponge, wiping paint on lightly to let wood grain and roughness show through. Add facial details and trim.

4. For the large horse, cut and fringe leather pieces for the mane and tail. Cut small pieces for ears. Drill holes in wood and glue tail and ears in place. Staple mane down length of neck. Cut saddle and blanket from leather and fabric; glue in place.

5. For the tiger, paint white undercoat on body, then spray with orange and yellow paint. When dry, add stripes, facial features, and mouth.

6. Make platforms for animals from planks or rough boards. Drill holes in top for legs of animals and in sides for wheels.

7. For wheels, use old wooden checkers or broom handle slices. Drill a hole into the wheel's center; insert dowel. Drill a small hole at end of dowel. Slip a wooden toothpick into hole; glue in place. Glue other dowel end to the platform.

STENCILED WOODEN BOXES

To order a complete stencil kit, see page 32.

Materials: Unfinished wooden containers (see note); precut stencils; #6 stencil brush; neutral shoe polish (in paste form); liquid dyes in scarlet, fuchsia; cocoa brown, evening blue, royal blue, kelly green, and tangerine; masking tape; turpentine; natural-bristle vegetable scrubbing brush; 1½-inch-wide paintbrush; non-water-based polyurethane, shellac, or varnish; paper towels.

Instructions:

(Note: Because the wax and dyes must soak into the wood, only porous raw wood is suitable for this project.)

1. Referring to photo on page 85 for design ideas, tape stencil on wood.

2. Hold the stencil in place, dip end of brush in polish, and apply with daubing motion. Shoe polish has a waxy base and resists water-soluble dyes, so the natural color of the wood will show through each design.

3. After waxing, gently remove stencil; reposition for next design.

4. When all designs are stenciled, allow to dry until no wax comes off when you touch the polish.

5. Mix 2 parts dye to 1 part cold water. For darker colors, add more dye.

6. Wipe dye onto wood with a paper towel. (Don't worry about covering the stenciled areas—the shoe polish resists the dye.) The dyes are transparent so the wood grain shows through.

7. Remove beads of dye with a clean paper towel. Let dry.

8. Working in a well-ventilated area, pour a thin coat of turpentine over the wood; let it soak into the shoe polish for a few minutes. Scrub the stenciled

continued

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continued

A Homespun Christmas

areas with vegetable brush until polish is removed. Wipe away turpentine with paper towels until wood feels dry. Dry thoroughly; apply a coating of non-water-based polyurethane, shellac, or varnish.

DOLL FURNITURE

To order Project Plans for the doll furniture, see page 32.

(Finished sizes: settle: 16x17x6 inches; hutch: 24x12x6 inches; cradle: 9½x8x12 inches; dry sink: 12½x18x7 inches.)

Materials: ½-inch C-select pine; 2-inch-wide lattice molding (settle and dry sink); ¾-inch-wide screen molding (cradle); 5 shutter knobs; jigsaw; nails; glue; sandpaper; stain; varnish.

General Instructions:

1. Enlarge diagrams at right. Cut out pieces, following directions below.

2. Assemble pieces with butt joints, nails, and glue.

3. After assembling, round all edges with sandpaper to give each piece a soft, aged look and make it safe for children's play. Countersink all nails, fill holes, and apply stain and varnish.

Settle:

1. Assemble from pine *except* cut entire back from strips of lattice. Make V cuts in lattice as shown in the diagram; assemble with cutouts in a diamond pattern. The back is dadoed into the bench top and sides.

2. After assembling back and sides, attach front of seat and bottom. Seat is 6 inches above the floor and is mounted with pivoting nail hinges to make a lid for the storage box inside.

Hutch:

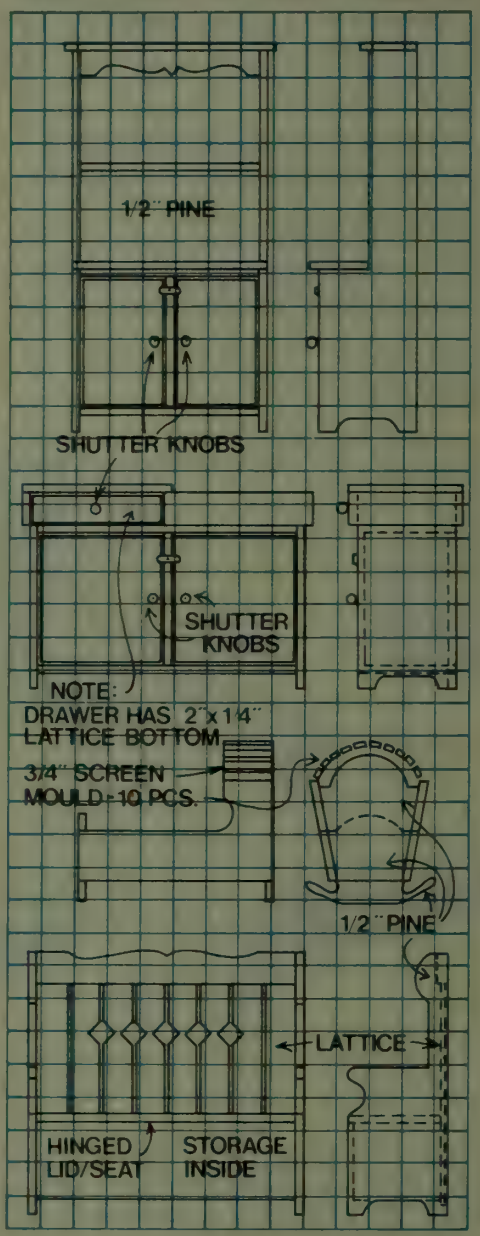
1. Assemble entirely with ½-inch pine, adding a 2½-inch-deep shelf to the top as shown. Mount doors on pivoting nail hinges and attach a small wood dog between doors to keep them closed. For handles, use shutter knobs.

Cradle:

1. Assemble from pine except for top, which is cut from ¾-inch screen molding. Cut rockers from a separate piece, with grain running horizontally, to prevent breaking.

Dry sink:

1. Assemble from pine except for bottom of drawer, which is made of lattice. Build the two-door chest first, then mount tray-and-drawer piece on top. Mount doors on pivoting nail hinges and add a wood dog between them to hold doors closed. Add shutter knobs to doors and drawer for handles.



PARLOR DOLLS

Materials for each head: 5-inch egg-shaped plastic foam head; other foam scraps; brown grocery bag; wallpaper paste; glue; lightweight cardboard; assorted colors of acrylic paints; air-drying clay or papier-mâché powder to form nose; water-base varnish; 6 yds. of jute or yarn; ¼-inch dowel 12 inches long for each head; miscellaneous items for wig and jewelry.

Instructions:

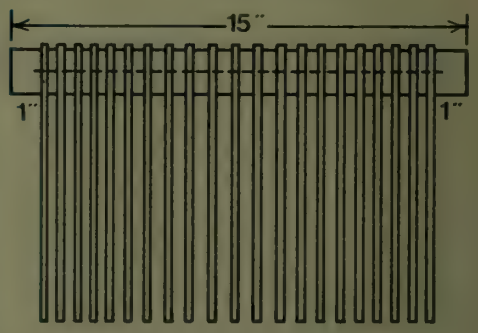
1. Carve thumb-size hole in narrow end of egg slightly behind point for chin, using scissors' points or kitchen knife. Model nose of plastic foam scraps, air-drying clay, or papier-mâché powder. Attach with straight pins. Cut ears about 1 inch long from cardboard; insert in place.

2. Soak 3x5-inch pieces of grocery bag in warm water. Meanwhile, mix small amount of wallpaper paste with ⅛ quantity of white glue in a bowl. Remove paper from water, crumple; return to water. Rub paste mixture into hole of egg. Wring out paper; tear into small pieces, dip in paste mixture, then cover entire head with paper pieces, overlapping ¼ inch. Smooth edges with fingers

3. Cover dowel with paper, dry, and insert in neck. Stand dowel in weighted tumbler and let dry. When dry, sand any rough spots. Repeat this step two more times.

4. Coat with water-base varnish to seal; sand lightly before applying base coat of white water-base enamel. Paint head a flesh color; rub red into cheeks for a rosy blush. Paint eyes and brows with brush or markers.

5. *Hair for doll with purple blouse:* Cut 6 yds. jute in 9-inch lengths. Set 1 piece aside, then stitch other fiber on wig base strip (*see sketch, below*).



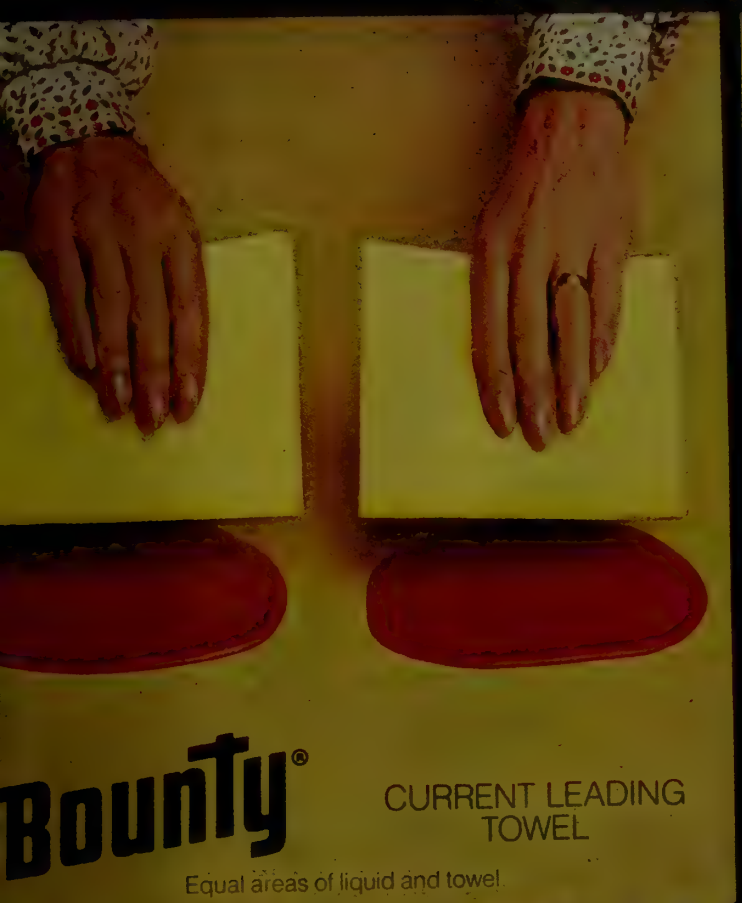
Trim base strip ¼-inch on each side. Bead white glue along stitching with hair side up. Allow to get tacky, then pin center of wig to head, hair side down, with long ends hanging over center of forehead.

Continue around hair, at hairline, behind ears, to nape of neck, overlapping ends slightly. Allow hair to dry completely before removing pins. Smooth hair with wide-tooth comb, comb hair back into a loose ponytail. Wind ponytail into a circle, gluing and wrapping as you go. This topknot is glued to center back of head, directly above nape of neck.

continued

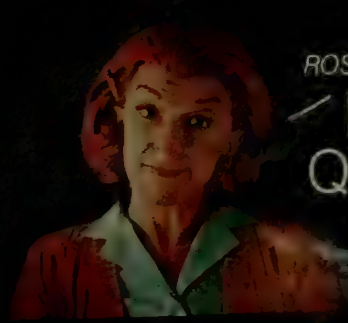
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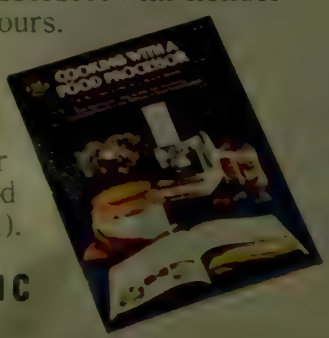


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GENERAL ELECTRIC

continued

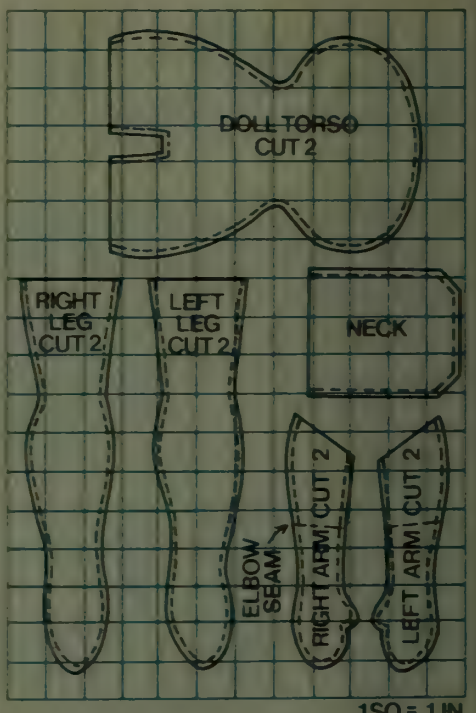
A Homespun Christmas

6. *Braided hairstyle:* Cut 6 yds. fiber in 36-inch lengths. Make 1 braid of 3 lengths; make 2 smaller braids of remaining 3 lengths that you divide in two. Apply glue to back of large braid; when tacky, press center of braid to center of forehead; pin in place. Continue around hairline, behind ears, to nape of neck. Turn braids upward along back center part, continue to top of head, then follow around, filling in previous oval to end of braid on both sides. Wind the braids around the doll's head, pinning and gluing as you go. Let glue dry before removing pins.

7. *Jewelry:* Pierce earlobes with large needle. Cut ¼ inch off regular ear wires; rebend to hook. Hang small bead on wire, insert in ear, and close.

8. *Earring studs:* Make indentation in earlobe with sharp object. Drop in spot of glue; apply small rhinestone.

Materials for each body: ¼ yd. unbleached muslin; ⅛ yd. of striped cotton for stocking legs; small bag polyester fiberfill; acrylic paint—both flesh and red; 2 chenille stems.



Instructions:

1. Cut arms and neck from muslin. Stitch, clip, turn. Stuff arms to elbow, insert chenille with half on either side

continued on page 165


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AH, HOW IT CRACKLES WITH TH
SENSUOUS FLAVOR OF EXOTIC ALMOND

Buttermilk soup—hot or cold

Pancakes and biscuits are traditional uses for buttermilk. For a change, use buttermilk to create bowls of steaming hot *Buttermilk-Corn Chowder* or chilled cups of refreshing *Cold Berry-Buttermilk Soup.*



Photographs: Dieter

COLD BERRY-BUTTERMILK SOUP

- **2 cups fresh *or* frozen slightly sweetened raspberries, strawberries, *or* blueberries (loose pack)**
- **1½ cups water**
- **½ cup sugar**
- **½ teaspoon grated orange peel**
- **2 tablespoons orange juice**
- **2 cups buttermilk**

In a 1½-quart saucepan combine the berries, water, sugar, orange peel, and orange juice. Bring to boiling; reduce heat. Cover and simmer for 20 minutes. Remove from heat; cool 30 minutes. Pour into blender container. Cover; blend till smooth. Stir in buttermilk; cover. Chill. Serves 5 or 6.



BUTTERMILK-CORN CHOWDER

You can use 2 teaspoons instant chicken bouillon granules plus 2 cups water for the chicken broth—

- **2 slices bacon**
- **1 small onion, chopped (¼ cup)**
- **2 medium potatoes, peeled and cubed**
- **2 cups fresh corn cut from cob, *or* 1 10-ounce package frozen whole kernel corn**
- **1 stalk celery, chopped (½ cup)**
- **2 cups chicken broth**
- **½ teaspoon salt**
- **¼ teaspoon pepper**
- **2 tablespoons all-purpose flour**
- **2 cups buttermilk**

In a 3-quart saucepan cook the bacon till crisp. Remove and drain, reserving drippings. Crumble bacon and set aside. Cook onion in drippings till tender but not brown. Add potatoes, corn, celery, *1½ cups* of the chicken broth, the salt, and pepper. Bring to boiling; reduce heat. Cover and simmer 15 to 20 minutes. Blend flour and remaining chicken broth; add to the vegetable mixture. Cook and stir till thickened and bubbly. Turn heat to low. Stir in buttermilk; heat through but do not boil. Top with crumbled bacon. Makes 6 servings. ■



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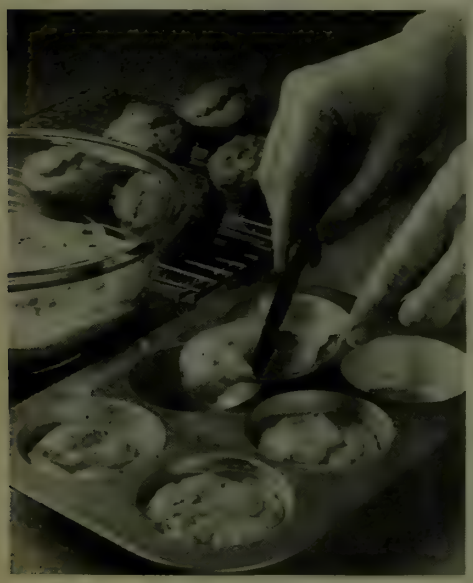
Hot-from-the-oven MUFFINS

Freshly baked muffins and honey or butter is a combination that's hard to beat. These three recipes are excellent choices anytime.

When preparing muffin batter, stir the liquid ingredients into the flour mixture only till everything is moist. Do not try to beat the batter till smooth; it's supposed to look lumpy. If you over-mix, the muffins will be tough and heavy, with tunnels and peaked, smooth tops.

When baking muffins without paper bake cups, grease only the pan bottoms. If the sides are greased, the muffins will have a rim.

Of course muffins taste best served warm. If you can't serve them at once, tip each muffin to one side in the pan. This helps keep them from steaming and becoming soggy.







Photographs: Dieter

RYE MUFFINS

1⅔ cups all-purpose flour
¾ cup rye flour
⅓ cup packed brown sugar
1 tablespoon baking powder
2 teaspoons caraway seed
1¼ teaspoons salt
2 beaten eggs
1 cup milk
⅓ cup cooking oil

In bowl stir together flours, brown sugar, baking powder, caraway seed, and salt; make a well in center. In bowl combine the eggs, milk, and oil. Add all at once to flour mixture, stirring just till moistened. Spoon into greased muffin pans, filling ⅔ full. Bake in 375° oven 20 to 25 minutes. Makes 15.

To bake muffins in a countertop microwave oven, spoon ¼ cup batter into a 6-ounce custard cup lined with a paper bake cup. Micro-cook on high power, allowing about 35 seconds for 1; 50 seconds for 2; 1½ minutes for 4; and 2½ minutes for 6. Rearrange once.

GRANOLA MUFFINS

Substitute raisins or snipped dried prunes or other dried fruit for the apricots if you like—

1 cup granola
½ cup snipped dried apricots
½ cup boiling water

• • •

1¾ cups all-purpose flour
½ cup sugar
½ cup chopped walnuts
1 tablespoon baking powder
½ teaspoon salt

• • •

1 beaten egg
⅔ cup milk
½ cup cooking oil

In mixing bowl combine the granola and apricots; pour boiling water over. Set aside.

In another bowl stir together the flour, sugar, nuts, baking powder, and salt; make a well in center. Stir egg, milk, and oil into fruit mixture; add all at once to flour mixture, stirring just till moistened. Spoon into greased or paper-bake-cup-lined muffin pans, filling ⅔ full. Bake in 375° oven for 20 to 25 minutes. Makes about 18 muffins.

REFRIGERATOR SWEET MUFFINS

Flavor these basic muffins with nuts, raisins, or chocolate pieces before baking—

8¾ cups all-purpose flour
3 cups sugar
1 tablespoon baking powder
1 tablespoon baking soda
2 teaspoons salt
4 beaten eggs
3 cups milk
1⅓ cups cooking oil

In bowl stir together the flour, sugar, baking powder, baking soda, and salt; make a well in center. In another bowl combine the eggs, milk, and cooking oil. Add all at once to flour mixture, stirring just till moistened. Store in tightly covered container in refrigerator up to two weeks.

To bake, stir batter and fill greased or paper-bake-cup-lined muffin pans ⅔ full. Bake in 375° oven for 20 to 25 minutes. If desired, dip tops of warm muffins in sugar. Makes 4 dozen.

• For variety, fold ¼ cup chopped *nuts, raisins,* or *semisweet chocolate pieces* into 1⅓ cups batter (for 6 muffins). Bake as directed. ■



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A cantilevered table you can build

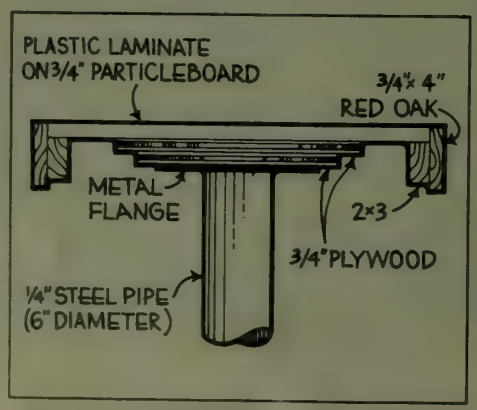
When the Cooney family of five sit down to a meal, no one has to straddle or bump into a table leg. Their cantilevered kitchen table allows all five Cooneys to sit comfortably. You can build a table like this for your kitchen or family room in just one weekend. Here's how.



Photograph: William Hopkins. Architect: E. Eugene Young, AIA. Source: Jeanne Eblen

The table is 30 inches wide, 66 inches long, and 29½ inches high. The tabletop was built from ¾-inch particleboard and covered with plastic laminate to provide an easy-clean surface. An apron of ¾x4-inch red oak lumber, mitered at the corners, trims the table and hides the 2x3s that give the table longitudinal strength.

A ¼-inch-thick steel pipe, six inches in diameter, supports one end of the table. You could place this vertical support beneath the center of the table, or (as the Cooneys did) recess it about 16 inches from the end of the table. The metal leg was soldered to an eight-inch-square metal flange plate. Then the flange was screwed to the underside of the table through ¾-inch plywood spacers (see drawing).



A 2x3 cleat helps to attach the opposite end of the table to the wall. Lag screws were driven directly into the wall studs.

The Cooneys use their table for more than dining. "It's a great place for our whole family to work on crafts projects together," said Mary Cooney. ■

Cuervo Almondrado. The delicioso tequila-almond liqueur.



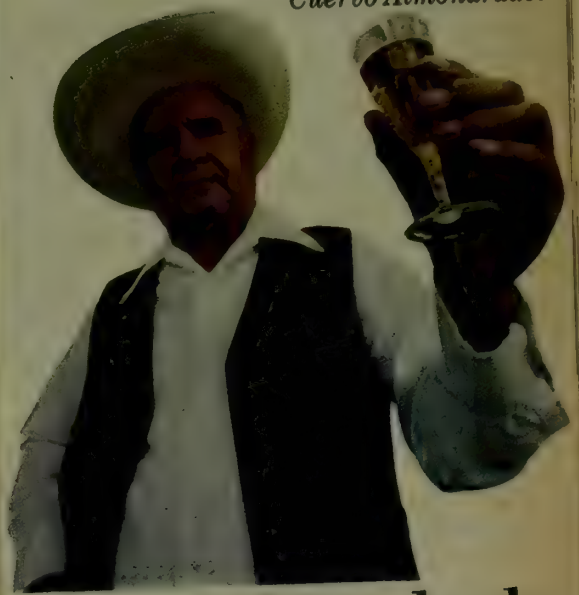
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Our estate manager Zarco offers you the special taste of Cuervo Almondrado.



Cuervo Almondrado. Our prized liqueur.

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Sweet Potato Desserts

Sweet potatoes, alias "sweets," are most often served as a side dish with turkey or ham.

But you're missing out on a good thing if you haven't featured sweet potatoes in a dessert. They lend an intriguing flavor to pies, custards, cakes, and cookies.

When shopping for sweet potatoes, look for an oval shape with a thick center and tapered ends. Select uniformly colored potatoes, without blemishes or signs of decay. For speedier preparation, buy canned or frozen sweet potatoes.

Cook fresh potatoes in their skins to protect both nutritive value and flavor. Cook the potatoes, covered, in boiling salted water for 25 to 30 minutes, or till tender. The skins will peel off easily.







Photographs: Dieter

SWEET POTATO-APPLE PIE

1 cup all-purpose flour
½ teaspoon salt
⅓ cup shortening *or* lard
3 to 4 tablespoons cold water

• • •

2 medium apples, peeled, cored, and thinly sliced (2 cups)
3 medium sweet potatoes, cooked, peeled, and mashed (2 cups)
2 slightly beaten eggs
1¼ cups light cream
⅔ cup packed brown sugar
1 teaspoon ground cinnamon
¼ teaspoon salt
¼ teaspoon ground nutmeg
Whipped cream (optional)

In bowl stir together flour and the first ½ teaspoon salt. Cut in shortening or lard till pieces are the size of small peas. Sprinkle *1 tablespoon* of the water over part of the mixture; gently toss with fork to moisten. Add remaining water, a tablespoon at a time, tossing till all of mixture is moistened. Form into a ball; flatten on lightly floured surface. Roll from center to edge, forming a 12-inch circle. Fit pastry into a 9-inch pie plate; trim edges. Crimp edges high.

Place slices of apples in bottom of pastry shell. In bowl combine potatoes, eggs, cream, brown sugar, cinnamon, salt, and nutmeg; beat with rotary beater till smooth. Pour over apples in pastry shell. Cover edges of crust with foil; bake in 375° oven for 25 minutes. Remove foil; bake 25 to 30 minutes more or till knife inserted just off-center comes out clean. Cool. Serve with whipped cream, if desired.

SWEET POTATO CHEESECAKE

If you don't have the orange liqueur, substitute reconstituted frozen or fresh orange juice—

2½ cups finely crushed vanilla wafers (about 55 cookies)
½ cup butter *or* margarine, melted
2 medium sweet potatoes, cooked, peeled, and cooled
2 8-ounce packages cream cheese, softened
⅔ cup sugar
2 eggs
2 cups dairy sour cream
¼ cup orange liqueur
1 teaspoon ground cinnamon

In medium bowl combine wafer crumbs and butter or margarine till moistened. Press mixture firmly over bottom and 2 inches up sides of an 8-inch round springform pan. Chill 1 hour. In blender container or food processor, puree potatoes (to make about 1 cup); set aside. In mixer bowl beat together cream cheese and sugar on medium speed of electric mixer till fluffy. Beat in eggs just till combined; blend in pureed sweet potatoes, sour cream, liqueur, and cinnamon. Pour into prepared crust. Bake in 350° oven for 55 to 60 minutes or till set. Cool, then chill thoroughly. Before serving, loosen sides and remove rim from pan. Place on serving plate; garnish with orange slices. Serves 10 to 12.

DIXIE ICE CREAM

2 pints vanilla ice cream
1 8-ounce can sweet potato pieces, drained and mashed
1 cup marshmallow creme
2 tablespoons frozen orange juice concentrate
½ cup chopped pecans

Stir ice cream till softened. Stir in potatoes, marshmallow creme, and orange juice concentrate till potatoes and juice are blended and marshmallow creme is marbled throughout. Fold in pecans. Turn into freezer tray; freeze firm. Makes 1½ quarts. ■

Celebrate with Toffee Mocha, Hills Bros. newest rich and delicious flavored coffee.

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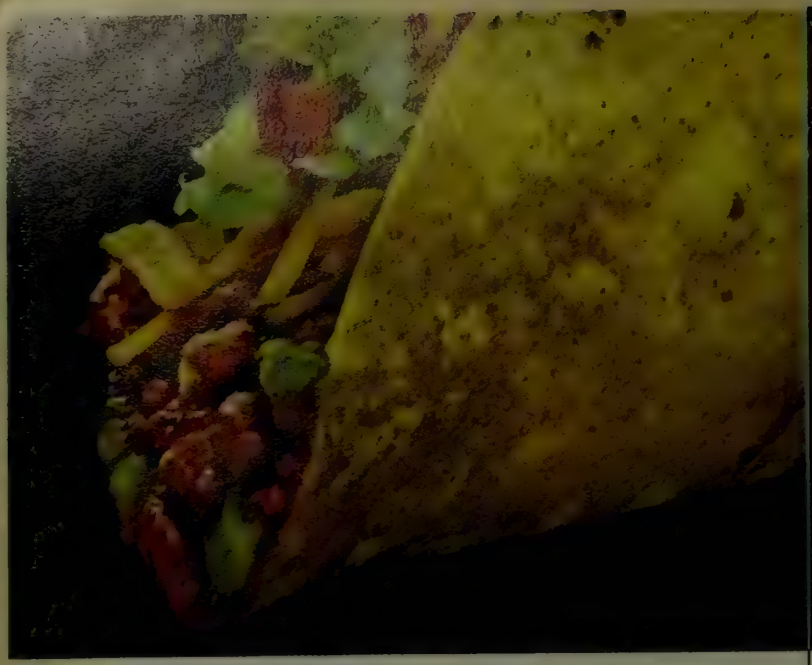
©1978 Hills Bros Coffee Inc.

'Tis the season for serving rich and delicious flavored coffees from Hills Bros. CAFE MOCHA,™ a blend of coffee and chocolate; BAVARIAN MINT,™ a combination of coffee, chocolate and mint; ALMOND MOCHA™ with almond, chocolate and coffee; and new TOFFEE MOCHA,™ a blend of butterscotch, coffee and chocolate. You'll find recipes for them all in our holiday booklet.

A world of rich and delicious coffee flavors. From Hills Bros.

TOFFEE MOCHA™ FRUITCAKE Cream ½ cup shortening with ½ cup brown sugar. Add 2 eggs, beating until well blended. Coat 1¾ cup candied mixed fruit, 1½ cup chopped nuts & ½ cup raisins with ½ cup sifted flour. Sift ½ cup each: TOFFEE MOCHA (or any of our other delicious flavors) & sifted flour; 1 tsp. each: cinnamon & allspice; ½ tsp. each: baking powder, salt, cloves. Beat into creamed mixture with ½ cup orange juice or sherry. Blend batter thoroughly into fruit. Pour into a prepared 9-inch ring mold. Bake in 275°F oven 2½ to 3 hours or until toothpick inserted in center comes out clean. Cool, remove from mold and wrap in foil. Store in cool place for at least one week.





Zesty Taco Secret

(ZESTY BEEF TACO FILLING)

1 lb. ground beef
2 cans (4 oz.) Ortega Diced Green Chiles
¼ cup chopped onion
1 medium clove garlic, minced
1 can (8 oz.) tomato sauce
¼ teaspoon *each* ground cumin, coriander, and salt.

Brown beef in medium skillet, stirring until crumbly. Drain. Stir in remaining ingredients. Simmer uncovered, 10 minutes or until desired consistency. Makes filling for 12 taco shells.



Cheeseburger Secret

(GREEN CHILE CHEESEBURGER)

1 lb. ground beef
4 slices American cheese
4 hamburger buns
1 can (4 oz.) Ortega Whole Green Chiles

Shape beef into four patties. Cut chiles lengthwise and open flat. Broil or grill patties to your taste. Top each patty with a chile and cheese slice. Return to broiler or grill to melt cheese. Serve on buns. *Or*...use 1 can (4 oz.) Ortega Diced Green Chiles and spoon over grilled patty; continue as above. Serves 4.



Pizza Secret

(GREEN CHILE PIZZA)

Sprinkle a 4 oz. can of Ortega Diced Green Chiles over your favorite frozen pizza.

Try this one too! (TASTY TOSTADA PIZZA)

5 Ortega Tostada Shells, warmed
2½ c. (10 oz.) grated Cheddar cheese
1 tsp. *each* finely chopped onion and Ortega Hot Taco Sauce
1 can (7 oz.) Ortega Diced Green Chiles
⅛ tsp. garlic powder

On each tostada shell, sprinkle ½ c. cheese, 1 tsp. onion, 1 tsp. taco sauce, 1 Tbsp. chiles and garlic powder to taste. On baking sheet, bake in preheated 400° oven 8-10 minutes, or until bubbly.



Eggs Secret

(ORTEGA HUEVOS CON CHILES)

6 eggs
3 tablespoons milk
¼ teaspoon salt
⅛ teaspoon pepper
1 can (4 oz.) Ortega Diced Green Chiles
2 tablespoons butter (or margarine)
¼ cup chopped onion

In bowl, beat together eggs, milk, salt and pepper. Stir in diced green chiles. Set aside. In skillet, melt butter over medium heat and cook onion until soft. Add egg-chile mixture and cook, stirring occasionally until done as desired. Serves 3-6.

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You probably already know that the secret of tasty Mexican dishes is fresh, flavorful Ortega Chiles. But did you know the secret of our chiles? We fire roast them. So they're tender but firm, tangy and full of flavor.

Fill out the official entry form, attach your most delicious recipe with two labels or facsimiles and send it off. It could be your ticket to Mexico.

Your favorite Ortega® Green Chile recipe could win you a trip to Mexico.

NO PURCHASE REQUIRED

Ortega Secrets Sweepstakes
Official Entry Form

Mail to: Ortega Secrets Sweepstakes
P.O. Box 418. Prospect Heights. Illinois 60070
PLEASE PRINT:

Name _____

Address _____

City _____

State _____ Zip _____



Ortega Secrets Sweepstakes
OFFICIAL RULES

1. To enter, complete an official entry form or on a plain piece of paper, print your name, address and zip code. Together with your favorite Ortega Green Chile recipe and two (2) labels from any size of Ortega Whole or Diced Green Chiles cans (or two separate pieces of paper on which you have hand printed in block letters "Ortega Whole Green Chiles" and "Ortega Diced Green Chiles") mail entry to:
Ortega Secrets Sweepstakes, P.O. Box 418, Prospect Heights, Illinois 60070

2. NO PURCHASE REQUIRED. Entries must be received no later than April 1, 1979. Enter as often as you like but each entry must be mailed in a separate envelope. No mechanically reproduced entries will be eligible. Recipes become the property of Heublein, Inc., and will not be returned.

3. Winners will be determined in random drawings conducted by Multi-Marketing, Inc., an independent judging organization whose decisions are final.

4. Two grand prizes will be awarded. Each of the two Grand Prize winners will receive an eight day, seven night vacation for two in Cancun, Mexico, including roundtrip air fare from San Francisco via Aeromexico, room accommodations at El Presidente Hotel, and $1000 to cover meals, ground transportation and miscellaneous expenses. Anyone under 21 years of age must be accompanied by parent or guardian. Trip must be taken between May 1, 1979, and November 1, 1979. Two hundred second prize winners will receive Mexican Cookbooks. Only one prize to a family. The odds of winning will be determined by the number of entries received. No substitutions or exchanges of prizes permitted. Applicable taxes are the sole responsibility of the winners. All prizes will be awarded. Winners will be notified by mail.

5. Sweepstakes open to residents of California only, except employees and their families of Heublein, Inc., its affiliated companies, its advertising, sales promotion and judging agencies. Sweepstakes subject to all federal, state and local laws. Void in Missouri and wherever else prohibited or restricted by law. Winners may be asked to execute affidavits of eligibility and release.

6. For list of winners, send a stamped, self-addressed envelope to: Ortega Secrets Winners' List, P.O. Box 419, Prospect Heights, Illinois, 60070.

A CLOSE-TO-PERFECT PANTRY

If you are fortunate enough to have a kitchen with some bonus space, you can turn it into a super storage center by building a pantry like this one.



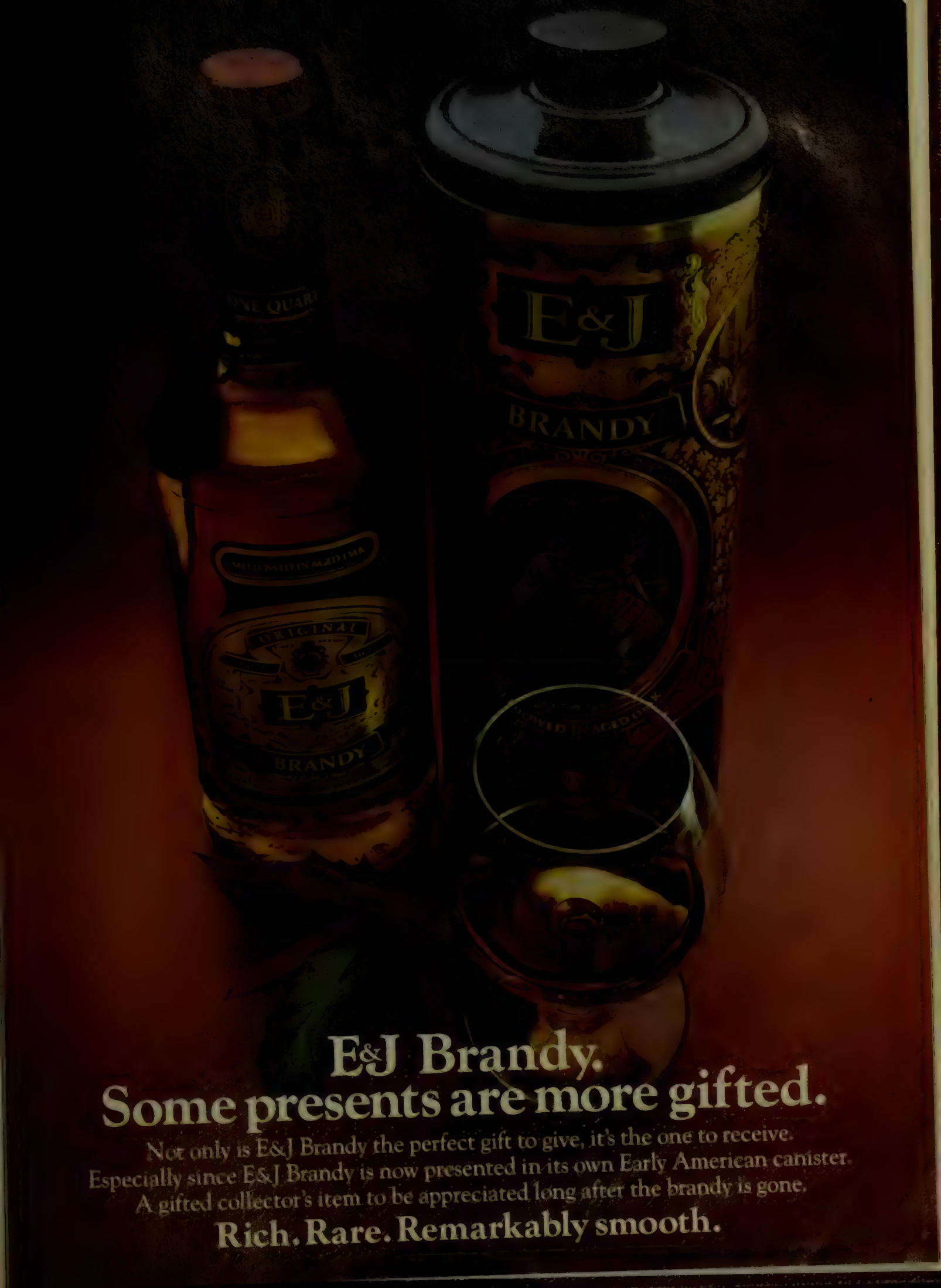


Photograph: E. Alan McGee. Cabinet Designer: Victor Koch. Source: Ruth L. Grenci

This pantry in the Martin Greenberg home offers a wealth of storage space behind floor-to-ceiling doors that match the rest of the kitchen cabinets. The unit is 56 inches wide and 18 inches deep—a full 56 cubic feet.

On the inside of the pantry doors, shallow shelves provide convenient storage for frequently used cooking supplies. The lipped edges of the shelves keep items safely in place when the doors are swung open. For extra efficiency and quick access, there's a sliding bank of shelves across the front of the pantry. This can-storage unit rolls obligingly to the right or left to reveal the items kept on the back shelves. The Greenbergs located a recessed ceiling fixture directly in front of the unit to make even the most out-of-the-way items easy to locate.

Winter vegetables are stored in two attractive wooden bins that slide out from beneath the shelving area. The bins are slatted to allow air circulation and avoid spoilage. Topping off the pantry is a deep shelf that holds [illegible].



E&J Brandy.
Some presents are more gifted.

Not only is E&J Brandy the perfect gift to give, it's the one to receive.
Especially since E&J Brandy is now presented in its own Early American canister.
A gifted collector's item to be appreciated long after the brandy is gone.

Rich. Rare. Remarkably smooth.

International Inspirations for American Flair.

The Tilche Suite from the American-Standard International Group.

It takes an international leader like American-Standard to combine this kind of European design excellence with the American preference for versatility. We start with the Tilche Suite, designed by Paolo Tilche, recognized as one of Europe's leading designers. Every curve, every line painstakingly defined to complement the design. But greater beauty lies in its adaptability, translating into bathrooms that reflect your style... your lifestyle. We can only begin to show you the possibilities. Oriental. Contemporary. Early American. The Tilche Suite. It inspires endless decors beautifully interpreted with American flair.



The Tilche Suite. Curves and angles make it a pleasure to look at. Shown here in new Aegean Mist with a 24-karat gold plated Ultra Font faucet. The 22" x 21" sculptured pedestal lavatory and unique toilet are available in a wide range of decorator colors.

Everything about this bathroom says "Now!" The uncluttered lines of the Tilche Suite. The fashionable color choice, Americana Brown, for all fixtures including the luxurious oval Ultra Bath. Noteworthy, the elegance of American-Standard 24 karat gold plated fittings.



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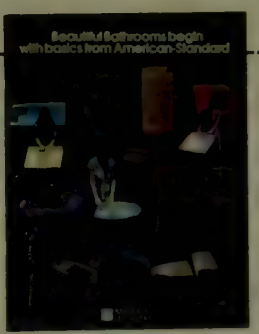
Early America revisited! And the Tilche Suite goes right along. It has the timeless simplicity of our Colonial heritage. Here, in new Bermuda Coral, it adapts to Early American with an ease that proves its versatility.

Orient yourself to beautiful, relaxing surroundings in this truly international American-Standard bathroom. See how effortlessly the Tilche Suite adapts to Eastern understatement and the outright glamour of our 6-foot Oval Pool. Fixtures and fittings in tranquil Gold, for a bathroom that's sumptuous yet easy to live with.

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How to replace floor tiles

Laying floor tiles is a snap, but fixing loose tiles or replacing broken ones can drive you right up the wall. Working on the ailing tile without disturbing its neighbors can be frustrating. Here are a few pointers to make the job more bearable.

Loose or curling tiles

First try softening the adhesive. Cover the tile square with aluminum foil and apply a moderately hot electric iron to those pesky edge areas. Then place weights over the tile to hold it in place until the adhesive sets up.

However, if there seems to be insufficient adhesive to glue the tile back in place, reheat the tile and carefully peel back its loose edges. Use a putty knife to clean out the old adhesive, then apply a new layer, using the same type of adhesive that was used for the original tile setting. Be careful not to use so much that the adhesive will squeeze out when you press down on the tile. Compress the tile with weights until the adhesive has cured. Check the adhesive's label for proper drying time.

Removing whole tiles

If you must replace an entire tile, don't despair. There are at least three ways to skin this sort of cat:

- Asphalt tiles respond to heat treatment. Use a blowtorch to heat the face of the tile to be removed. Keep the flame moving so no one spot on the tile gets overheated, and be careful not to scorch adjacent tiles. As the tile warms, it will become pliable so that you can pry it out with a putty knife. Don't disturb the surrounding tiles.
- If you shy away from using a blowtorch, try placing dry ice or a metal pot filled with ice, water, and ice cream salt over the tile. About five to ten minutes of this intense cold will make both the tile and its adhesive very brittle. Then you can easily chip out the tile with a putty knife (or chisel). Work from the center to the edges.
- You can break down the original tile adhesive with an adhesive solvent. First, though, use a linoleum knife to cut completely through that damaged tile to the underlayment. Make your cut near the edge of the tile and wide enough to insert a putty knife so that you can pry off a strip of tile along the cut edge. As the solvent works, wipe off excess semiliquid adhesive with a rag so smudges won't dry on adjacent tiles.

Replacing tiles

After all old adhesive has been scraped away, try the new tile in the opening, and trim or sand its edges to make it fit. Use a serrated spreader to apply the floor tile adhesive directly to the floor, following label instructions. To make the new tile flexible, warm it in the oven or with an iron. Set—do not slide—the new tile into place.

Firmly press the tile in place with your hands. Roll the surfaces of rubber or cork tiles with a rolling pin to bind them firmly. *Do not* roll asphalt or vinyl-asbestos tiles. Edges of asphalt tiles may be slow to set properly, but room warmth and foot traffic will flatten them in a few days. ■



WHEN THE DOCTOR SAYS DRINK PLENTY OF FLUIDS

A cold or the flu can leave you feeling dry, thirsty, and dehydrated. Many doctors say it's a good idea to add extra fluids to your diet. And there's none better than Gatorade® thirst quencher. Gatorade won't cure a cold or the flu, but it is formulated to help put back the fluids your body loses. And it does the job better than just about anything. Even water. And Gatorade is easy on an upset stomach. So this winter, when your doctor suggests drinking extra fluids, mother your family with Gatorade. They'll like its refreshing lemon-lime and orange flavors.

Gatorade®

What more could a body ask for?



MOTHER THEM WITH GATORADE.®



Dry before dinner.

Offer a wine that is a bit special before dinner: The Christian Brothers California Dry Sherry.

This is a wine that is traditionally served as a cocktail before meals. It is delightfully dry and light, with a nutlike quality which is delicious over ice, or very chilled.

Our Dry Sherry is made from the choicest grapes and with our tradition of quality and care in each bottle – a special wine that is always an excellent value.

Brother Timothy F.S.C.
Cellarmaster
The Christian Brothers



From The Christian Brothers of California.

CRAFTS

Enlarging or reducing a pattern on a grid

Changing the size of a needlework pattern is easy and inexpensive when you use a grid. You might, for example, enlarge one of the scaled-down stitchery patterns often found in the how-to pages of books and magazines. But that's just the beginning of a grid's potential. Designs can be gathered from postcards, art books, posters—even children's coloring books—and scaled up or down with a grid. If you've never used one, here are a few tips.

CHOOSING A DESIGN

To adapt any non-grid design, sketch over the original on tracing paper and pencil in a border. Mark off the bordered area in a series of one- or two-inch squares. Draw an identical number of squares on a sheet of paper that's the same dimension as your finished design. Try to keep the design simple and uncluttered. Intricate detailing and subtle shading are often difficult to translate into needlework.

USING A GRID

When enlarging, choose paper that can accommodate all of your finished pattern. To work from a pattern on a grid, multiply the number of horizontal and vertical squares in the original by the size suggested in the key for each square. For example, if the pattern has six horizontal squares and the key is marked "one square equals two inches," your paper must be at least 12 inches wide. Determine the length in the same way. Piece the paper to the correct size if necessary.

FORMING A GRID

Use either preprinted graph paper or unlined paper for your stitchery pattern. If you choose graph paper, mark it off in squares that correspond exactly to the original design.

If you're not using graph paper, be sure that the unlined paper is squared

off on at least one corner. Rule off a lengthwise line down the paper's left-hand side. Draw another line that's perpendicular to the first. If you don't have a draftsman's T-square, a carpenter's square, or a right-angled triangle, take a page from a magazine and place the lengthwise edge along the line that you've drawn.

Line up the top edge of the magazine page with the top of the vertical line. Draw another line that's even with the top edge of the magazine page. You now have two perpendicular lines to help you construct your grid.

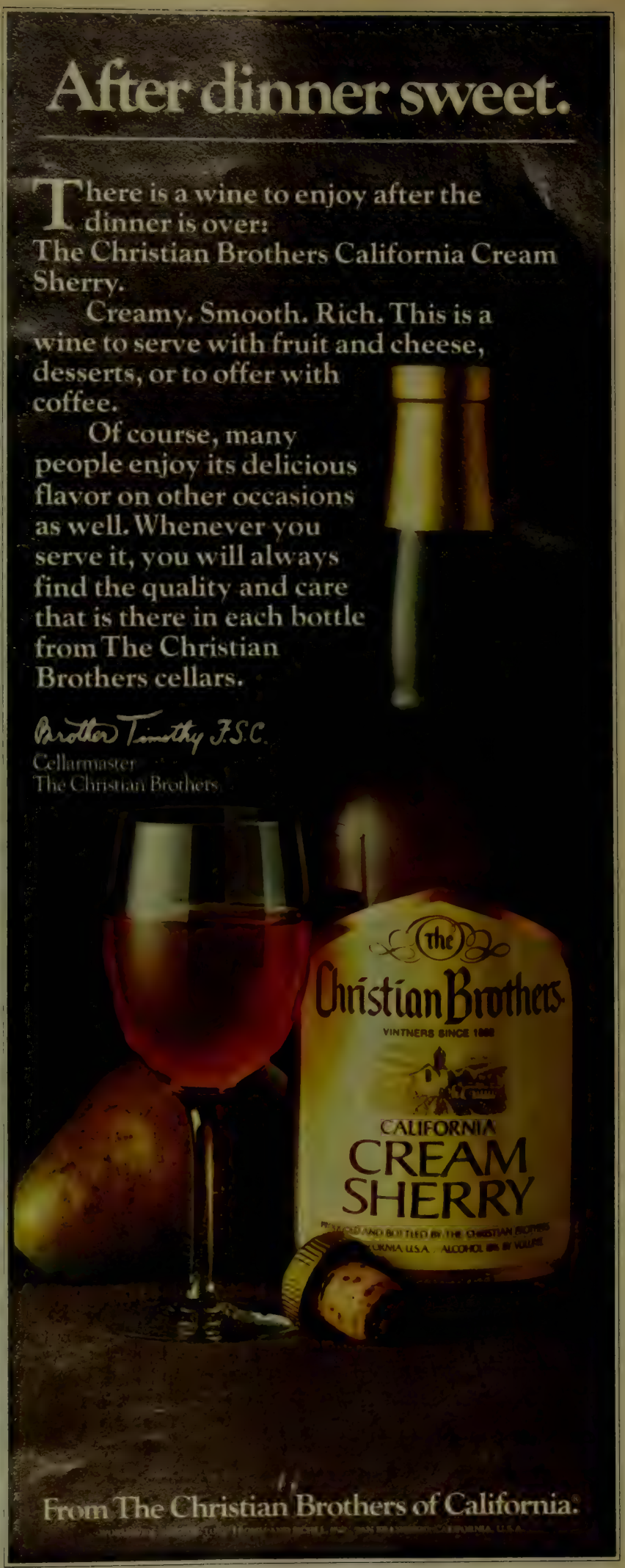
To form a working grid, mark off your perpendicular lines according to the size suggested for enlarged squares on your original pattern. If you need two-inch squares, space each dot two inches apart. Mark as many dots as the original has lines. Connect the dots with horizontal and vertical lines. Your grid is now one large block containing two-inch squares.

To avoid drawing a grid line by line, buy sheets of graph paper at an office supply store. Graph paper that has heavy line divisions every five or ten squares makes transferring easier. If the paper has no divisions, mark off every five-square line with a ruler. Be sure the paper is as large as your finished pattern. Large graph paper is sold by the yard at many art stores and engineering supply companies.

TRANSFERRING THE DESIGN

Once your homemade grid or graph paper is in front of you, enlarging can begin. Transferring the design is a simple mechanical process. Draw the original pattern line by line, translating what's on the small square to the enlarged square of the grid. This method ensures that the pattern will be in direct proportion to the original.

For easy pattern transfer, number the squares on the original with the corresponding squares on the enlarged grid. For example, if square number one is part of a leaf, place a dot at the point where the line enters the square and one where it exits. Duplicate these dots on the enlarged grid. Mark several dots *inside* the square in order to follow the design lines more closely. Use the same procedure for each subsequent square. Once you've mastered this technique, use it to reduce any design by simply reversing the procedure. ■



Cuddly Toy Lamb

This fluffy lamb charmer is easy to make and is sure to become a favorite playtime companion. The lamb measures 12 inches from his pink nose to his perky tail and stands ten inches tall.

Things you'll need

To make our cuddly lamb you'll need: ½ yard (60 inches wide) white fleece fabric for the body; a square of black felt *or* ¼ yard black velvet or satin for the hooves; a square of pink felt *or* ⅛ yard pink cotton, velvet, or satin for the nose and ear lining; polyester fiberfill for stuffing; 2 black ball buttons for the eyes; 1 small bell; 1 yard decorative ribbon; powder rouge; corsage pins; an extra long (1¾ inches) sewing needle; clear nail polish (optional); tissue paper.

Sewing how-to

Enlarge the pattern pieces shown here onto tissue paper. Cut around each piece to form separate patterns. Cut the top and bottom pieces according to the pattern markings. Carefully mark eye, tail, and ear positions on the fleece fabric's right side. Beginning at the legs, pin the top piece to the bottom piece, right sides facing. Continue pinning until the top rear seams meet. Pin these to each other. Using ⅝-inch seams, machine stitch everything pinned. Remove pins and trim seams to ¼ inch.

Pin the bottoms of the feet inside the legs, right sides facing. Hand stitch the foot bottoms in place.

Turn lamb to right side through opening in head. Stuff with polyester; use an unsharpened pencil to push the stuffing into hard-to-reach places. Tuck in the raw edges of the head opening. Pinch the head end flat to form the lamb's nose (see photograph). Use corsage pins to hold it in place. Hand stitch the opening to form a flat nose.

Cut the pink nose and liner from fabric. Baste the liner inside the nose piece, tucking raw slit edges under. Pin the nose on the face. Hand stitch nose in place.

Cut and sew the ears and tail, following pattern markings. Tuck in the raw fabric edges, then pin and hand stitch the opening closed.

Cut hoof bottoms and uppers from fabric. Pin the hoof bottoms over the existing feet to completely cover the foot bottoms. Stitch bottoms in place. Pin the hoof uppers to the newly attached hoof bottoms, right sides facing, with open edges facing the lamb's rear. (Note: The uppers will hang down loose from the leg ends at this stage.) Flip the uppers onto the legs, tuck the raw edges under, and stitch in place.

Professional finishing tips

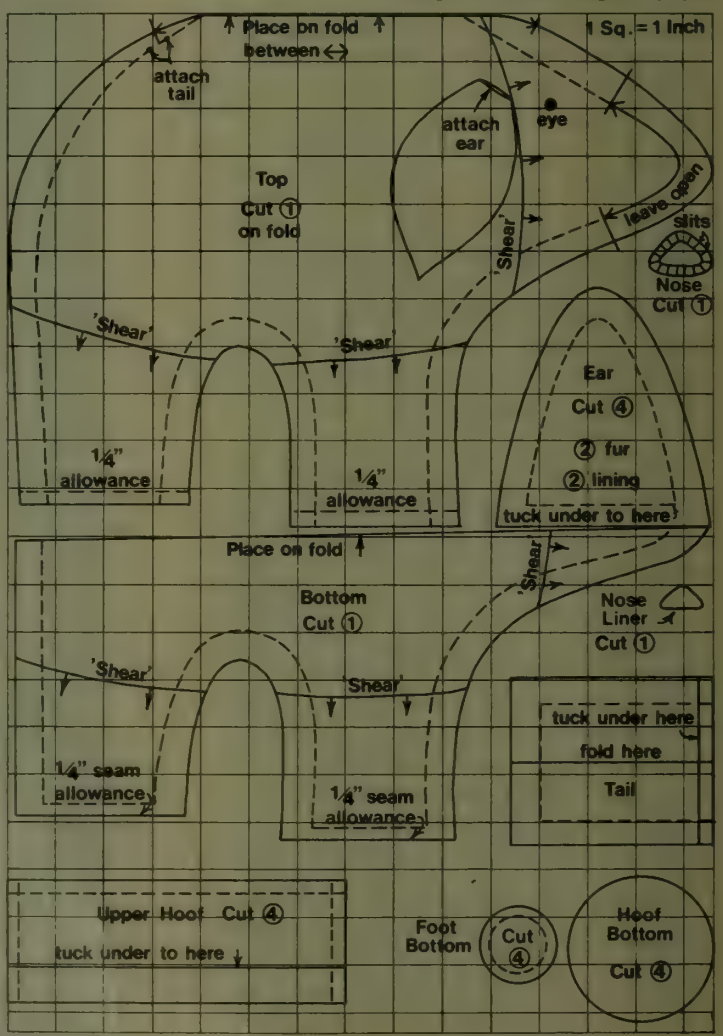
Rub a small amount of powdered rouge into the lamb's nose and "cheeks" for an innocent blush. Add a touch of rouge inside the ears.

Tie a ribbon around the lamb's neck. Sew a bell on the ribbon. Stitch the eyes in position. (A touch of clear nail polish adds sparkle.)

Use scissors to "shear" the fleece a bit shorter on the lower legs and the face (see pattern). ■



Photograph: Hopkins. Design: Terry Ryder



HOW TO ADD FRESH TASTE TO YOUR EVERYDAY MEAL.

PUSH THE FLAVOR BUTTON.™

Use Country Stand® Fresh Mushrooms as an ingredient or side dish to make almost any meal better tasting.

Because Country Stand Fresh Mushrooms are grown nearby, they're especially fresh. You can be sure they'll always be plump and white with a good firm texture.

To add a fresh taste to your everyday repertoire of recipes, Push the Flavor Button.™ Country Stand Fresh Mushrooms.

Here's just one of the hundreds of delicious ways to use them.



Ralston Purina

CRISPY FRENCH FRIED MUSHROOMS

18 to 20 appetizers. May be made ahead and frozen.
½ cup all-purpose flour, 1 teaspoon salt
½ teaspoon baking powder, ⅛ teaspoon pepper
1 egg, separated, ⅓ cup milk, 1 teaspoon sugar
1 lb. Country Stand® Fresh Mushrooms, cleaned, 5 cups Corn Chex® cereal, crushed to 1⅔ cups.

Thoroughly mix flour, salt, baking powder and pepper. Beat egg yolk and milk together. Blend in dry ingredients. Beat egg white until foamy. Add sugar. Beat until stiff but not dry. Fold into milk mixture. Dip mushrooms in batter. Drain. Roll in Chex crumbs. Drop, a few at a time, into deep hot (385°) fat. Fry until golden brown (1 or 2 minutes) turning once.

For more ways to use Country Stand Fresh Mushroms, send $1.00 for our Fresh Ideas With Mushrooms Cookbook to P.O. Box 9687, St. Paul, Minn. 55194.

COUNTRY STAND® FRESH MUSHROOMS.

The Flavor Button™



Sandwich Meals



MIDDLE EASTERN TACOS

If tahini (commercial sesame butter) is not available, combine ⅓ cup untoasted sesame seed and 1 tablespoon cooking oil in blender container; cover and blend to a smooth paste—

1 15-ounce can garbanzo beans
2 tablespoons lemon juice

• • •

¼ cup chopped onion
1 clove garlic, minced
2 teaspoons cooking oil
¼ cup tahini *or* sesame butter
½ cup toasted whole sesame seed (about 2¼ ounces)
8 rounds pita bread
Sandwich Accompaniments

Drain garbanzo beans, reserving 3 tablespoons liquid. Place beans, reserved liquid, and lemon juice in blender container or food processor; cover and blend till pureed. In small skillet cook onion and garlic in oil till tender but not brown. In bowl combine pureed beans, onion mixture, tahini, and sesame seed; mix well. Split pita rounds open horizontally. Fill pita bread with the garbanzo bean mixture and some of the following Sandwich Accompaniments: shredded lettuce, shredded cheese, sliced ripe olives, chopped hot peppers, chopped tomatoes, or chopped dill pickles. Makes 8 sandwiches.



EASY REUBEN PASTIES

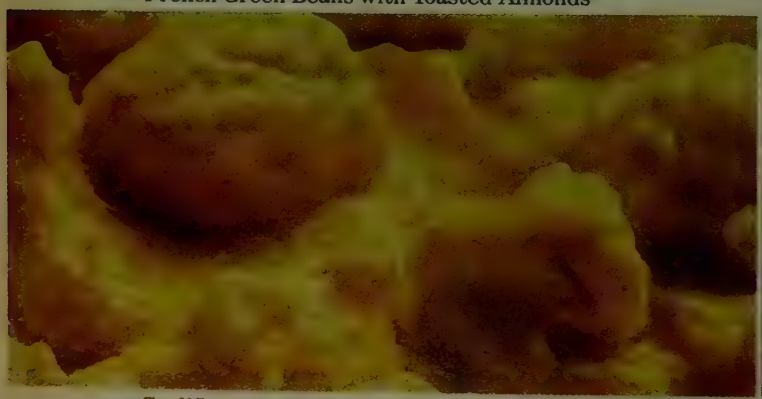
Use your burger cooker for this fast version of Cornish pasties. For even

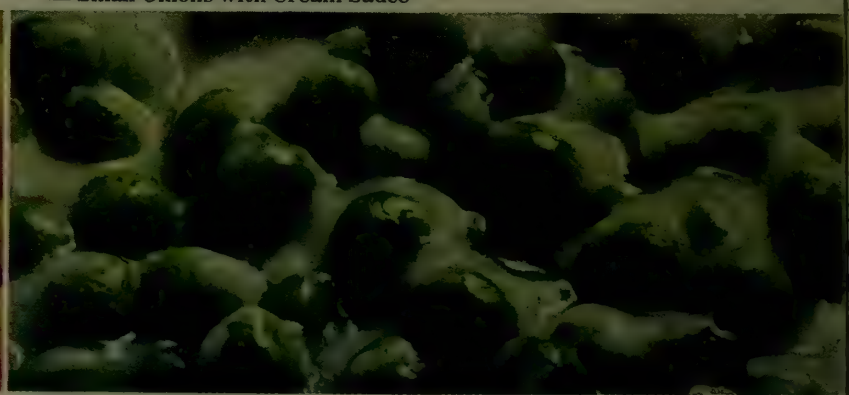


▲ French Green Beans with Toasted Almonds

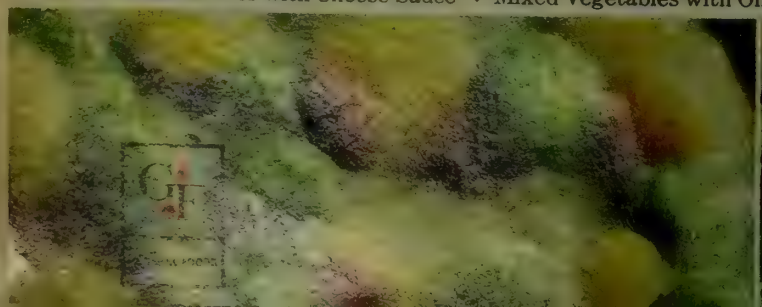


▲ Small Onions with Cream Sauce





▲ Cauliflower with Cheese Sauce ▼ Mixed Vegetables with Onion Sauce ▲ Green Peas with Cream Sauce ▼ Broccoli with Hollandaise Sauce





speedier preparation, use a double-size burger cooker—

- **1 12-ounce can corned beef, flaked**
- **½ cup sauerkraut, drained, rinsed, and chopped**
- **1 cup shredded Swiss cheese (4 ounces)**
- **⅓ cup thousand island dressing**
- **1 tablespoon prepared mustard**
- **½ package refrigerated no-yeast rye *or* white bread dough (1 tube)**

Combine flaked corned beef, chopped sauerkraut, and shredded Swiss cheese; stir in thousand island salad dressing and mustard. Separate prepared dough into 16 portions. Pat or roll each to a 4-inch square (or circle depending on the plates of your burger cooker). Divide and spoon corned beef-cheese filling atop *half* of the squares or circles (about ½ cup per sandwich). Top with remaining squares or circles of dough. Moisten edges of dough with water. Seal well with fingers. Preheat burger cooker according to manufacturer's directions. Place one sandwich on each cooker plate. Close grill. Cook 2 minutes, turning once, or till bread is done and filling is heated through. Repeat cooking the remaining sandwiches. Makes 8 sandwiches.



HOT SANDWICH LOAF

Pick your favorite combination of cold cuts and cheese to make this sandwich-for-a-brunch—

- **¼ cup mayonnaise *or* salad dressing**
- **¼ cup butter *or* margarine, softened**
- **2 tablespoons grated onion**
- **1 tablespoon snipped chives**
- **1 teaspoon prepared mustard**
- **1 unsliced loaf French *or* pumpernickel bread**
- **8 slices olive, pepper, *or* pickle and pimiento luncheon meat (8 ounces)**
- **8 slices monterey jack, Swiss *or* American cheese (8 ounces)**

In small bowl combine mayonnaise or salad dressing, butter or margarine, grated onion, snipped chives, and prepared mustard. Place French or pumpernickel bread on a piece of foil large enough to wrap it. Slice bread crosswise into 16 slices, cutting to, but not through, bottom crust. Spread mayonnaise mixture in every other opening of the cut bread. Fold meat and cheese slices in half; insert one slice of each in each mayonnaise-spread opening. Press bread slices together; wrap loaf in foil and place on a baking sheet. Bake in 375° oven for 40 to 45 minutes. To serve, cut through unfilled bread slice. Makes 8 sandwiches. ■



arrots with Brown Sugar Glaze



▲ Green Peas and Pearl Onions

Birds Eye® Combinations will do almost anything to get your husband's attention.

es your husband think your vegetables are all alike as peas in a
d? Even when you're not serving peas? Then you should be serving
n Birds Eye® Combinations.

Birds Eye® Combinations are mixed vegetables, glazed vegetables,
getables in a cream sauce, vegetables with almonds—interesting,
orful, exciting vegetables. They're even broccoli and cauliflower in a
eat-tasting cheese sauce.

In short, they're vegetables that your husband can't ignore. That's
ause Birds Eye® Combinations will catch his passing fancy...
kind that makes him keep on asking you to pass the vegetables
r to him.



BIRDS EYE

Birds Eye® Combinations.
The first vegetables your husband might even notice.

e photographs are approx. 2 times actual size.

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It's about time someone told you what to do with a Cornish Hen besides stuff it.

It's not that we have anything personal against stuffing.

It's just that we at Young 'n Tender brand know our Cornish Hens can be a lot more than just attractive holders for wild rice.

To prove that to you we've filled this page with recipes.

After you try them and you decide you'd like more, check the side of our package for our recipe book offer.

Inside the book you'll find dozens of new ways to prepare a Cornish Hen.

Hopefully, they'll knock the stuffing out of the one way you're used to preparing it.

GOLD KIST



Grilled Rock Cornish Hens with Garlic Butter Sauce

Thaw 4 Young 'n Tender Brand Rock Cornish Hens and remove giblets. Split hens in half lengthwise; wash and pat dry, season lightly with salt and pepper. In a sauce pan, combine 1 cup melted unsalted butter, ½ cup olive oil, ½ cup vegetable oil, 2 tablespoons lemon juice, ⅔ cup chopped green onions and tops, 2 tablespoons minced garlic, 2 teaspoons salt, 1 teaspoon pepper and ½ cup minced fresh parsley. Bring to a boil, reduce heat and simmer 5 to 10 minutes, watching carefully to prevent browning. Place hens skin side up on grill over hot coals; brush with sauce. Grill about 20-30 minutes, or until done, turning frequently and brushing occasionally with sauce. Check for doneness by piercing the thickest part of the drumstick. When juices are clear and no pink shows, hens are done. Heat remaining sauce and serve with hens. 4 servings.





Young 'n Tender Cornish Hens. The meaty birds.

continued from page 164

A Homespun Christmas

of elbow. Stitch across elbow so arm seam runs through middle of flattened area. Stuff upper arm firmly to 1 inch from top. Stitch stocking legs to torso at thigh, right sides together. Turn; stuff legs firmly and torso lightly. (*See patterns, page 164.*)

Stitch arms into shoulders, leaving opening at neck. Insert glue-coated neck in head; dry. Insert dowel, stuff neck leaving rod in center. Work dowel into torso. Dowel rod should come to ¼ inch of torso bottom. Cut to length. Pin neck inside shoulders, add more stuffing, if needed; stitch. Paint arms from elbow to fingertip in flesh tone. Rub a little red into backs of hands for blush; paint neck, matching head.

Materials for wardrobe: ⅜ yd. of blouse fabric, ⅛ yd. for ruffled apron; ¼ yd. for plain apron; ⅜ yd. each for skirt and petticoat; 1 yd. of lace for petticoat; ¼ yd. of lace for handkerchief; ¼ yd. of ¼-inch-wide elastic; one kid glove from thrift shop for shoes; small beads for necklace; 3 blouse buttons.

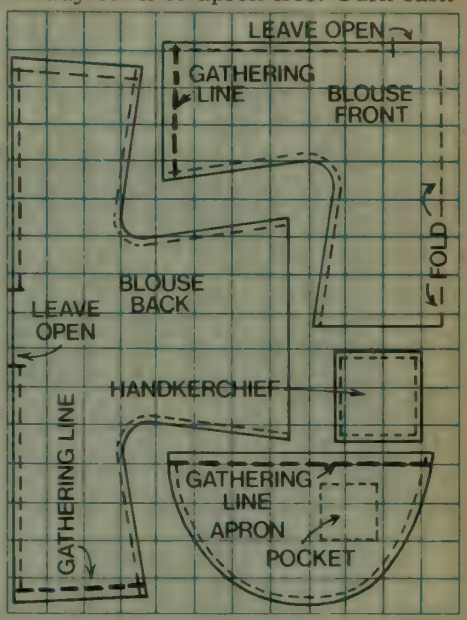
Instructions:

1. *For doll with braided hair:* Cut skirt (10¼x36 inches), petticoat (10½x33 inches), apron sash (2x30 inches), bow tie (3x25 inches), apron ruffle (1½x32 inches), and tied cuffs (2¾x10 inches) or buttoned cuffs (2¾x4 inches). Cut blouse, apron, and handkerchief from pattern. Stitch ¼-inch hem on skirt. Sew the lace trimming onto the petticoat.

2. Run gathering thread along top of skirt, petticoat, and apron. Gather petticoat and skirt to 12 inches by pulling thread up. Anchor elastic with a few stitches, then stretch and sew.

3. Stitch right sides together at ends. Press under ¼ inch around pocket; stitch to apron. Put gathering thread in ruffle. Pull to fit edge of apron (first turn up ¼-inch hem; press and stitch). Pin right sides together, apron to ruffle; stitch.

4. Stitch sash to apron with right sides facing, matching center fronts. Turn sash right sides facing. Pin entire length. Stitch sash, leaving piece already sewn to apron free. Turn sash



1SQ.= 1 IN.

through free piece; press. Turn under raw edge at front of waistband; sew.

5. Insert hankie in pocket. Sew blouse, clip, turn, and press. Run button and carpet thread along wrists;

continued

Christmas Presents from Christmas Past.

Here are some brand new Christmas gift ideas that are centuries old. Ridgeway Wall and Mantel Clocks, reproductions of the classic clocks that have chimed in Christmas for more than two hundred years. Over 30 very individual styles to choose from. All handcrafted in Virginia from the finest solid woods and veneers. And fitted with precise West German movements.

Many with lovely Westminster chimes. Others with calendar dials and etched glass doors. See and hear them now at your Ridgeway dealer.

Ridgeway



FREE: CLOCK STYLE HANDBOOK
Helps you select the clock to best complement your decor. Includes price ranges, list of dealers and details on free brass ownership plate. Write Ridgeway Clocks, Div. of Gravely Furn. Co., Inc., Dept. BH-78W, Ridgeway, Virginia 24148.




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A Homespun Christmas

leave extra inch of thread on each end. Put blouse on doll. Pull thread up tight, knot firmly; trim ends. Sew, clip, turn, and press cuffs. Wrap cuff around wrist; tuck in raw edges, stitch closed, stitch on buttons.

6. Tuck in raw edges around neck. Overlap blouse front; fold under one edge, tack at neck. Sew buttons down front, tacking blouse closed. Sew neck bow tie. Leave an inch open to turn, clip, press. Tie bow around neck. Put skirt on doll, then petticoat.

7. *For doll with purple blouse:* Follow directions for doll, above, for making skirt, petticoat, and basic blouse. When you attach bow tie, simply loop it four times, tacking instead of tying a bow. Cuffs are wrapped around wrist, then knotted instead of buttoned. Make apron from a piece of print with ¼-inch hem. Press, gather, stitch, and pull up to 5 inches. Attach waistband as for doll, above.

8. *Shoes.* Using an old kid glove, cut 2 of larger fingertips off at 2¼ inches. Slit down front 1½ inches. Cut 4 strips ⅛ to ¼ inch wide and as long as you can cut them from the glove. Stuff tip of shoe with cotton. Put shoe on foot, tacking corners at top of slit. Tack long strips at back of ankle. Bring strips forward; lace up leg. Tack to leg at bow.

POSTAGE STAMP QUILT

Materials: Fabric scraps in assorted colors and prints; complementary fabric for backing; quilt batting.

Instructions:

1. Make a 10-inch-square mini-quilt by cutting and sewing together a variety of 1-inch fabric squares. Use ¼-inch seams.

2. Our quilt has a red center block surrounded by a 5-inch square of blocks in assorted prints. The prints are bordered by green, pink, red, purple, blue, and black squares of fabric.

3. Stitch small blocks together into rows that fall diagonally across the quilt. Then sew rows together. Trim outer edges so they are straight.

4. Cut backing fabric to size. Layer quilt top and backing, right sides facing; add batting on top and stitch around 3 sides. Turn and slip-stitch.

LACE BOXES

To order free (except 50 cents for postage and handling) instructions for all lace boxes, see page 32.

LACE FRAME

Materials: 8x10-inch oval picture frame; soft cardboard; quilt batting; muslin; cover fabric (striped or checked fabrics work best); double-sided carpet tape; lace; cord trim; ribbon.

Instructions:

1. To pad the frame, trace around inside and outside of frame onto cardboard. Cut out cardboard; cover one side with several layers of batting. Use tape to secure batting to cardboard.

2. Trace outlines of frame onto muslin, cut out, allowing 1½-inch margins on inside and outside. Lay muslin on table with frame (right side up), cardboard, and batting on top. Clip curves on muslin and bring raw edges up, wrapping muslin over frame and batting. With needle and thread, lace edges of muslin together around top of frame.

3. Using your hands, mold cardboard down over the edges of the frame to soften the edges. Mark the center of the top, bottom, and sides of the frame. Smooth muslin over the back of the frame to remove wrinkles.

4. Cut decorative fabric twice as long as the frame's outside circumference and wide enough to cover the top and sides; add 1 inch to the width. Mark the strip in quarters; gather both long edges.

5. Snug gathering fabric around frame, matching quarter-marks on fabric to marks at the center of the top, bottom, and sides of the frame. Adjust gathers evenly. Turn under raw edges so fabric does not cover back of frame; stitch fabric to muslin cover on frame back. Make sure no extra bulk covers screw holes.

6. To finish, cut lace and cording for inside of frame. Glue lace to inside or outside of glass and cording to outside of glass. Add a ribbon bow at center bottom of frame.

LACE PHOTO ALBUM

Materials: Lace medallion or doily; purchased scrapbook (the kind with eyelets visible on the front); thin, stiff cardboard; cover fabric; lining fabric; carpet tape; white cloth tape; quilt batting; assorted beads, ribbon, lace edging, and embroidery threads.

Instructions:

1. Remove cord, eyelets, and pages from the photo album. Set aside.

2. Cut cardboard to fit front and back album covers, making sure it doesn't overlap the score line or hinge on the cover. Cut batting to match cardboard and attach to one side of each piece with carpet tape. Set cardboard for back cover aside.

3. Cut cover fabric 1 inch larger than padded cardboard. Lay front cover fabric right side down; center the batting-covered cardboard over it. Tape cover fabric to back of cardboard, making sure corners are flat. Repeat for back cover.

4. Cut a cardboard circle, oval, or square slightly larger than the lace medallion. Cut cover fabric 3 inches larger than the cardboard medallion. Cover cardboard with batting cut to size; cover cardboard and batting with fabric. If cardboard is square, tape raw edges of fabric to back. If circular or oval, gather raw edges to fit, then tape in place.

5. Blindstitch the lace medallion to the top of the covered cardboard. Accent with trims (refer to color photo on page 89). Blindstitch the medallion to the padded front piece; embellish with additional trims.

6. To assemble book covers, cut cover fabric to size (plus 1 inch all around) for the front and back album covers, allowing extra fabric on the hinged side to fold over eyelets and past the hinge. Tape fabric in place.

7. Place padded front in position and blindstitch in place around the edge. Repeat for back covers. Assemble the album by punching holes through the fabric where existing holes are in the album and replacing eyelets and cording after setting the pages back into the book.

CROCHETED DOILIES

To order a set of free (except 50 cents for postage and handling) instructions, see page 32.

BASKET PINCUSHIONS

Materials: Small purchased basket with or without a lid (4 to 6 inches in diameter); 20-inch square of velveteen,

continued

continued

A Homespun Christmas

corduroy, or other fabric; 6- to 8-inch lace doily; polyester fiberfill; cardboard; assorted ribbons, beads, lace edging, and other trims.

Instructions:

1. For a pincushion in a basket, measure across the basket top, down the side, across the bottom, and up the opposite side; add 2 inches. Cut a fabric circle to this measurement. For a pincushion atop the lid of a basket, cut a fabric circle equal to twice the basket's diameter.

2. Gather the circle's edge, tuck stuffing into the fabric, and draw the fabric up into a ball. Tie off.

3. Cut a circle of cardboard the same size as the basket bottom (if the pincushion will be inserted into the basket). For a pincushion on a lid, cut cardboard slightly smaller than lid. Cut fabric to cover cardboard, adding a ½-inch margin all around. Cover cardboard with fabric, gathering the fabric edge around the cardboard with small running stitches. Tie off. Slip-stitch cardboard base to pincushion, covering the bottom hole.

4. Push pincushion into basket; tack through the basket to secure. Or, stitch pincushion to the lid of the basket.

5. Embellish with a lace doily blind-stitched atop the pincushion ball. Accent the ball edge with trims.

WALNUT EMERY PINCUSHIONS

Materials: ½ of a walnut shell; clean, refined sand or other emery mixture; 2¾-inch circles of muslin and velveteen; assorted laces and seed beads; beading needle; white glue; sandpaper.

Instructions:

(*Note:* The granular mixture in these mini-pincushions keeps needles and pins sharp and rust-free.)

1. To prepare the ½ shell, sand sharp edges; sand shell bottom flat so it will stand alone.

2. Gather edge of muslin circle, fill with 1 teaspoon of sand or emery mixture, and pull gathers snug. Whipstitch edges together.

3. Gather edge of velveteen circle around filled muslin ball; whipstitch edges together.

4. Squeeze glue into walnut shell, covering all surfaces. Set the fabric ball into the shell; let dry.

5. Sew tiny seed beads around the walnut shell rim to hide excess glue. Embellish with tiny lace appliqués accented by additional beads.

YO-YO QUILT

(Our Yo-Yo quilt measures 76x87 inches and contains about 3,000 Yo-Yos.)

Materials: Cotton or cotton-blend fabrics in assorted colors and prints (see note below); thread.

Instructions:

(*Note:* To reduce the cost of your quilt and take advantage of materials on hand, make Yo-Yos from old clothes, sewing remnants, or other scrap basket fabrics. You'll need the equivalent of 21½ yds. of fabric.

(If you use new material, plan to cut about 140 Yo-Yos from 1 yd. of 44/45-inch-wide fabric.)

1. Cut as many 3¼-inch-diameter circles from fabric as desired.

2. To make each Yo-Yo, turn under raw edges of circle ⅛ inch; run a line of basting/gathering stitches along the edge, using strong thread. Pull gathering thread to draw edges into the center; tie off thread in a double knot. Flatten fabric into a 1½-inch circle.

3. To assemble the quilt, arrange Yo-Yos side by side in rows, in any pattern of light and dark shades desired. Our quilt has simulated blocks about 7½ inches square. Two adjacent sides of most blocks are marked with an L-shaped arrangement of Yo-Yos all made from the same fabric (see photo on page 90).

4. Slip-stitch each Yo-Yo to adjoining Yo-Yos where they touch. Yo-Yos may be first slip-stitched together into blocks (before entire quilt is assembled) to make final assembly easier.

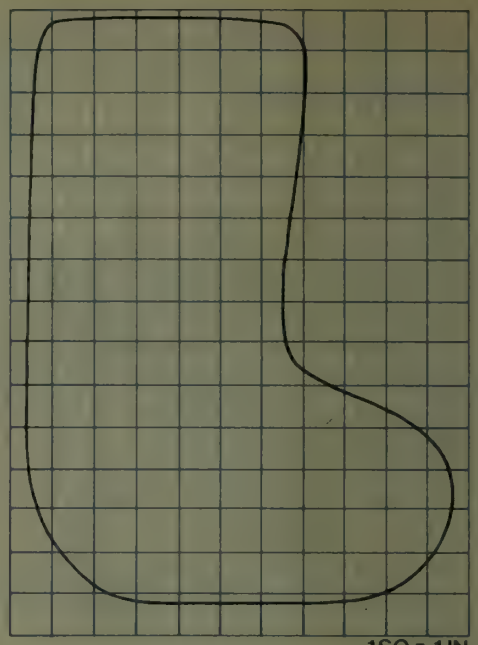
YO-YO STOCKING

Materials: Assorted fabric scraps in five different prints (we used shades of pink and blue, taking leftover fabric from bow ornaments); ½ yd. 36-inch-wide light blue fabric; 1½ yds. 2-inch-wide white eyelet edging; 3 yds. 1½-inch-wide pink satin ribbon.

Instructions:

1. Following directions for Yo-Yo quilt above, make about 64 Yo-Yos for each stocking. Assemble Yo-Yos into stocking shape shown above.

2. Enlarge pattern; cut 2 stockings



1SQ.= 1IN.

from blue fabric, adding ½-inch seam allowances. Tack Yo-Yos to front of one piece, making sure they are joined securely.

3. Baste eyelet edging around stocking and sew stocking front to back. Trim seams, turn right side out. Attach pink ribbon bows to corners.

HEARTH SCENE PILLOW

(Finished size: 16x21 inches)

Materials: 1 yd. of muslin; 8½x18 inches of striped floral print (wallpaper); 5½x18 inches of floral print (floor); 8x20 inches of floral print (narrow border); assorted scraps of print fabrics for design details; three 14x18-inch pieces of quilt batting; 2¼ yds. of 2-inch-wide crocheted lace; cotton embroidery floss in pink, orange, brown, black, green, yellow, and gray; embroidery needle; pillow stuffing; dressmaker's carbon.

Instructions:

1. Stitch together one long edge of wallpaper fabric to floor fabric in a ¼-inch seam. Remaining design details are appliquéd or embroidered onto this background piece.

2. Enlarge the pattern on page 170; transfer outlines of design motifs (centered) to the background fabric using dressmaker's carbon. Use these outlines as placement guides.

3. Cut a 14x18-inch piece of muslin for backing. Sandwich 3 layers of batting between backing and top piece; baste layers together. Using 2 strands of white thread, quilt the floor;

continued

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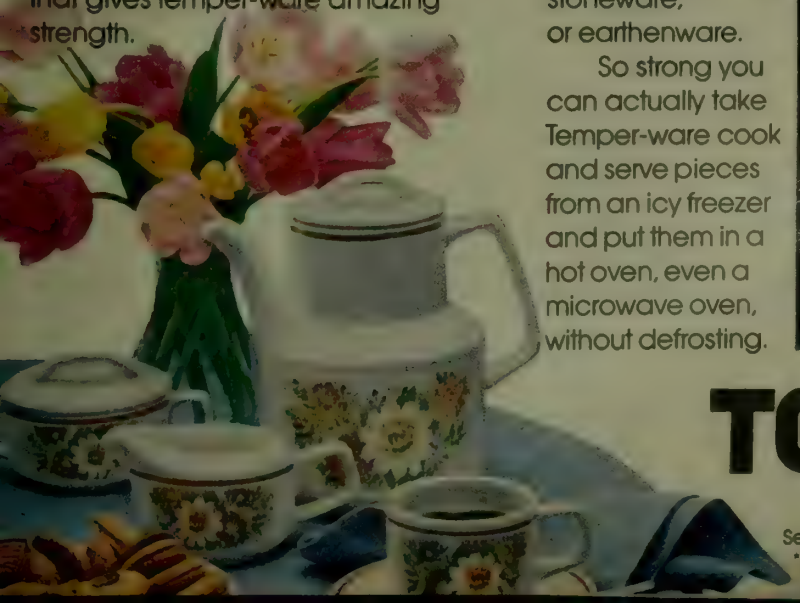


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continued

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space rows and stitches ½ inch apart. Quilt the wallpaper in vertical rows of stitches.

4. When cutting design details for appliqué, add ¼-inch seam allowances. Begin by appliquéing muslin wall moldings along the floor and ceiling.

5. For the fireplace, cut muslin ½ inch higher and 3 times longer than the fireplace. Tuck fabric as shown on the pattern, turn under raw edges, and appliqué in place. Cut out and appliqué mantel and moldings. Cut brick area from a print scrap and appliqué it in place. Then, using cotton floss, embroider the andirons (gray), log (brown), and flame (yellow).

6. For the clock, appliqué a brown print square in place; sew brown print moldings to top and bottom. Add a muslin square for the face; embroider details in brown and black thread.

7. Appliqué a strip of fabric for the tabletop; embroider the base in brown. Appliqué fabric rectangles for vases, and add embroidered pink and orange flowers and green stems.

8. Appliqué sofa fabric in place, embroider wood edging and legs, and finish with a small pillow appliquéd to the seat.

9. For the picture, appliqué a square fabric frame, top it with a muslin square and some small flowers. Add embroidered stems and leaves.

10. To make the braided rug, appliqué ovals in contrasting prints atop one another. For hearth rug, appliqué print fabric; add muslin border.

11. For the narrow print frame around the scene, backstitch 1¼-inch-wide strips along the top and bottom and then to the sides. Turn under the raw edge ½ inch before stitching.

12. Cut 2½-inch-wide strips of muslin for top and bottom of picture, turn under one long edge ½ inch and backstitch to narrow frame. Add muslin strips to the sides.

13. Baste crocheted lace to pillow front, ½ inch from edge. Cut muslin pillow backing to match front. With right sides together and the lace tucked inside, stitch back to front, leaving an opening. Turn, stuff, and slip-stitch the opening.

FABRIC BOWS

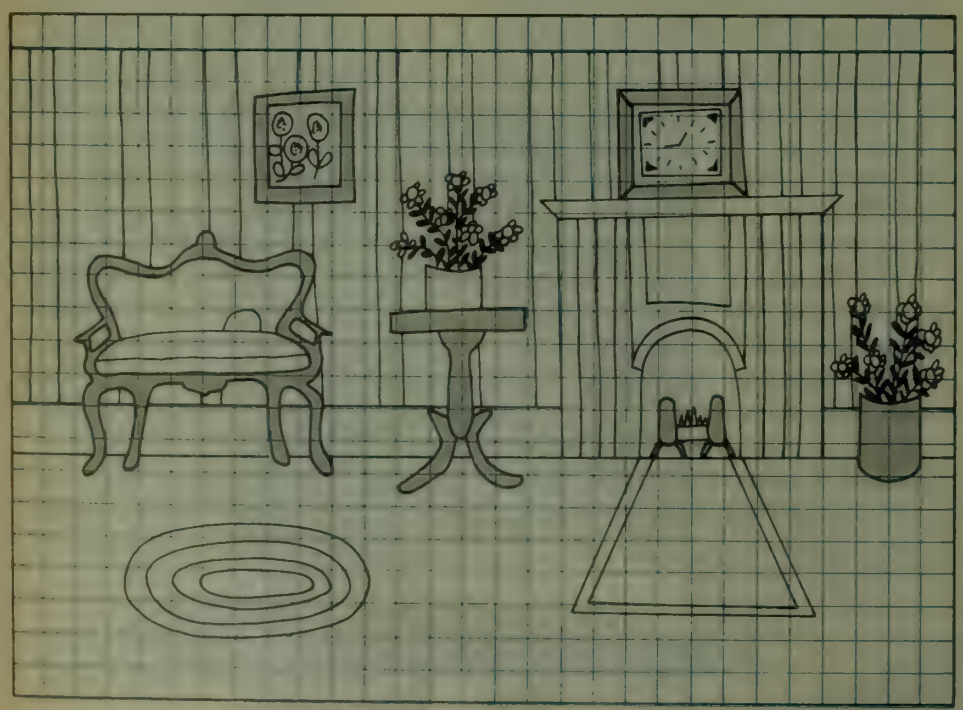
(These bows make charming ornaments or they may be filled with potpourri and used as sachets or package decorations.)

Materials: 1 yd. of 44/45-inch-wide fabric (for 18 bows); polyester fiberfill or potpourri; slender wire or narrow ribbon for hangers.

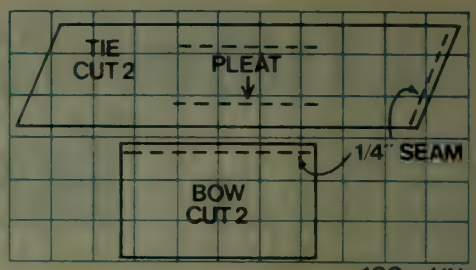
Instructions:

1. Enlarge pattern at right and cut pieces from fabric.

2. Stitch bow front to back with right sides facing, leaving an opening. Turn, stuff lightly with fiberfill or potpourri, and blindstitch the opening closed.



1SQ.= 1/2 IN.



1SQ. = 1 IN.

3. Stitch tie front to back with right sides facing, leaving an opening. Turn right side out, blindstitch the opening. Fold center along pleat lines.

4. Wrap tie around center of bow and anchor in place with small stitches. Add ribbon or wire loop for hanging.

TEA-PARTY PILLOW DOLLS

To order doll kits, see page 32.

(Finished size: approximately 11x18 inches)

Materials (for 3 dolls): 1 yd. of 45-inch-wide unbleached muslin; fabric scraps in assorted colors and prints; embroidery floss; embroidery needle; scraps of ribbon and lace edging; 1 yd. of polyester quilt batting; polyester fiberfill; fabric glue; tracing paper; brown wrapping paper.

Instructions:

1. Cut six 12x20-inch pieces of muslin for front and back doll pieces. Enlarge patterns on page 172 onto brown paper; these are master patterns. Trace them onto tissue paper; cut tissue apart, making patterns for appliqué pieces.

2. Cut shapes for appliqué from assorted fabric scraps (refer to color photo on page 91 for color and fabric suggestions). Do not add margins to appliqué pieces, except along edges of those pieces that overlap other pieces.

3. Glue appliqués in place on the doll fronts, using the master patterns as guides. (Be sure to keep dolls A, B, and C separate.) Machine zigzag around each appliqué and along dotted lines on patterns, using matching or contrasting thread. To prevent puckering, place paper beneath muslin while stitching. Add lace and ribbon trims.

4. Embroider facial features and other details as shown, using floss or a double strand of thread. Color cheeks with a crayon or colored pencils.

5. Repeat for doll backs.

6. Using a pencil, lightly draw

continued

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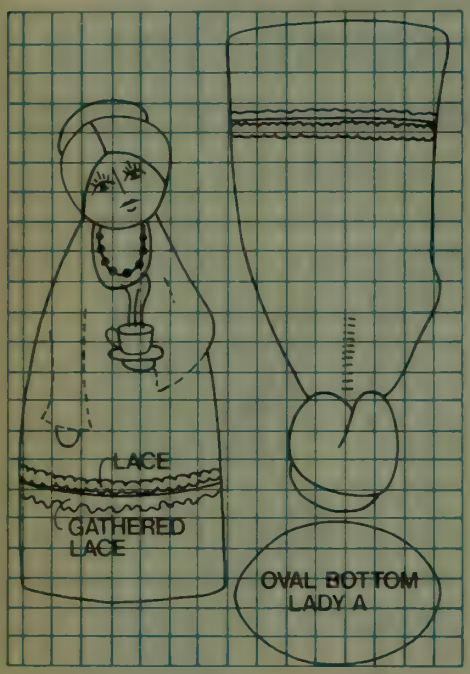
continued

A Homespun Christmas

around each doll, starting about ¾ inch from the appliquéd skirts, to mark the edge of the pillow. (Make the front and back shapes the same for each individual doll.)

7. Cut and pin a piece of quilt batting to each appliquéd panel; machine stitch along penciled outlines to keep dolls from puckering when stuffed. Trim excess batting.

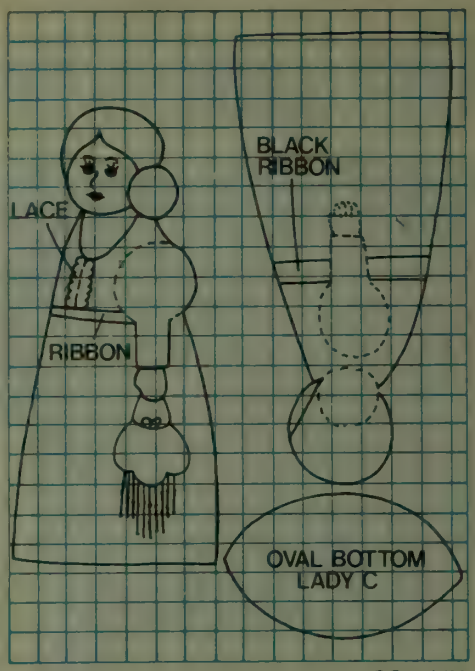
8. With right sides facing, match fronts and backs and stitch them together along outlines, leaving bottoms open. Trim seams and clip curves.



1SQ.= 1 IN.



1SQ.= 1 IN.



1SQ.= 1 IN.

9. Cut ovals from muslin, adding ¼-inch seam allowance to each piece. Pin to base of dolls and stitch, leaving an opening for turning. Turn, stuff, and slip-stitch openings closed.

TEA-PARTY TEA COZY

To order a tea cozy kit, see page 32.

(Finished size: 9x11 inches)

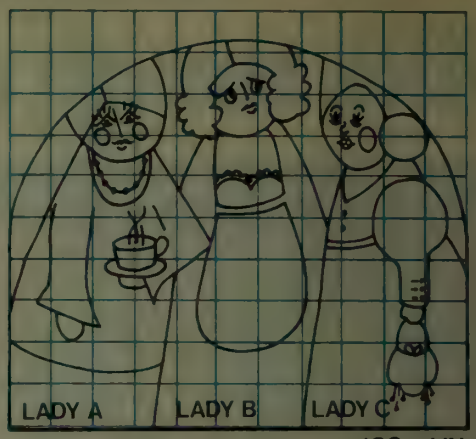
Materials: Four 13-inch squares of muslin; two 13-inch squares of quilt batting; small scraps of fabric in assorted prints and colors; scraps of narrow laces, ribbons, and trims; 1 yd. of ⅝-inch-wide lace for cozy edge; stick fabric glue; tissue paper; embroidery floss in black, pink, and colors to match fabrics; embroidery needle; dressmaker's carbon.

Instructions:

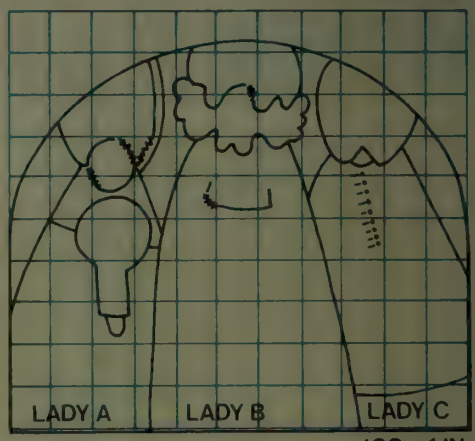
1. Enlarge patterns. Using dressmaker's carbon, transfer outlines and facial details to 2 muslin squares (front and back); transfer *only* cozy outline to remaining two squares (lining). Do *not* cut out tea cozy shape.

2. Using the pattern and the photo on page 91 as guides, cut design shapes from assorted scraps. Do not add margins, *except* add ¼-inch margins to each piece that overlaps another piece and to pieces that are next to outside edges.

3. Arrange and glue fabric pieces to front and back muslin pieces.



1SQ.= 1 IN.



1SQ.= 1 IN.

4. Machine satin-stitch over raw edges with matching or contrasting thread. To prevent puckering, place paper behind muslin before stitching. Satin-stitch sleeves and hair detail. Rather than machine stitching the cup and saucer, embroider around these shapes with stem stitch.

5. Embroider facial details with stem and satin stitches, using black and pink embroidery floss. Color cheeks with crayon or pencil.

6. Trim dresses. Add buttons and "necklace" of embroidered French knots.

7. Cut quilt batting in shape of tea cozy. Place one piece behind the tea cozy front and one behind the back. Hand or machine quilt around the large shapes; quilt apron front along dotted lines.

8. Baste lace along outline of tea-cozy front. With right sides facing, sew front to lining along bottom outline; repeat for back. Open up front/lining piece and back/lining piece, creating oval outlines. With right sides facing, stitch the two pieces together along the outlines, leaving the top of the lining open for turning. Trim excess fabric, turn, and blindstitch the lining closed. Push lining into tea cozy. ■



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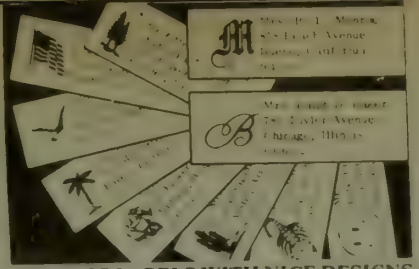
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by Ann Lively



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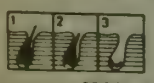


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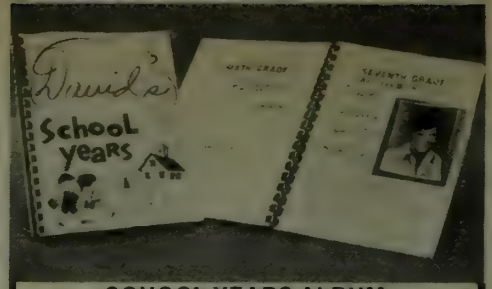
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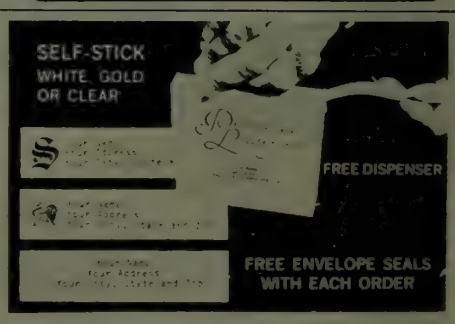
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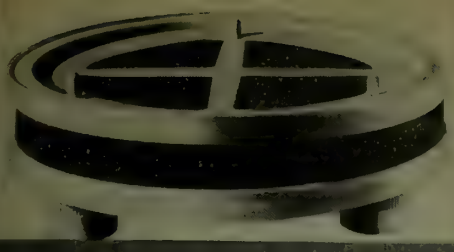
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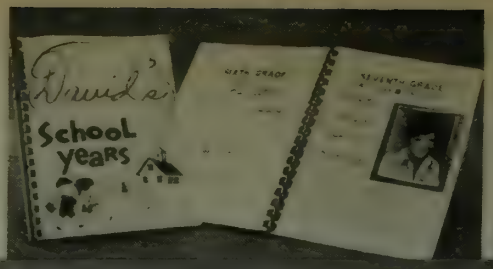
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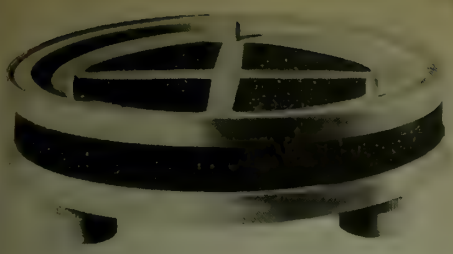
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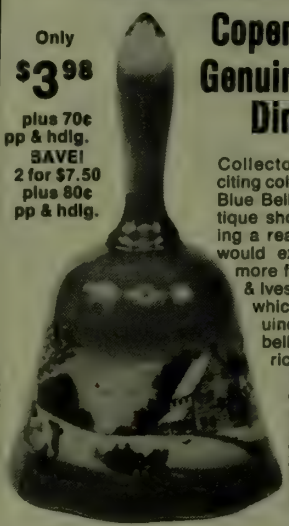
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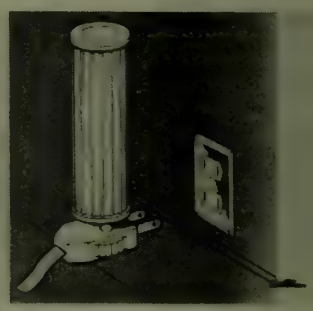
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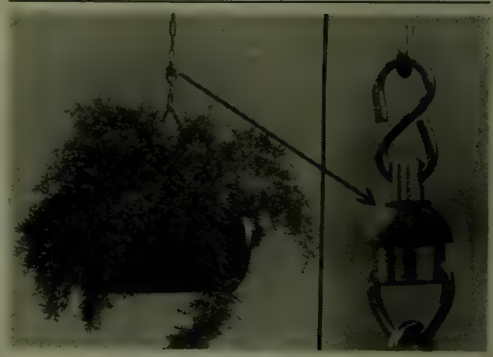
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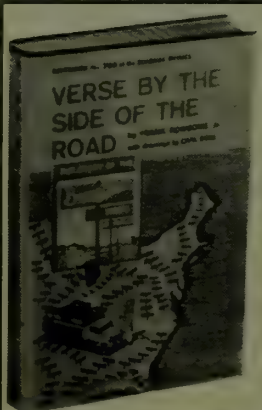
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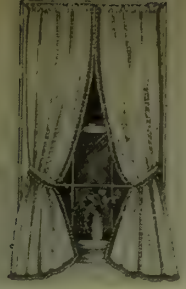
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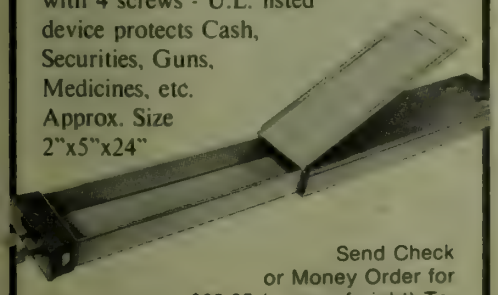
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holiday Gifts

Dept. 412-8F, Wheat Ridge, Colorado 80036

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Authentic Bank Vault Security Box installs easily in your home with 4 screws - U.L. listed device protects Cash, Securities, Guns, Medicines, etc. Approx. Size 2"x5"x24"



Send Check or Money Order for $69.95 (we pay freight) To: Miles Osborn, Inc. 1511 East Edinger Santa Ana, Calif. 92705 — Dept. BH

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- **Stop nasty shocks from static electricity.**
- **Save fuel — you're comfortable with lower thermostat!**
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Stop living in the dry desert all winter! Central heating makes the average house or apartment into a desert. The healthful moisture is literally wrung out of the air — your nose and throat dry out, static electricity zaps you every time you touch metal, your house plants sulk, and your furniture and woodwork shrink, crack and can even split. What's more, it takes higher thermostat settings to feel comfortable — you can save a bundle of fuel when you add a humidifier.

Uses no electricity, weighs only 4 ounces, yet its special synthetic sponge can hold almost ½-gallon of water. Place over air vent, next to baseboard heater, or on radiator. Automatically humidifies entire room for days! Does the job of expensive electric room humidifiers at a fraction of the cost. Made to last for years — attractive white and charcoal gray — only 8" in diameter, stands 2½" high.

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Total amount enclosed $_____ PA residents add 6% sales tax. Check or money order, no CODs please.

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Name _____
Address _____ Apt. # ____
City _____ State _____ Zip _____

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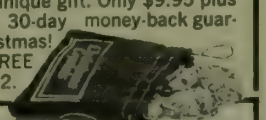
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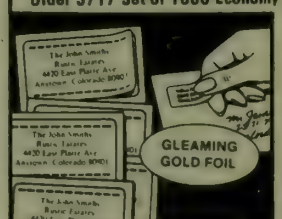
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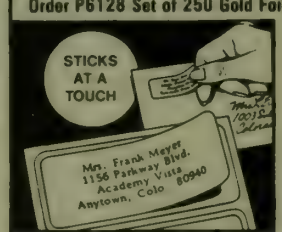
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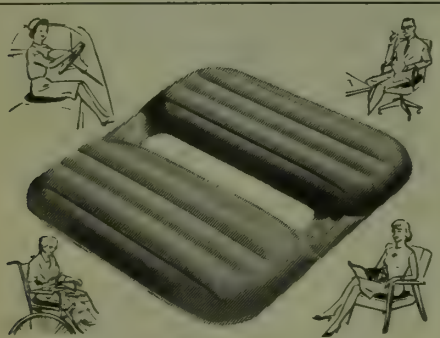
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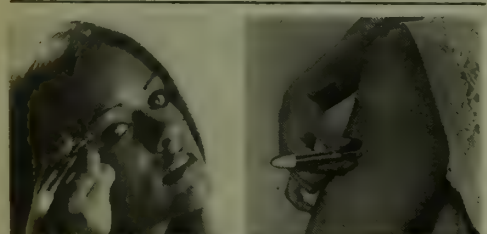
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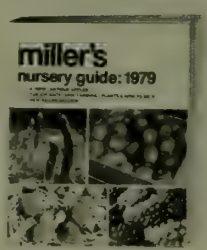
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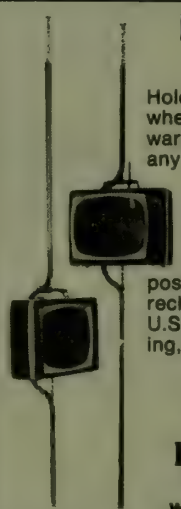
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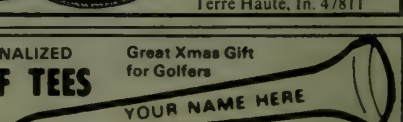
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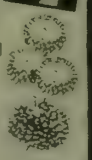
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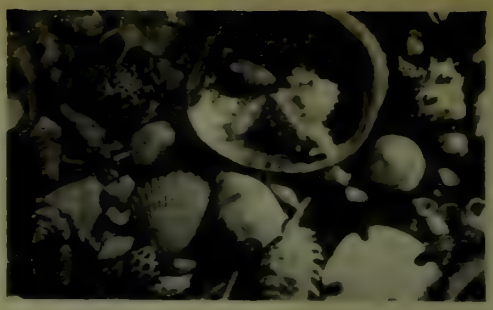
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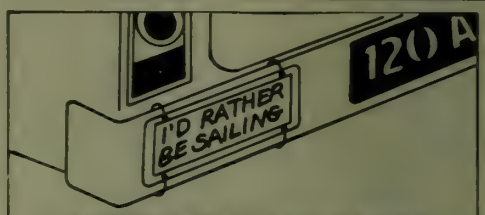
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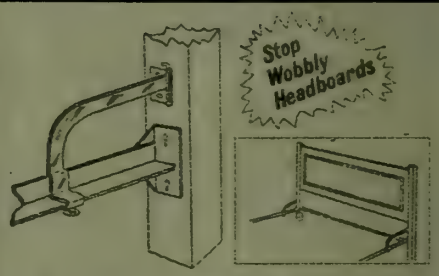
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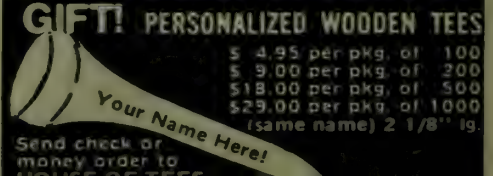
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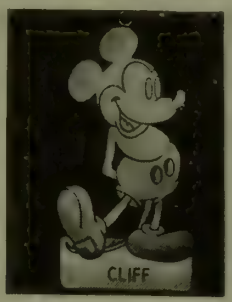


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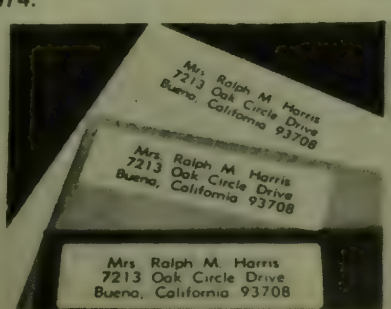
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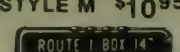


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Reverend George Hall used a perfect example in last Sunday's sermon: "Snowflakes," he said, "don't amount to much individually, but when they decide to cooperate, they can shut down a freeway."

According to high school principal Ed Lincoln, one of the new challenges facing educators is how to teach the importance of proper nutrition to all those students who have grown to more than six feet tall on a diet of junk food.

A problem facing many of his patients, reports Dr. Bob Hannelly, is that they don't really know what they want out of life, but they are determined to work day and night to get it.

"The reason government costs so much is simply a matter of basic math," claims Congressman Nick Hanfli. "Too many bureaucrats have become experts at addition, but most of them have forgotten how to subtract."

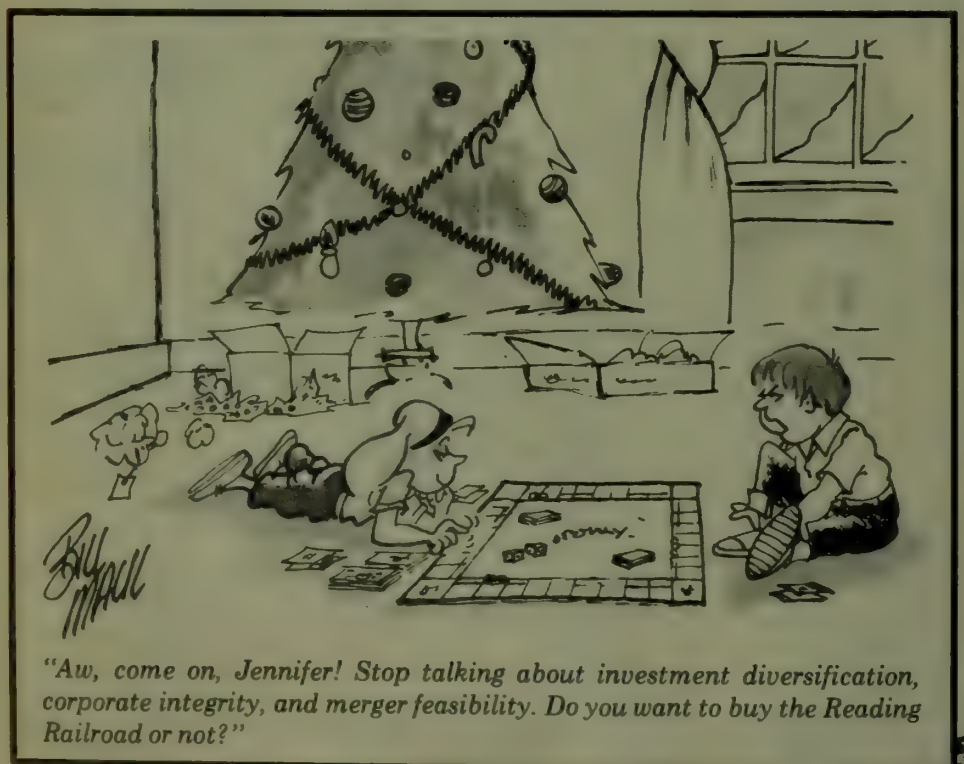
"The only thing that *really* distinguishes work from pleasure," declares Uncle Dodd Buckner, "is which activity you'd actually prefer to be doing."



"This kid wants a red [illegible], a large [illegible] and a [illegible]."

Lee Bayless says he wants to move to a smaller community when he retires. The ideal spot, he thinks, would be a town "where the supermarket is the leading landmark."

"One of the major values of having long-term goals," says Dad Hillis, "is that they keep you from becoming discouraged by short-term failures."



"Aw, come on, Jennifer! Stop talking about investment diversification, corporate integrity, and merger feasibility. Do you want to buy the Reading Railroad or not?"

To help conserve electrical energy, our neighborhood a couple of years ago temporarily ended its custom of putting up strings of outdoor decorative lights for the Christmas season.

At the time it seemed a significant contribution to make toward easing the nation's energy shortage. Nevertheless we missed the brilliant holiday colors and kept our strings of lights stored where they would be on hand when needed again.

A year ago, we felt the time had arrived. Our family had managed to cut total usage of electricity by nearly 20 percent, and we thought this provided sufficient leeway for the small amount of electricity that would be used by a modest number of outdoor Christmas lights.

For added assurance, I stopped at the local utility office and asked the manager for his advice.

"We don't encourage a total ban on decorative Christmas lighting," manager Frank Zager told me. "Instead, we simply encourage homeowners to be sensible. We hope they'll use their decorative lighting as thoughtfully as they would any other electrical appliance in their homes."

He also pointed out that the electrical usage is lower during the winter season, particularly at night, due to fewer commercial demands.

So, up went the lights at our house last Christmas, and a few of our neighbors did likewise. And those who didn't decorate, we noticed, often strolled by at night to enjoy the spectacle.

I later checked out the electrical bill for December and found no noticeable increase from the previous months' usage. However, Christine wondered if I still could brag to our friends that we only use our electricity for just "the necessities."

My response was that I could, and I would! To my way of thinking, putting a little color and enjoyment into the holiday season for our family and neighbors certainly is one of the "necessities" of life.

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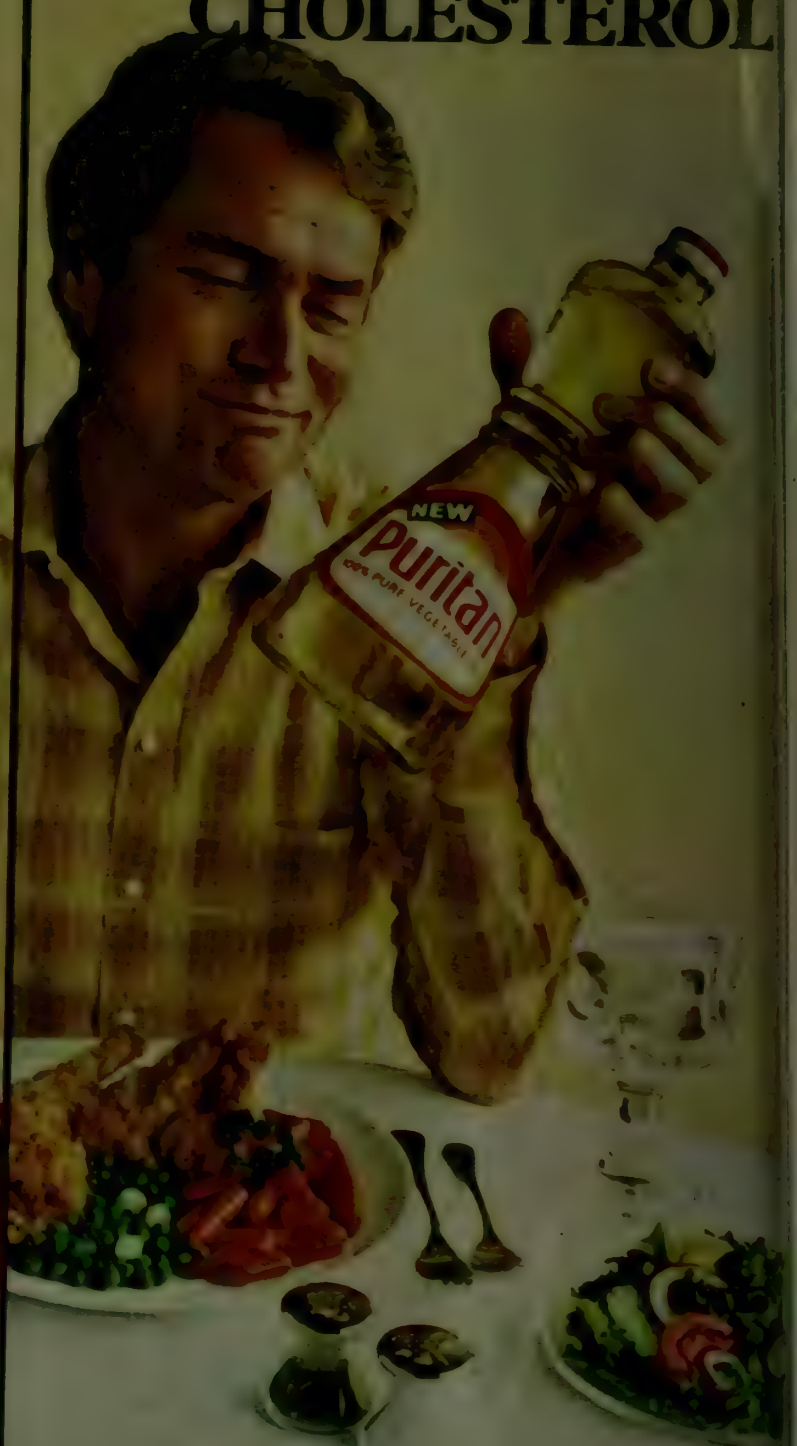
A taste of new Puritan tells you it sure tastes lighter than corn oil.

It's so light and delicate, it does wonderful things to crisp fried chicken, fresh salads and crunchy french fries.



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